

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 45th Newsletter, I want to talk to you about **Energy**.

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](#).

LET YOUR BODY GUIDE YOU IN BOOSTING YOUR ENERGY LEVELS!!!!

In this newsletter, I want to talk to you about **energy** and our health. The human body uses energy from foods through metabolism. This energy is used for many different functions, including **thinking and growth**. Metabolism is a constant process that begins when we're conceived and ends when we die. It is a **vital process** for all life forms.

Here's an example of how the **process of metabolism** works in humans. It **begins with plants**. First, a green plant takes in energy from sunlight. The plant uses this energy and the molecule chlorophyll (which

gives plants their green color) to build sugars from water and carbon dioxide in a process known as photosynthesis.

When people and animals eat the plants (or the animals that have eaten the plants), they **take in this energy** (in the form of sugar), along with other **vital cell-building chemicals**. The body's next step is to break the sugar down so that the energy released can be distributed to, and used as fuel by, the body's cells.

Our organism **may lack energy** from many causes; one of the common causes of lack of energy is from a deficiency in **vitamins and nutrients**. If you tend to feel **tired, lazy or even fatigued**, it could be that your organism is lacking certain nutrients and vitamins.

Proteins, nutrients and vitamins are crucial for a person's health. Therefore, it's very important to have a healthy and balanced diet. A deficiency in nutrients can lead to serious **diseases such as anemia**. Anemia is when the blood doesn't have enough hemoglobin, (red blood cells). It often results when one doesn't get **enough of certain vitamins and minerals**, especially **iron**. People who have anemia can feel very tired and have little energy.

At the beginning of my illness, in 2010, I was diagnosed with

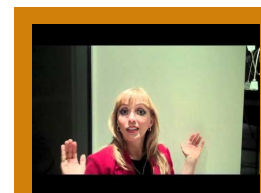


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acute **Chronic Fatigue Syndrome**. This disease is **much more than just being tired**. It can totally shut down a person's life. Mixed with Acute Post Traumatic Stress Syndrome and a series of other health issues, I had a massive lack of energy. I, for most days of the week, could not even get out of bed.

During this period of my health journey, I had to deal with a wide range of other symptoms, including flu-like symptoms, **chronic pain**, and liver and kidney shut down. At some stages of my journey, my adrenals also failed to work.

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LET YOUR BODY GUIDE YOU IN BOOSTING YOUR ENERGY LEVELS!!!! (Cont.)

All of this added up to me not having the very high energy level I had been used to my whole life.

Throughout my healing process, I tried different approaches to understand and treat this condition. I listened to my body to provide me with the appropriate exercises, food and techniques (like deep breathing exercises) to increase my energy levels. I also worked with various doctors who "prescribed"

various organic foods and juices that impacted my health. I loved juicing because juices are more "live" and much more concentrated. That often provided me with the most instant energy.

After implementing a completely organic vegan diet and the right amount of exercise, I now can, while listening to my body, adjust my body daily to actually move my energy levels around. There are still days when my energy is low but at least I now

have a better relationship to my body and more knowledge to be able to make a difference for myself.

Join me this week in discovering how to bring energy to your body when you need and want it!

FUEL YOUR BODY WITH THE RIGHT ENERGY FOR OUTRAGEOUS PERFORMANCE!!!!

Lack of energy may show up in various forms, such as laziness, fatigue or tiredness. It can strike up at particular times of the day or may last for the whole day.

The body's energy mostly comes from the foods we eat; specifically, carbohydrates, fats and proteins. Although most foods contain all three, there's usually a predominance of one of these. These foods are converted into energy in two ways. First, the carbohydrates, proteins and fats are broken down in the intestine and are absorbed as glucose, amino acids and fats. However, the most important source of energy is derived in the cells of the body, where these food molecules are further broken down.

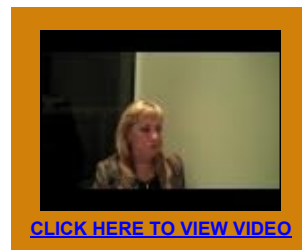
Although proteins and fats also provide the energy we need, it has been scientifically proven that carbohydrates provide the most energy our body requires to function properly. We may often think of fat as something that should be eliminated from our diet and a source of ill health and unattractive physiques. However, fat is a vital component of health, according to *Biology: Concepts*

and Connections. Unused caloric energy is stored by the body as fat. Fat serves several functions, including protecting organs, providing warmth and acting as an emergency energy source when nutritious food is unavailable.

