

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 32nd Newsletter, I want to give us a chance to consider the impact that good and bad fats have on our physical, mental, emotional and spiritual 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, go back and watch them. You can also read all of the articles in full [HERE](#).

FATS CAN LEAD YOU TO DISEASE OR TO A NOURISHED BRAIN— WHICH PATH WILL YOU CHOOSE???

Sometimes we can't help but like what is bad for us. That little piece of meat with the fat or that additional croissant that we thought wouldn't hurt us, will likely do so. Fat, which is a concentrated source of energy, can do more harm than we expect. With only 1 gram of fat providing 9 calories, offending our body and health systems is easier than it seems to be. But while there are many different ways to hurt your body by indulging in all of the fatty foods we love, some fats can also be good and necessary for us.

This week on our Fan Page, we have articles that will offer you information on the different types of fat, good and bad, that are being placed into your body. These articles will cover the physical, mental, emotional and spiritual effects that these fats have over your body and its well-being.

Eating our favorite food may give us an awesome feeling, but to cherish our body, we can also become aware of what they do to our body,

how much fat is included in them and the types of fat they have.

Fat is divided into two main groups known as saturated and unsaturated. Saturated fat, being the worst of the two, is found in lard, butter, cheese, whole milk, and anything that contains these ingredients. Saturated fat is also the white colored fat that you notice on red meat. Unsaturated fat on the other hand, is the best out of the two to eat. It is included in foods and oils such as:

- Soft Margarine
- Mackerel
- Sardines
- Salmon
- Sesame Oil
- Sunflower Oil
- Soya Oil
- Olive Oil
- Rapeseed Oil

Depending on the type of fat that you consume, it will either impact your weight or not. Both structural and reserve fat—the product of unsaturated fats—do not have any impact on your weight even if you consume massive amounts of them. They surround your internal organs and give support to the arteries. In addition, they make your skin smooth and taut! Who wouldn't want to improve the feel of their skin while promoting their health and well-being? While these fats have no negative effects on you, stored fat—derived from saturated fats - does. The body cannot easily breakdown these fats so they tend to accumulate in the unwanted spots on the body. The areas that are easily affected are those around your abdomen, hips, upper arms, buttocks, thighs and breast. Sedentary lifestyle, depression, and repeated and consistent ingesting of nutrient-poor, high-calorie food all make it difficult for your body to get rid of this unwanted fat.

Increasing our consumption of certain

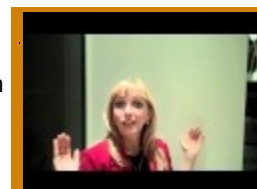


CAROLINA ARAMBURO

“good” fats has been found to improve many psychiatric illnesses. However, eating the “bad” fats have been proven to increase your chance of certain cancers. These cancers include breast cancer, colon cancer, and prostate cancer. “Bad” fats also lead to obesity in both children and adults. We have to start sending out the “bad” and taking in the “good” for a better feeling and looking us!

In addition to the efforts of eating right and exercising to keep our weight down from fats, we could create an appropriate and effective spiritual practice to assist us. Unleashing the inner resources, that you may not have been aware that you possess, may help you break through the obstacles that you or others have put in your way to losing weight (fat)! Finding a spiritual balance may help you move through the traps that may have seemed impossible to remove on your own!

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FATS CAN LEAD YOU TO DISEASE OR TO A NOURISHED BRAIN—WHICH PATH WILL YOU CHOOSE???

(Cont.)

Rather than focusing on the food that you should not be consuming, try focusing your energy on the great delicious foods you should be eating. Some say that creating a “Spirit Food List” with the foods that are better for you and your spirit is helpful. Some foods could include:

- Apples – promotes health, immortality and peace.
- Apricots – promotes optimism and love.
- Avocados – promotes love and beauty.
- Cauliflower – promotes spiritual nourishment and purity.
- Lemons – promotes a release from anger and rage.
- Strawberries – promotes sensuality and satisfaction in matters of the heart.
- Oranges – promotes blessings or good fortune.

