

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 28th Newsletter, I want to give us a chance to consider the benefits that natural sources as well as supplements of proteins can have on our health 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](#).

DO YOU DARE EXPERIENCE THE POWER OF 50,000 PROACTIVE PROTEINS???

Our body is the smartest and most intricate machine there is, and there are so many pieces that play into the beautiful product that we see when we look in the mirror. In this newsletter, I want to focus on how natural sources as well as supplements of protein are so important to help other parts of the body carry out very necessary processes.

On our Fan Page this week, we have articles that will point out the physical, mental, emotional, and spiritual importance of not only what we put in our bodies, but also what we are actually getting from the food that we are eating. We give you a perspective on how you can get protein from so many more food groups than you may have thought and how vital they are in keeping your health and well-being in tip-top shape.

The brain does not work alone; neu-

rotransmitters in the brain are the chemicals that tell your brain what to do and what to feel. Neurotransmitters are made from amino acids and we get amino acids from the protein in the food we eat. It is fair to say that amino acids are the building blocks of your brain, and nothing the brain does is possible without protein. The impact protein made on my neurotransmitters was so immensely important so that I could regain my focus and clarity. If I kept protein in my body frequently, it would expand my clarity anywhere from a few minutes to 45 minutes a day. This was extraordinary progress because my doctors were estimating that it would take me a year to reach that kind of progress.

From one meal, your body can break down protein into amino acids, which it turns into 50,000 different proteins that it needs to function—including neurotransmitters, chromosomes, hormones and enzymes. You can get your protein from two groups: complete proteins (fish, meat, fowl, eggs, cheese and yogurt) or incomplete proteins (grains and legumes, seeds, nuts, and many other foods). If you have the right combination of incomplete proteins, such as rice and beans, you can still form a complete protein, giving your body all the amino acids it needs.

Natural sources of protein can be any of the following:

- Animals—this is probably the most obvious; we can get our protein from meat, fish, fowl, dairy, and eggs.
- Vegetables—any vegetable can provide you with protein and when compared to animal sources it is a great alternative. Cooked spinach, when compared against 80% ground beef, has more protein per 100 calo-



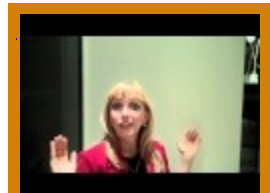
CAROLINA ARAMBURO

ries.

- Nuts, Seeds, Beans, and Legumes—you can get 10-18 grams of protein per 1-cup serving.

During my health journey, I worked with all kinds of protein, and I was always listening to my body. Going natural should always be the first option. Natural protein is much more beneficial because when you are consuming the food, not only are you getting the protein you need, you are also getting the nutrients from the food. Fish will give you omega-3 fatty acids, green vegetables give you water, fiber and antioxidants, and the list goes on. In the early stages on my road to recovery, my liver and kidneys would not process food, so I would get my protein from various shakes loaded with protein powers derived from whey and soy.

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DO YOU DARE EXPERIENCE THE POWER OF 50,000 PROACTIVE PROTEINS???

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If I did not have a shake handy, I would also supplement with natural organic protein bars and small amounts of nuts. If you are not able to get as much protein as you need from your food, **consider natural supplements**. They can be a great alternative:

- **Egg Protein**—this was the very first protein supplement. It is made from pure egg whites and most have no cholesterol or carbohydrates. It metabolizes very well in the body and it is a complete source of protein.
- **Whey Protein**—it is a mixture of proteins found in milk. It is considered a dairy product so if you are allergic, you should avoid this. Your body absorbs whey better and faster than other proteins and it has been clinically proven to improve body fat to muscle ratios.
- **Casein Protein**—just like whey it comes from milk. It absorbs into the body more slowly than whey so you can drink this before you go to bed giving your

body the protein it needs while you sleep.

- **Soy Protein**—made from soy beans; it can help your cholesterol levels and possibly can lower the risk of hormone related cancer, such as breast cancer.

It is so important to really listen to your body. For a small period of time, my body craved its protein from organic chicken. More recently, I have used **protein shakes in combination with other foods** rich in protein, such as spinach and lentils. My body would tell me when I needed protein and how much. It went from once a day, to every 3 hours, and now it has settled to 3-4 times a day. Protein was and still is a key factor in improving my chronic fatigue disorder. It gave me extra minutes each day where I could function with clarity. This was **such a big deal** because most of the time functioning was out of the question.

Proteins are essential for optimal brain health and fitness, but have you considered the spiritual impact as well?

TOTALLY SUPERCHARGE YOUR BODY WITH PROTEINS!!!!

Proteins are made up of long chains of amino acids. There are **22 different types of amino acids** and the body needs all of them to function properly. The body requires protein for the growth, maintenance and repair of all cells. Proteins also make up part of the basic structure of the tissues (e.g. muscles, tendons, skin, nails). They **play metabolic and regulatory roles** (e.g. assimilation of nutrients, oxygen transport and more).

Protein is necessary for the production of antibodies, which fight against infection and illness, and is also the main nutrient that **maintains** shiny and healthy hair, strong nails, glowing fresh skin and strong and healthy bones.

