

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 50th Newsletter, I want to give us a chance to consider the impact that we have on our skin and that our skin has on us.

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](#).

ARE YOU TAKING THE UTMOST CARE OF YOUR BIGGEST ORGAN... YOUR SKIN???

Our every day living can have a large effect on the health quality of our skin. Anything from life's stressors to the types of food we choose to eat can impact our skin. Although it may be difficult to keep our skin in normal condition, there are many different ways we can use. In this newsletter, I want to focus on the ways you can improve your skin health and the impact that poor skin care can have on you.

This week on our Fan Page, we have included articles that will offer you information on skin care and the effects that it can potentially have over you. These specific articles will cover the physical, mental, emotional, and spiritual effects that proper skin care can have on your well-being.

Having skin problems can develop as early as in the adolescent years. Some people receive their

first cases of acne during the pre-teen stages and have trouble with it throughout their entire lives. The physical appearance of your skin can suggest things about you to other people. Although it may not be true, poor skin health could give off the impression of poor hygiene. Some physical signs of poor skin health could include:

- Blotchiness
- Uneven texture
- Acne
- Dark spots
- Flaky skin
- Scaly skin
- Chapped lips
- Wrinkles
- Rosacea (adult acne)
- Moles
- Warts
- Rashes

The glorification of certain body images in the media may, including clear and beautiful skin, may have a psychological effect on you if your skin doesn't look the same. If you develop a poor self-image from your skin, it may stay with you long after the skin problems have gone away. Although your image can affect your mental state, your mental health also affects your skin! If you happen to be stressed or depressed, you may not pay as close attention to your skin care as you should. Due to this, your skin is put at risk. Skin health and skin healing are affected by how you think!

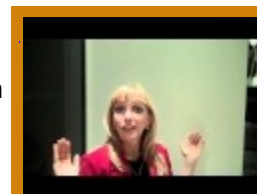
My eating and exercise habits have played a large role in my skin health. The impact is that I have



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great skin color, have remained very wrinkle free and I am able to keep the signs of aging away. When I became extremely sick in 2010, one of the first places the sickness showed was on my skin. Both my kidneys and liver were failing me and my skin began taking on a different color. It started to become less alive and began to have imperfections while rashes began to appear on my face and body. Despite the amount of water I drank, I was always thirsty and my skin was always dry. No amount of water I drank made a difference. Over time, though, I have worked with many natural doctors who have guided me on exercise, nutrition and supplements to repair my body, organs and balance my body's chemicals.

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ARE YOU TAKING THE UTMOST CARE OF YOUR BIGGEST ORGAN... YOUR SKIN??? (Cont.)

In the process of this, my skin has bounced back to a **state of looking alive again!** My original color has returned, my skin has gotten back to an appropriate level of moisture and the imperfections and rashes have subsided. I drink water constantly to keep my body and my skin hydrated. I also **regularly ingest oils**, such as olive oil, borage oil, evening primrose oil and coconut oil to help my brain's chemicals balance out; this has also brought about the much needed moisture that my skin was missing in the earlier

stages of my illness.

Living with skin problems can cause a mass amount of emotional strife to your life. It can actually be **extremely stressful to any aged individual**. Whether you are young or old, poor skin health impact your emotional well-being. With the views of society on beauty and perfection, it is easy for someone to suffer emotionally if they are not "up to standards" with society's viewings. Emotional effects may include anger, sadness, reduced self-confidence and self-esteem, **em-**

barrassment, frustration and social withdrawal. All of these effects may not come up at once, but one can lead to the other. Often times, these emotions can lead to a point of depression and despair.

Our **body is said to be a sanctuary**. The same way we eat and stay stress free to take care of our skin we, to a large extent, take care of our whole body, as well. I suggest that you listen to your body to tell you what every organ in your body needs—including **the biggest organ you have—your skin!!**

THERE ARE SEVERAL TOOLS YOU CAN USE FOR BEAUTIFUL, HEALTHY SKIN!!!

Many of us take a large amount of pride in our physical appearance. With beauty and fashion being promoted in the media every day, it is very easy to become **discouraged if we do not fit the standard of looks**. This standard includes having healthy skin that does not include any blemishes or acne. In the media, we see celebrities with flawless skin and naturally want to imitate it. Having **great skin can be good for making a positive lasting impression**, but it is even better for your health!