For most of my life, I avoided having fats in my diet. In dealing with my various illnesses over the last year and a half, I have learned that my body needs to have fat because it is the protector and generator of one of my most important organs; my brain. Additionally, by adding fats that are derived from plants, as well as ensuring no consumption of “bad” ones, I have created a much cleaner body that allows for a cleaner and more clear connection with God/Source/The Universe.

Incorporating coconut and olive oil into my morning shakes and adding borage oil, black current seed oil and evening primrose oil into my diet throughout the day, I have improved the functioning of my brain and thus my overall health in ways that I could have never imagined! Utilizing the correct fats in my diet improved the function of my brain by regenerating the neurons that had

ceased to function due to my illnesses. I removed red meats and chicken and replaced them with beans, avocados, nuts, and occasional fish to create a new healthier me! The fats that are in meats can be killers, so I chose to gain the fats that are needed from plant foods because they are life giving! I use liquid vegetable and plant derived oils, rich in polyunsaturated and monounsaturated fats in place of butter, and eliminated use of dairy products by turning to Almond, Coconut and Soy products to clean my body from animal fats and to take my health to a whole new level!

I encourage you to substitute bad fatty foods with a better, healthier choice to improve your health and bring about a better you—mentally, physically, emotionally and spiritually.

FRIEND.... OR FOE???

There are many types of fat that you are exposed to. Your body has the power to produce its own fat when it takes in an excess of calories. Fats can be found in the foods we eat from plants and animals. These types of fats are known as dietary fat. Dietary fat is one of the three macronutrients, along with protein and carbohydrates, which provide energy for your body. Fat is essential for many of your bodily functions, but just as it is necessary to have, there can also be a bad side to it as well.

Harmful dietary fats include:

1) Saturated fat: This type of fat is found in animal food sources. Saturated fat raises total blood cholesterol levels and low-density lipoprotein (LDL) cholesterol levels, which can increase your risk of cardiovascular disease. Saturated fat may also increase your risk of Type 2 diabetes.

2) Trans fat: This is a type of fat that occurs naturally in some foods, especially foods from animals. Most trans fats are made during food processing through partial hydrogenation of unsaturated fats. These fats are called industrial or synthetic trans fats. They include beef fat, pork fat, shortening, stick margarine and butter.

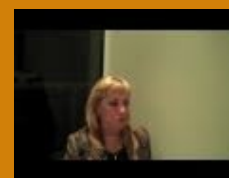
These kinds of fats can cause many serious diseases and effects including:

- Low-density lipoproteins
- High-density lipoproteins
- Triglycerides
- Heart Disease
- High blood pressure
- Diabetes
- Osteoarthritis and Gout
- Osteoarthritis in the hips and hands
- Cholesterol
- Cancer
- Gall Bladder Disease
- Fatty Liver Disease
- Sleep Apnea
- Mental Problems

Just as there are fats that are harmful to your body, there are also a few healthier ones for you. The two main types of potentially helpful dietary fats are:

- Monounsaturated fat: This is a type of fat found in a variety of foods and oils such as olive oil, macadamia nuts, avocados, almonds, canola oil, peanuts and peanut oil. Studies show that it improves insulin levels and blood

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The food we eat and the kind of fats it contains impacts us on a physical, mental, emotional and spiritual level. In the first health proposal, I talk about cherishing our body and in the second one, I talk about listening to it. In the second health proposal, I propose that we can notice and be aware of what our body needs and wants. In my health journey, I listened to my body to connect with the gratifying and positive energy that came from putting good fats in it.

Listen to your body to tell you how to use healthy and smart food choices to support you physically, mentally, emotionally and spiritually. You can notice exuberant changes in the power of your mind, your physical health, your ability to connect with Source/God/the Universe, and your emotions. Do you dare go on this exciting journey with me???