We can find proteins in animal foods such as meat, fish, shellfish, poultry, dairy produce, soya

beans, oatmeal, rice, peas, lentils, and kidney beans. Eggs are considered to be the best source of proteins because they contain the highest amount of amino acids.

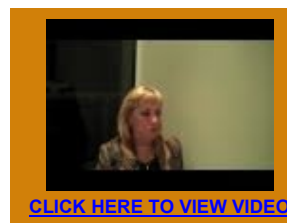
If you are worried about eating proteins and gaining weight, **I have a solution for that!** There are also protein sources like vegetables, nuts, seeds and legumes that have a very low calorie count such as walnuts, pecans, sunflower seeds and sesame seeds. These offer the fewest number of calories when compared to other nuts and seeds. A ¼ cup serving of these walnuts or pecans, as well as dairy products, will give your body 6-7 grams of protein. Legumes provide 10-18 grams of protein per 1 cup serving and they are packed with filling fiber and other micronutrients.

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Our body, mind and spirit is undeniably interconnected, and this realization leads to the understanding that what we do to one aspect of our greater selves will impact the whole of us.

A study of Chakra Power uncovered dietary suggestions to enhance each of the seven major energy portals and the very first one on the list was proteins, said to give you grounding and stability.

Within my own life I found it extremely important to watch what I'm putting in my body and to make sure that it was giving me the results I needed. **Please make sure you are practicing a healthy lifestyle and giving your body all of the protein it needs**, but before you consider taking supplements, please talk to your doctor first. I cannot wait for you to join me on this journey for a better you, today!



The **Second Health Proposal** is about listening to your body. I am suggesting that there is a way to tune into or become aware of your body's ability to take exactly what it needs from what you give it! During my health journey, I used the amazing healing energy of proteins through food and supplements. It made a major difference in helping me get better. By **listening to my body**, I was able to choose which combinations of incomplete proteins or complete proteins I needed so that I could get the most healing energy at that moment. It varied over time but my body would let me know what it needed. Listen to your body to tell you how **proteins can support you physically, mentally, emotionally and spiritually**. When you want a mood booster or some healing energy, make a shake that gives you exactly that. You will see the difference in your state of mind, your emotions, your physical health and maybe even your spirituality. **Are you daring enough** to tap into the unbelievable proteins that nature can give you through food???

TOTALLY SUPERCHARGE YOUR BODY WITH PROTEINS!!!! (Cont.)

Expert **nutritionists recommend** that we eat 2 - 3 servings of dairy per day and 2 - 3 servings of meat, poultry, fish, or shellfish a day.

They also advise us that 10 - 15% of our calorie intake should be made up of proteins. Proteins are very important to our bodies, but **over eating protein can also harm** you by causing high cholesterol.

We lose protein from our body daily; therefore it must be replenished everyday with a healthy diet.

Protein deficiencies may also cause you harm, spanning from skin problems to a generally unhealthy and tired appearance. The body uses vitamins to **repair and create** new cells, tissues, hormones, enzymes and muscles. Lack of protein may prevent these

processes from being carried out correctly.

Cherish your body and really give it the attention it needs. Our body needs proteins so that we can carry out simple processes and functions, so please make it a point to **become aware** of how much protein your body needs and when it is asking for it.

MASTERFUL BUSINESS & PERSONAL COACHING

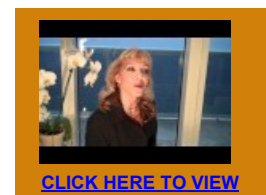
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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 **UNPRECEDENTED** trans-

formational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULLFILLING ADVENTURE!!**

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PROTEINS ARE ABSOLUTELY THE EXPRESS PASS TO A CLEARER, HEALTHIER, AND HAPPIER YOU!!!

Proteins have a direct effect on our emotions, mental health and spirituality. Research done by the Massachusetts Institute of Technology (MIT) shows several kinds of foods whose nutrient content **positively influence emotions**: foods rich in protein, carbohydrates, vitamins and minerals.

Proteins contain amino acids that have profound effects on emotions. Professors at Middle Tennessee State University show that certain amino acids, such as **tryptophan**, can trigger the production of neurotransmitters that **control emotions**. They also say that the human brain can convert tryptophan into serotonin, which promotes calmness. When we feel depressed, frustrated, worried or anxious, we often forget that this could be related to our diet. Therefore, it is important to **pay attention**

to what we are eating.

We all know that our body, mind and spirit are undeniably interconnected. Therefore, what we do to one aspect of our greater selves will impact the others. Protein can impact the self-esteem of an individual as they determine the **renewal of cells and tissues** in our bodies. Cleverly, even **our diet plays a bigger part than you may think**. It affects the way we think and supports our spiritual growth.

Ancient Ayurvedic principles from India suggest that certain kinds of foods nourish different emotions or insights. And most of these foods have a very **high protein level**. It is their belief that some foods support mental clarity. These are: yogurt, walnuts, green vegetables, coconut

and rice. They also confirmed that milk, proteins, wheat, lentils and red food, helps improve your grounding stability. Food for human consumption not only needs to feed the human body, but also **the human spirit**. As humans we cannot comprehend the spirit if our bodies are fed with contaminated food.

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