You can find energy from fruits, vegetables, nuts and whole grains such as whole wheat, rye, barley, oatmeal and other grains. The American diet and other diets include processed carbs, sugar, soda, candy, cakes, cookies, white rice, refined pasta, and white bread. Although these types of foods give us energy, it can be considered a false energy and these foods may lack nutrients we need for good health.

This is why I think that the best sources of energy include organic apples, oranges, kiwifruit, grapes, carrots, broccoli, carrots, greens, asparagus, cauliflower, oatmeal, whole grain bread, potatoes with the skin, and many other wholesome carbohydrates.

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The Second Health Proposal is about listening to your body. By listening to my body, I was able to learn of its needs, allowing me to improve my energy intake, through the nutrition my body needed, and my energy levels, by providing my body with the relaxation it needed. By listening to my body, I experienced incredible changes to my life and to all aspects of my well-being.

By learning to listen to your body, you may be able to raise your energy levels by giving your body the nutrition it needs or anything else it needs (relaxation, for example) to keep it healthy. Listen to your body and keep it energized! Will you join me in this rewarding health and well-being journey???

FUEL YOUR BODY WITH THE RIGHT ENERGY FOR OUTRAGEOUS PERFORMANCE!!!! (Cont.)

Some people focus on consuming a **high level of protein**, such as from beef, pork, turkey, chicken, fish, cheese, nuts and tofu. This may not be the best source of energy. Although protein is used to build muscles and repair damage in our body, it does not make the **best fuel for energy**. When we take in much more than we need, our body uses about 5 times the water we normally use to digest protein and use it as energy. This

can significantly dehydrate you, especially if you're into sports or physical activity.

The human body **requires energy in the form of calories in order to function properly**. Scientifically speaking, a calorie is the amount of energy required to raise 1 kilogram of water by 1 degree Celsius. The body's cells require energy from calories to complete basic metabolic tasks and to maintain

the body's various systems.

Having a **diet full of the right nutrients** can be the key factor to maintain and increase your daily energy and performance, **giving you more energy** to work, exercise, study, play and spend time with your loved ones!!

MASTERFUL BUSINESS & PERSONAL COACHING

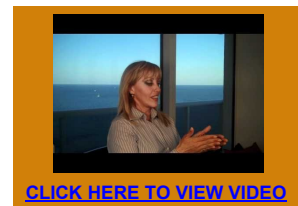
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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** transformational 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 **FULFILLING ADVENTURE!!**

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IN WHAT WAYS DO YOU MANAGE ENERGY FOR YOUR MENTAL, EMOTIONAL AND SPIRITUAL HEALTH???

The energy you take in through your diet can **affect mood**, behavior, and brain function. A hungry person can feel **irritable and restless**, whereas a person who has just eaten a meal may feel **calm and satisfied**. A sleepy person may feel more **productive after a cup of tea** and a light snack. A person who has consistently eaten less food and has less energy than needed over a long period of time **may be apathetic and moody**.

The human brain has high **energy and nutrient needs**. Changes in energy or nutrient intake can alter both brain chemistry and the functioning of nerves in the brain. Intake of energy and several different nutrients affect levels of chemicals in the brain called neurotransmitters. Neurotransmitters transmit nerve impulses from one nerve cell to another, and they **influence mood**, sleep patterns, and thinking. Deficiencies or excesses of certain vitamins or minerals can damage nerves in the brain, causing changes in memory, limiting problem-

solving ability, and impairing brain function.

Several nutritional factors can influence mental health, including: overall energy intake, intake of the energy-containing nutrients (proteins, carbohydrates, and fats), and intake of vitamins and minerals. Often deficiencies of multiple nutrients rather than a single nutrient are responsible for **changes in brain functioning**.

A lack of energy in our body can **definitely affect our emotions** as well as our performance. When we experience a lack of energy in our organism, it tends to slow down and make us feel less active, potentially creating a **sense of sadness** and **lack of motivation**. Energy is not only **important to accomplish your daily tasks**, but it can also be very important in motivating you to be the greatest you can be at all times.

In the spiritual realm, taking in healthier energy will likely keep your body healthier to engage in spiritual practice. By learning

to manage energy, you may be able to use it in prayer, meditation, healing and even enlightenment!

Learning to take in rich sources of healthy energy and manage it effectively can greatly improve your mental, emotional and spiritual well-being!

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 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.