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FRIEND.... OR FOE??? ARE YOU STEERING TOWARD THE RIGHT DIETARY FATS??? (Cont.)

sugar control, which can be especially helpful if you have Type 2 diabetes.

- **Polyunsaturated Fat**: This is a type of fat found mostly in plant-based foods and oils. Evidence shows that eating foods rich in polyunsaturated fats improves blood cholesterol levels, which can decrease your risk of heart disease.

Foods made up mostly of monounsaturated and polyunsaturated fats are liquid at room temperature. Different examples of those foods could be olive oil, safflower oil, peanut oil and corn oil. Our body needs a certain amount of fat

for it to function. However, we should not consume more than what our body requires. If we consume too much fat in our diet, we may suffer from obesity. Women should eat about 70g of fat per day and men should eat roughly 95g. To reduce the intake of fat you might want to consider the following suggestions:

- Instead of having normal sweets and candies **try fresh fruit**, dried fruit and cereal-based products.
- If you must eat meat - don't eat meat with fat, trim off any visible fat from the meat – try lean cuts of meat, and reduce-fat minces.
- Try a no meat diet – eat nuts, fatty vegetables, fruits, legumes, etc.

- Don't fry food; instead grill it or steam it.
- If you must use animal milk and cheese - Drink or eat semi-skimmed milk, instead of whole milk products.
- Try a no animal-dairy diet – drink or eat products made from coconut milk, almond milk and soy milk vs. animal milk.
- Use vegetable oil instead of butter.

Cherish your body and give it exactly what it needs. Listening to it will most likely tell you exactly how much fat you need, which type, and when you need it.

SIMPLE SPIRITUALITY & SUSTAINABILITY

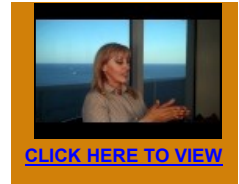
I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:
 - my passion for **spirituality**.
 - my passion for our **earth/environment/plants/animals** and the future of them/us all.
 - my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....
2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our com-

munity (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.
5. To make it all **simple and synergistic**.

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WHAT MENTAL, EMOTIONAL AND SPIRITUAL PRIZES WILL YOU UNLOCK WITH NUTRITIOUS FATS???

Like everything that goes in or on our body, fat has an impact on our mental, emotional, and spiritual health. **New scientific studies** suggest that by increasing our consumption of certain "good" fats found in fish, flaxseed oil, and walnuts, we may improve the symptoms of a number of psychiatric illnesses, including depression, bipolar disorder, and schizophrenia.

Among these good fats are the omega-3 fatty acids that we cannot live without. The **benefits of omega-3s** include helping to reduce symptoms of hypertension, depression, attention deficit hyperactivity disorder (ADHD), joint pain and other rheumatoid problems, as well as certain skin ailments. Some research has even shown that omega-3s can **boost the immune system** and help protect us from an array of illnesses including Alzheimer's disease.

The energy of good food choices you make changes the vibrations of your nervous system and is likely to force the lower vibration, negative thoughts out of your system. The **negative thoughts are said to become incompatible** with the higher vibration of energy that begins to fill your body and, in turn, supports your future development. People who work with energy know that having a higher vibration will make a real difference in spiritual practices.

Your body often stores negativity in excess fat as blocked energy. As you work with healing energy to release negativity, anger, fear, hate, blame, and guilt you can enjoy all of the positive energy and clarity you can bring into your life. **Support the release of this negative energy** by monitoring the foods you consume and the amounts and kinds of fats that are in them. The light and vital energy of

smart food choices helps you to face your life issues so you can easily release repressed emotions and thoughts from your mind and body. I encourage you to **make decisions that will increase the strength** of your inner spiritual light and positively impact your mental and emotional health.

If you would, please go to this link and give us/me your feedback:

[\(CLICK HERE OR SEE http://carolinaaramburo.com\)](#)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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