We may not notice it at first, but every decision we make in our daily living can have an **effect on our skin's health**. Apart from making your appearance better, the benefits of healthy skin are numerous. Keeping your skin in good health can:

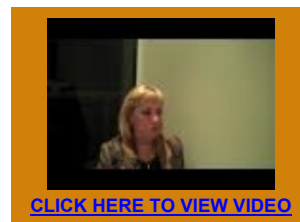
- Diminish fine lines and wrinkles
- Improve firmness
- Result in uniform pigment or color
- Delay or preclude the need for surgical rejuvenation
- Improve sense of touch

There are a variety of natural or therapeutic elements that can be

used to **improve the state of your skin**. One major recommendation is to use herbals. **Green-tea**, which is a specific type of herbal tea, can be used on the outside of the skin in addition to being consumed. Studies have shown that placing green tea on your skin can assist the skin in numerous ways. It has been shown that it can be used as an **age-defying treatment**. A normal skin cycle is known to be 30 days, but with the use of green tea, the process is accelerated and the **skin cells migrate faster**, generating more new cells.

Utilizing infrared saunas and skin brushing may physically benefit your skin as well. Saunas have a tendency to **augment circulation and oxygenate the tissues of your skin**. Your energy production is amplified and, due to that, healing is facilitated. Your metabolism is sped up and your skin cells are able to eliminate more toxins when your tissues are heated up with an infrared sauna. With all the chemicals that skin absorbs on a daily basis due to lotions, soaps, deodorants, cleaning solvents, detergent residues and even from our bathing water, it is **easy for our skin to get damaged**.

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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. In my health journey, I discovered that my **skin** was a direct reflection of my physical, mental, emotional and spiritual health. By listening to my body, I was better able to heal it as needed, which resulted in much healthier skin.

Listen to your body to tell you how to have your skin shining and, with it, your overall health. That will likely support you physically, mentally, emotionally and spiritually. You may notice **exuberant changes** to your health and skin. I entice you to go on this **enchanting journey** with me!

THERE ARE SEVERAL TOOLS YOU CAN USE FOR BEAUTIFUL, HEALTHY SKIN!!! (Cont.)

Frequent use of an infrared sauna can recondition skin elimination and heats the tissues several inches deep. **Skin brushing** creates remarkable results through a person's own responsibility of duplication. When done on a regular basis, a person will begin to realize that they feel more energized. Ensuring that

you are using the right cosmetics is also important for the safety of your skin. It is critical that your selection of products is accurate and is made from real living things so that their benefits are passed on to you. Creams, lotions, and cosmetic products need to be carefully selected to be sure that you are pro-

viding the best care for your health and skin.

There are several great ways we can take care of our skin. Doing so may not only beautify our physical appearance, it may impact our health in surprising ways!

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 community (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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STRESS MANAGEMENT AND SPIRITUAL CLEANSING MAY HAVE YOUR SKIN BRING OUT YOUR INNER RADIANCE!!

When a person begins to notice their skin problems, they can easily become **upset, saddened or discouraged**. Seeing that large blemish on your nose the night before an important event can become extremely disheartening and change the way you feel about yourself. Having issues with your skin health can effect you mentally, emotionally and spiritually.

While having problems with your skin can be devastating. Unfortunately it is a **vicious cycle as stress has an enormous impact on your skin**. All of the stress chemicals that you pour into your body being upset about your skin only has your skin get worse. The way you think has a direct correlation with your skin and health. Clearing your mind of any bothersome issues will improve your skin's condition.

The improvement of your skin can change your emotional state as well.

If you are normally saddened by the appearance of your skin on any portion of your body, having healthy skin may boost your self-esteem. You may also become more comfortable in your surroundings. In other words, you may become **"comfortable in your own skin"**.

Spirituality can positively influence your skin's health in many ways. Clearly, if your spiritual practices create a **cleaner you on the inside, it will probably reflect on the outside, as well**. Some spiritual practices encourage fasting. By engaging in a fast, you may impact your skin, as well as your spirituality; by releasing **toxins that have built up in your body**, the appearance of your skin is enhanced. Water fasting is a powerful therapeutic process that can help people recover from a variety of health conditions. **Fasting as briefly as possible**, but as long as is necessary to allow the body to restore health is

the goal. With the potential to provide you with healthier skin and a better quality of sleep, which may also improve your **skin's appearance**, fasting with water is a great way to potentially improve your skin. That said, I encourage you to cherish your body because of your imperfections, rather than despite them. It can likely impact your mental, emotional and spiritual health... as well as your skin!

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

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