

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 51st Newsletter, I want to talk to you about Hair.

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](#).

CHERISHING YOUR BODY AND OVERALL HEALTH MAY TOTALLY LEAD TO HEALTHIER, MORE BEAUTIFUL HAIR!!!

Your hair can be an enormous testimony to how healthy you are or a sign that something is off with your health. Sudden hair damage or excessive hair loss is an indicator that something may be missing in your health care.

It is natural to experience hair loss every day simply due to the hair cycle. Beyond the normal cycle of your hair growth, however, there are various reasons why a person would begin to experience hair loss or begin to have dry, brittle, or damaged hair. Some of those reasons could include:

- Hormonal changes
- Alopecia areata (an autoimmune disorder characterized by inflammation of the hair root)

- Cancer/chemotherapy
- Severe Burns or injuries
- Nervous habits
- Acute Stress
- Long-term illness
- Major surgery
- Prolonged high fever

During the beginning of my illness, in 2010, my hair became really damaged and started falling out in handfuls. The doctors said it was due to hypocortisolism (increased cortisol levels) caused by my Post-Traumatic Stress Disorder (PTSD). The doctors also explained to me that when the body is in an emergency state due to any acute illness, your hair goes into a resting state and then will, within time, fall out. During my illness, I also had the complications of my thyroid shutting down, which also interrupts the hair cycle and causes hair loss and damage. Finally, in the beginning I was taking a series of very intense drugs that also impacted my hair. It all added up to a tremendous impact on my hair, to say the least.

Once I got off the heavy medications and started working with my diet, such that I was depending on a completely vegan diet to heal me, the hair loss and production of dry, brittle hair damage slowed down and normal hair growth began to happen again.

My diet not only served to heal my body, but also my hair as well. It was rich in exactly the kind of things that ultimately impacted my hair in a positive way. I was eating lots of green leafy vegetables, nuts, flax seed and flax seed oil, and so on. These all began to bal-



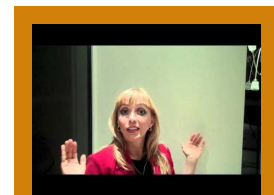
CAROLINA ARAMBURO

ance out the damage being caused by the excessive stress levels that I was experiencing because of my illness (both my PTSD and the Acute Chronic Fatigue Syndrome).

Depending on the cause of the hair loss or damage, you can see from this newsletter and the articles on our Fan Page this week, that there are several things you can do to avoid it or repair it once it starts happening. However, if the cause of your hair loss is associated with heredity conditions or disease, you may need to look for professional assistance.

The first thing to do to avoid hair loss is to try to keep your stress levels down. Hair is the first thing within us that reacts to stress.

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CHERISHING YOUR BODY AND OVERALL HEALTH MAY TOTALLY LEAD TO HEALTHIER, MORE BEAUTIFUL HAIR!!! (Cont.)

Therefore, it weakens when stress levels rise. If you practice keeping your stress under control with methods such as exercise, yoga, meditation, and plenty of sleep, this preventative measure could positively impact your hair.

Avoid overusing hair dyes, other chemical treatments, irons, and blow dryers. Although these things can be **alright in moderation**, it is not healthy for the hair, and the outcome **can be damaged hair**.

Diet can be important in the **pre-**

vention of hair loss. It may help to eat a **balanced diet** and get enough calcium, protein, and water on a daily basis.

Conditioning your hair each time you wash it may also be an important practice. Additionally, avoiding hair styles that require a lot of pulling and brushing of the hair is suggested.

Your hair can be a reflection of your inner health. By cherishing your body and keeping it incredibly healthy, and by cherishing your

hair and avoiding the overuse of damaging treatments, you may notice your hair looking beautifully healthy!!!

THE RIGHT DIET MAY BE A KEY FACTOR IN REDUCING HAIR LOSS OR DAMAGE!!!

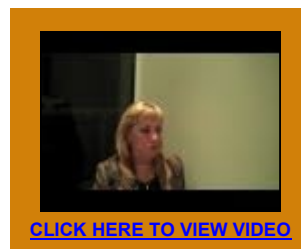
In this article, I want to talk to you about all of the **nutritional ways you may be able to maintain a healthy head of hair**. Everything from dry brittle hair to hair loss may be improved by listening to your body and providing it with the nutrition it needs to stimulate healthy hair production. Damaged hair and hair loss can happen because of an array of things, **including poor diet or dieting, medications, scalp infections, disease, hair treatments and hormonal changes**. Each of us has a different cycle of hair growth and rest. If this cycle is interrupted then the result is damaged hair or hair loss.

