

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 49th Newsletter, I want to talk to you about Cellulite.

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](#).

### CELLULITE CAN BE THE VISUAL HINT YOU NEED, TO KNOW THAT IT IS TIME TO IMPROVE YOUR HEALTH!!!

In this newsletter, I want to talk to you about the physical and emotional impact of cellulite to our health and well-being. Cellulite is a condition that affects the appearance of the skin in areas with underlying fat deposits, causing it to get a dimpled, lumpy appearance. The fat itself is not totally responsible for the cellulite. The same fat under a child's plump cheeks will be smooth instead.

However cellulite is different from 'normal fat' in that the structure of the overlying skin and underlying connective tissue determines if it will be smooth or rippled. Knowing this can play a big

role in attempts to get rid of cellulite.

Underneath the skin there is a layer of fibrous connective tissue responsible for adhering skin to the muscle beneath it. In men, this connective tissue is arranged in a cross-hatched or diagonal manner giving a smooth and continuous pattern, whereas in women it runs vertically; perpendicular to the skin. These fibrous bands called septae tether the skin to the underlying tissue at certain points creating fat chambers that push up on the skin while the bands pull the skin downward making cellulite treatment close to impossible. This is what causes cellulite in women. Also, men have thicker skin than that of women so they are less susceptible to cellulite.

In my case, I started to develop cellulite when my body became massively sick. For the first time in my life, I began to show signs of the lumpy appearance of cellulite. Since my illness was impacting every cell of my body it made sense that my tissues were degrading, as well. It appeared so fast that it seemed to happen overnight. While fighting for my life, cellulite was the last of my concerns from an appearance standpoint. But, the speed in which it appeared was a big indicator that I was no longer healthy. No matter how much I exercised, the cellulite remained. It even got worse for a while as my doctors had me on a lot of very severe medications to keep me alive. Those drugs further



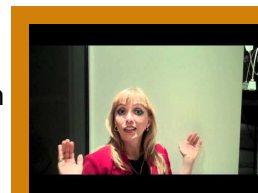
CAROLINA ARAMBURO

degraded my skin and tissues. When I began to wean my body off the most severe of my drugs, and started to heal, some the cellulite began to take on a different texture.

I listened to my body as time went by. I used more and more natural remedies along with working out differently, drinking water, and adding good fats and oils to my diet. I began repairing my body and brain chemicals.

My liver, kidneys and other organs began to work better. Then I noticed that the cellulite reduced, then began to go away again. I really saw the direct correlation between being healthy inside and cellulite showing outside.

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## CELLULITE CAN BE THE VISUAL HINT YOU NEED, TO KNOW THAT IT IS TIME TO IMPROVE YOUR HEALTH!!! (Cont.)

During this period of my illness, I learned one more reason why eating healthy is so important. Cellulite is caused by not just the connective tissues but also because of **“bad” fat deposits** under the skin. Eating healthy to include “good” fats was one thing that helped the cellulite disappear. I also began to drink more water, because water helped me **wash away all the toxins** and “bad” fat stored under my skin.

### BEING HEALTHY CAN MAKE A HUUUUUGE DIFFERENCE IN REDUCING/ELIMINATING CELLULITE!!!

Cellulite is considered to be a **very common condition** that can affect people from any culture or background. Cellulite can affect people from any age, but is mostly **common in middle-aged and elderly people**.

It is a condition that affects the appearance of the skin in areas with **underlying fat deposits**, most noticeably on the arms, buttocks and thighs. It can affect any type of body contexture; it can affect people who are overweight or people with a balanced weight.

Cellulite is an issue of fat and **skin elasticity**. Doctors believe **it is caused** due to high levels of the female **hormone estrogen**. Many postnatal women or women on birth control develop cellulite because the body's waste system can't get rid of the enormous flow of **estrogen in the body**.

Cellulite is more likely to occur, if you live a **very poor lifestyle** and eat a very poor diet including toxic **foods that provides you bad circulation** and bad fluid retention, increasing your chances to develop cellulite.

