

CAROLINA ARAMBURO

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 108th Newsletter, I want to talk to you about heart health and its impact on lives and well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause and go back and watch them. You can also read all of the articles in full [HERE](#).

THE QUALITY OF YOUR LIFE DEPENDS ON YOUR HEART HEALTH!!!

Your heart is an incredibly hard working muscle. It is a small cone shaped organ that's about the size of your fist located just to the left of your breastbone. Your heart is responsible for pumping about 2000 gallons of blood as it contracts and expands about 1000 times per day. On the right side of your heart, oxygen depleted blood is received and is then pumped through the artery to the lungs where carbon dioxide is disposed and the blood is re-oxygenated. Fresh oxygenated blood is then taken to the left side of your heart and pumped out to your entire body to fuel every last organ, cell, and bodily function. A healthy heart keeps all your systems working efficiently and it is the foundational component to living a healthy life. Though the heart is a very strong muscle, it is majorly affected by how we treat our bodies.

Heart health complications are the most common medical conditions

and can lead to Heart Disease. One in every four deaths in the United States is attributed to Heart Disease which totals a staggering number of 600,000 deaths per year. Heart disease is the leading cause of death in both men and women but it accounts for half of the deaths in men. Coronary Heart Disease is the most common condition affecting the heart, and it alone kills more than 385,000 people annually and costs the US \$1.89 billion in health-care costs, medications, and lost productivity. Each year 715,000 Americans have a heart attack and 179,000 of these happen in people who have already had one. Needless to say, Heart Disease and conditions are one of the largest health problems that our population is facing today. Heart Disease is LARGELY PREVENTABLE!

Heart disease is the leading cause of death for most ethnicities in the United States, second only to cancer to in Pacific Islanders, Native Americans, and Alaskan Natives. Geographically heart disease affects the southwest region of American most significantly which is no surprise considering the fatty food and preparation methods in most Southern cooking.

Risk factors for heart disease include:

- Physical inactivity
- Overweight or obesity
- High blood pressure
- High cholesterol
- Diabetes
- Stress
- Smoking
- Excessive alcohol use

About 50% of Americans have at least 3 of these risk factors and of-



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tentimes more. Most heart conditions can be treated through a healthy lifestyle and diet and can be stopped before they lead to Heart Disease.

Conditions affecting heart health that can lead to Heart Disease include:

- High Blood Pressure: Stretching and scaring of the arteries in the heart due to elevated forcing of blood flow.
- High Cholesterol: High levels of fat in the blood.
- Arrhythmia: Irregular heartbeat.
- Cardio Myopathy: Weakening of the heart muscle.
- Cardiac Arrest: Abrupt loss in heart function.
- Heart Attack: When the blood flow that brings oxygen to the heart is cut off completely.
- Peripheral Artery Disease: Vessels in your legs, arms, and torso are constricted by plaque.
- Congenital Heart Defect: Abnormality in (Cont. on next page)



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THE QUALITY OF YOUR LIFE DEPENDS ON YOUR HEART HEALTH!!! (Cont.)

heart at birth.

Prevention is the first step in protecting the heart and reducing your chances of ever experiencing Heart Disease. There is no need to wait for a condition to arise before taking control of your health. Reducing stress through **consistent** relaxation and/or spiritual practices, letting go of unhealthy habits such as smoking and drinking **excessively**, fueling the body with healthy and nutritious foods, and participating in some kind of **physical activity** daily can prevent you from having any heart complications and dying from Heart Disease. If **you** do have any

heart health complications or Heart Disease, the same measures can be taken to **reverse it!**

I have had a healthy heart my whole life and then, as side effect of the **medications** I was on while I was deadly ill, my heart started having serious problems which **escalated** more and more until the doctors told me that I now **needed** heart medications. Then I ran to my natural, alternative doctor. It seemed to me to be a **total mess** to have had the perfect heart and then to have medications given to me for other conditions make my heart ill and then to be told to take medications

to **fix** the ill heart, which was due to the medications in the **first place**. My quantum healing doctor managed to clean up the side effects of the meds with **quantum** healing treatments + whole food plant based diet + acupuncture + exercise + meditation (to **manage** the stress impacting my heart). In a few months he returned my heart back to a totally **healthy condition**. I urge you to do what I did for your heart - without the reason why I did it (being near death multiple times) to give yourself the healthy heart that **you deserve!!!**

PROPER NUTRITION AND EXERCISE MAKES FOR A HEALTHY HEART!!!

Nutrition and physical activity play a huge role in **keeping** your heart healthy while preventing and treating disease. A whole-foods plant based diet is proven in **multiple** accredited studies to be the best nutritional protocol for preventing and treating Heart Disease. The **average** American consumes a diet laden in foods that contribute to inflammation, plaque buildup in the arteries, and negatively impact the **health of the heart**. Some of these include;

Salt: Your body needs a small amount of salt to function throughout the day, however the average America **consumes** about 3500 milligrams of sodium, which is close to double the needed amount. Processed and packaged foods are **packed** with sodium and preservatives. This coupled with adding table salt is detrimental to heart health. Salt increases blood pressure, which contributes to a **weakening and scarring** of the artery walls as well as an overexertion of the heart which can lead to heart attack. Instead, switch to whole unprocessed foods that are in their **natural** state and use light Pink Himalayan Sea Salt if ever craving salt.