Here are some foods you can eat to improve your hair's health. If you are vegetarian or vegan, there will most likely be ways to give your body the same nutrients, without the meat or meat byproducts:

- **Salmon or Flaxseed**—Salmon is full of Omega-3 fatty acids, protein, vitamin B-12 and iron. Flaxseed has plant-based omega-3 fats.
- **Beans, Legumes and Lentils**—Contain various levels of biotin, protein, iron, zinc.
- **Dark leafy greens**—Kale,

collard greens, spinach, broccoli and chard are just a few sources high in iron and vitamin A and C, which produces sebum (the oily substance secreted by your hair follicles, which is the body's natural hair conditioner).

- **Nuts**—Brazil nuts are one of nature's best sources of selenium, an important mineral for the health of your scalp. Walnuts contain alpha-linolenic acid, an omega-3 fatty acid that may help condition your hair. They are also a terrific source of zinc, as are cashews, pecans, and almonds.
 - **Whole Grains**—whole-wheat bread and fortified whole-grain breakfast cereals for a hair-healthy dose of zinc, iron, and B vitamins.
 - **Chicken and Turkey**—Contain high quality protein plus they provide iron with a high degree of bioavailability, meaning your body can easily reap its benefits.
 - **Eggs**—Another source of high quality protein plus biotin and vitamin B-12, which are important beauty nutrients.
 - **Oysters**—Contains zinc, a powerful antioxidant.
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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 the impairment of my physical health, and the changes in my emotional health, directly reflected on my hair.

I suggest that you **listen to your body** to tell you how to nourish it and improve your health. With a healthy body, you may be better able to deal with the emotional stressors of everyday life, which in turn may help your hair and body be healthy. Having strong physical and emotional health can make a resounding difference in how strong and beautiful your hair looks...and how much hair you have! By listening to your body and giving it what it needs, you may notice **exuberant changes** to your health and hair. I entice you to go on this **enchanting journey** with me!

THE RIGHT DIET MAY BE A KEY FACTOR IN REDUCING HAIR LOSS OR DAMAGE!!!

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Low-Fat Dairy Products—Skim milk and yogurt are great sources of calcium, an important mineral for hair growth. They also contain whey and casein, two high-quality protein sources.

- **Carrots**—Carrots are an excellent source of vitamin A, which promotes a healthy scalp.

Any **severe dieting can show up**

in your hair very quickly as most diets eliminate the very oils and nutrients you need for a healthy head of hair. Having a balanced and nutritional diet may be key to your hair health!!

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 **FULLFILLING ADVENTURE!!**



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WHAT ABOUT THE EMOTIONAL, MENTAL AND SPIRITUAL CONNECTIONS TO YOUR HAIR??

It has been scientifically proven that a **sudden stressful event** can cause both hair damage and loss, as hair follicles can prematurely stop growing and enter into a resting phase. This process is called telogen effluvium. This is a type of **hair loss that is usually due to a change in your normal hair cycle**. It may occur when some type of shock to your system, emotional or physical, can cause hair roots to be pushed prematurely into the resting state.

The telogen phase can last 6 to 12 weeks (and much longer if left untreated) and affects **women much more than men**. The stress factors that can lead to temporary hair loss are:

- Death of family member, friend or spouse
- Accidents
- Intense work related stress
- Financial problems

- Divorce
- Major illness or surgery
- Child birth

The good news is that stress related hair loss is temporary. However, hair loss or damaged hair can also have a great impact on a person's emotions. Losing hair can have a great impact on a **person's sense of self-worth or their self-esteem**. In a vicious cycle, stress can cause the damage or loss, which could then create more **stress, leading to more hair loss, and the cycle continues**. Minimizing stress and getting enough sleep, which can allow your brain to process the stress, can be two very effective methods to reduce hair loss stemming from emotional reasons.

Is there a spiritual connection to hair? Many spiritual and religious traditions view hair as a source of one's vital essence. What is it about hair that merits such ritual attention and tradi-

tion? Rabbi DovBer Pinson, head of the Iyyun Yeshiva Center in New York, explains, "[The] idea of hair is that it transmits and funnels energy." Just as any part of your body, your hair is part of you. Even though it can be argued about length of hair, naturalness of hair, etc. one thing that becomes obvious when we discuss your spiritual connection is that all of you is precious and scared. The long and the short of it is I promote cherishing all of you including your hair!

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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