Other factors involved in causing cellulite are:

- **Aging** - Can also promote

The blessing in this was that **celulite gave me an external sign**, along with many other external signs, that something was off with my body. Listening to my body was a key in my health journey, but in this case it was “seeing” vs. listening. Although cellulite cannot harm you or lead into any more serious disease, it can signal how healthy or unhealthy your body actually is.

the development of cellulite since the subcutaneous skin layer becomes thinner.

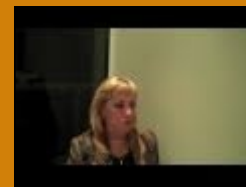
- **Not Enough Water** - Drinking lots of water will help flush toxins out your body. Since cellulite is a mixture of fat, water, and toxic wastes that the body has failed to eliminate, drinking plenty of water can help diminish cellulite.
- **Smoking** - Can promote cellulite by damaging the connective tissue in your body. This causes the dimpled effect in cellulite.
- **Medication** - Diet pills, sleeping pills and diuretics all lead to cellulite.

There are various ways that might **help you eliminate, reduce or prevent cellulite**. These are some of the most common and natural ways to do so:

- Begin supplementing your diet with a good, balanced blend of healthy foods such as **fruits, vegetables, leafs and whole grains**. These foods are very healthy and have good fats, which might not contribute to the formation of cellulites.

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Our bodies are amazing machines. They give us many different indicators that, if we pay attention, **we can use as guides**. Cellulite is one such sign. Use it to start getting healthier today!



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Our bodies are amazing...they give us all kinds of clues about our health! **Cellulite can be considered to be one of your body's ways to tell you something is off**. The first health proposal is about **cherishing** your body and the second one is 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.

**Listen to your body** to tell you how to know how you can support yourself physically, mentally, emotionally and spiritually. You may notice **massive changes** in the power of your mind, your emotions, your physical health, and your ability to connect with Source/God/the Universe by making small changes in your daily diet. I entice you to go on this **miraculous journey** with me!

## BEING HEALTHY CAN MAKE A HUUUUUGE DIFFERENCE IN REDUCING/ELIMINATING CELLULITE!!! (Cont.)

- Excess fat can make it much harder to get rid of cellulite (although it is not the cause of it). Finding your ideal weight balance might help you **eliminate or improve cellulite**.
- Consuming **less foods** and beverages that are high in **sugar** and/or highly processed carbohydrates.
- Following a **health and balanced diet**, not only helps you reduce cellulite but it also benefits your health and well-being.
- **Drinking plenty of water** can also help eliminate or reduce cellulite because it helps your organism to wash away any bad toxins.
- **Exercising** can be one of the best ways to eliminate cellulite.

Cellulite may not as horrible as it looks or sounds. The good thing about it is that it **can be treated and cured** as long you live a **healthy lifestyle!**

### 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!!**

### DON'T LET CELLULITE SEND YOU INTO HIDING... YOU CAN TOTALLY TREAT IT!!!!

Cellulite **can cause emotional stress**, especially for women (who are much more likely to suffer from cellulite than men).

Some people tend to **feel bad and embarrassed** about their cellulite. Even a look from a passer-by can be interpreted by the brain as judging. In general, the condition can make people feel less confidence, and lower self-esteem.

Cellulite can **cause, mental and psychological disturbance** because people can consider it to be something that is negatively impacting their appearance, making them **look less attractive to their partner** or people in general. Whenever we are judging our bodies you can be sure that there is a spiritual impact also. A negative relationship to our body can take energy from our spiritual practices and leave us not present to our own perfection and connection to

our higher self.

Although the behavior of people struggling with cellulite will differ from person to person, there are a couple of **common characteristics** that are displayed, such as:

- **Less self-confidence**
- Preoccupation with their skin and outward appearance
- Over-compensation in dress or a total non-care attitude regarding their appearance
- Withdrawal from social events and friends
- **Reduction of self-esteem**
- Rebelliousness and suppressed anger
- Negative self-image and poor body posture

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### CONNECT WITH ME



Cellulite can be an uncomfortable condition, but there are many treatments available which might help **prevent, reduce, or even eliminate it**. Instead of feeling bad about such a condition, we can try different treatments and remedies to improve the condition, and above all, we can learn to **love and cherish our body**, no matter what it looks like!

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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