Meat, Eggs, Dairy, and most Fish or Shell-Fish: Even low-fat varieties of these foods can still contribute to heart health complications. This is due largely to the **types** of fats and cholesterol in these foods. Saturated fat, found in all of the listed items, contributes to fat and plaque build-up

in the arteries which can lead to **weakening** of the heart, de-oxygenated blood, heart attack, stroke, and Heart Disease. Similarly, cholesterol from these **dietary sources** does something very similar to the arteries and as the plaque, fat build up, and scar tissue is slowly increased over time, the flexibility of the arteries is weakened and blood flow is **decreased**. Cholesterol is not needed from the diet since our body synthesizes all that it needs. Instead, look for other ways to get your protein and heart healthy fats through beans, legumes, nuts, seeds, and fiber-rich grains.

Fast-Digesting Refined Carbohydrates: Nutrient stripped carbohydrates such as processed flours and white breads and grains cause insulin surges in the **body** that can lead to diabetes and inflammation, two contributing factors of poor heart health and Heart Disease.

Instead, **choose** whole unprocessed varieties of carbohydrates such as beans, legumes, whole grains, fruits, and vegetables.

Some of the **most beneficial foods** for treating and repairing the heart and arteries are dark leafy greens. These nutritional power workers bring oxygen to the blood and **actually** can repair the scarring in the arteries. Some herbal tonics that can improve heart health and reduce the risk of Heart Disease include; garlic, hawthorn berries, Echinacea, (Cont. on next page)



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Your heart, when on a **whole food**, plant based diet, will be at optimal health and keep you at optimal health for a lifetime. It is very simple: health is directly impacted by what you put **in your body** and what you do with your body. If you pour toxins in (toxic food, thoughts and emotions) and do not exercise properly then your heart will respond by becoming **massively** unhealthy. Since your heart is a key organ in your body then treat it with the utmost care. Make sure everything that goes in your body **serves it** and keep it active. Your heart is an amazing machine that can last a lifetime if kept healthy by you.

Cherish your body with all of its imperfections. **NOT DISPISE THEM BUT BECAUSE OF THEM** as I speak about on my Health Proposal # 1. Listen to your body and find the appropriate healthcare providers, nutritionists and health coaches to guide you to take on the optimal **heart health** in your body in order to honor your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

PROPER NUTRITION AND EXERCISE MAKES FOR A HEALTHY HEART!!! (Cont.)

ginger, cayenne, gingko biloba, barley grass, and ginseng (either orally or in tea form).

Exercise is also crucial for protecting and healing any heart complications. Living a sedentary lifestyle is actually one of the leading factors of heart disease.

MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UN**

ease. Exercise **strengthens** the heart muscle, increases oxygen in the blood and circulation, improves symptoms of heart failure, lowers blood pressure and cholesterol, improves energy, and helps reduce anxiety, tension, and stress. Getting **at least** 30 minutes of

physical daily, combined with a whole foods plant-based diet, and stress reduction techniques is a **powerful** way to protect your heart, keep your heart healthy, and prevent Heart Disease!

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EMOTIONAL, INTELLECTUAL AND SPIRITUAL IMBALANCE IS DIRECTLY CONNECTED TO YOUR HEART!!!

Your heart is **profoundly** impacted by your emotional, spiritual, and intellectual well-being. Imbalances in any of these can manifest in **physical ways** such as heart complications and disease.

Stress is one **emotion** that has a very profound impact on heart health. Stress puts an unnecessary demand on the body and strains the heart. When you **experience** stress, your heart rate increases and blood flow raises which elevates blood pressure. When **your body** is under chronic stress, the continued release of cortisol can lead to fat accumulation around the abdomen and organs which is linked to heart **complications**.

Many things can cause stress in life. Stress does not have to be in the form of a **traumatic** life event. Everyday stressors evoke enough harmful chemicals in the body to cause serious damage. Managing emotional and intellectual stress is key to maintaining a healthy heart and **balanced life**.

Ways to manage stress include journaling, walking, yoga, deep breathing exercises or any activity that brings you joy. Making time **for yourself** in your busy day to spend time doing something you love can help to greatly reduce stress.

Your heart **region** is associated with love and expression. You can help to keep this energetic area in balance by opening yourself up to love and expressing **yourself fully**. In cases of extreme stress or repressed emotions, other measures may be needed to balance the **energy** of the body in this area. This can be done through Reiki, tai chi, qui gong, acupuncture, massage therapy, or structural integration therapy.

By **balancing the energy** in your body it opens you up and will enhance your ability to connect with your higher self. When energy is blocked or you've manifested a physical illness such as heart disease it can be difficult to always listen to your **inner** knowing and

connect at the **highest level** with yourself and the universe. Meditation is a simple but profound way to deepen your spiritual practice, **balance** your energy, and re-connect with yourself. Studies have shown that consistent meditation can greatly reduce stress levels **over time** and significantly improve health.

It's important to experiment with different spiritual practices and find what works for you. Being **balanced** emotionally, intellectually, spiritually, and physically is a key component to a healthy and happy heart for life!

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http://carolinaarambom\)**](http://carolinaarambom)

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