

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 72nd Newsletter, I want to talk to you about **Eating Disorders** and their impact on our bodies and 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 and go back and watch them. You can also read all of the articles in full **HERE**.

EATING DISORDERS BEGIN WITH BODY IMAGE AND CAN END IN DEATH!!!

Eating disorders such as anorexia and bulimia **affect an estimated 5-10 million people** in the US, generally female, but an additional **one million men** may also be affected. In this newsletter, I would like to discuss the effects of eating disorders, highlighting the physical, mental, emotional and spiritual impacts on health and well-being.

This week, we have included articles on our Fan Page that will offer you information on eating disorders, and the effects that it can have on your health and well-being. **Eating disorders can kill** and they can be extremely destructive to an individual's general medical health, organs, and a variety of other bodily functions.

There are three general types of eating disorders that affect women in our society. These are **anorexia nervosa**, a condition in which someone believes they are too fat and may stop eating, **consequently starving themselves**. The second is **bulimia**, in which people overeat or simply eat and then later

purge their body through vomiting or laxatives. The third is **binge-eating**, a condition in which people eat too much and therefore **gain lots of weight**. Even though there is a percentage of men who may be affected by these same disorders they are most commonly affected by overeating or **steroid use** in an effort to build up muscle mass.

There is no simple explanation for eating disorders as they may stem from complicated structures that include psychological issues, as well as **emotional, biological, interpersonal, and other social factors**. Eating disorders generally begin during a person's impressionable teenager years, but they may occur later in some cases. They may be accompanied by **bouts of depression** or emotional turmoil.

Eating disorders may be more likely to occur in **people who suffer from low self-esteem**, feel they lack control in their own lives, feel **anxiety or loneliness**, have a troubled family life, have a history of being teased for their weight or appearance and/or have been **physically or emotionally abused**. It may also stem from societal pressures to have the "perfect" body in a narrow definition of perfect. Research indicates that eating disorders may **also run in families**.

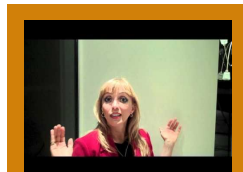
Once an eating disorder has started, it may be very difficult to overcome, as it becomes a circular effect. **Prevention may be a better method** for helping someone predisposed to the condition. A good prevention method should include information about society's obsession with body image, and its physical, **psychological, and moral** consequences. It should also **include gender roles** as, people may have a tendency to pass it off as a disorder only for women. A more recent surfacing of eating disorders has started occurring for men in general as society has begun to **push men** into the roles of being overly muscular. Prevention should also focus on self-esteem and the idea of **building up self-respect** aside from physical appearances.



CAROLINA ARAMBURO

In a 1995 University of Michigan study, **86 percent of the 557** incoming freshmen women were dieters. Three percent were bulimic. Within six months, an additional 19 percent of the dieters had become bulimic. In total, 22 percent of **freshmen girls** were bulimic within six months of entering college. Although this study ended at six months, we can assume a continued increase in bulimia and the **emergency of anorexia** among these dieting students over time. Treatment for eating disorders **can be complicated** as there is generally no one cause for anorexia or bulimia. Therapy or rehab may be recommended for a person suffering from an eating disorder. Often, the **treatment may be tailored** to an individual as the therapy may include treating the specific psychological factors that led to the disorder and **reducing the behaviors** associated with the cause to prevent a relapse. In some cases, if the damage has gone too far, patients may need to be **hospitalized** in order to maintain their weight and ensure they eat enough.

Why is it so easy to become a bulimic? One reason is that (Cont on next page)



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vomiting can trigger waves of the potent brain chemicals - **the endorphins**. The release of these natural heroin-like brain chemicals helps establish the powerful compulsions that bulimics are helpless to fight. They also **kill pain and ease stress**. If your body has become addicted to these natural opiates and you resume normal healthy eating, you will miss the endorphin highs. Dieting also strips the body of many nutrients. Two worth mentioning is **B1 and zinc**. When B1 and zinc are missing one of the impacts is a lack of appetite. This creates a vicious cycle.

It is hard to **fight against society's expectations** for a woman to have a thin waist and weigh a certain amount or for

men to bulk up and look muscular. I myself dealt with comparing my body image to those of "the ideal woman". Fortunately for me **I have always listened** to my body to guide me and cherished my body for it's imperfections. That has kept me from ever having to deal with any eating disorders. What we have to decide is what's best for our bodies and not what other people want us to look like. Everyone is an individual, **and no body is made the same**, and each needs different things to be healthy. If someone you know is affected by an eating disorder, **use sensitivity** to approach them and try to understand where they're coming from. **A good support system** can be the best defense against developing disorders of this manner. Eating disorders

can cause enormous damage on your physical health, causing problems in **all aspects of how you live** and how healthy your body is. An eating disorder often strips your body of essential nutrients needed to survive which may lead to further complications other than just weight loss.

One of the best ways to counter eating disorders is **prevention**. If you suspect someone of having an eating disorder, try to help him or her before it gets worse. They may not realize the damage they're **inflicting on their bodies** in the long run. Listening to your body is always the key to noticing your own bouts with image vs. health and will keep you from danger if you pay attention.

THERE IS A NUTRITIONAL DOWNWARD SPIRAL CAUSED BY EATING DISORDERS THAT DESTROYES YOU PHYSICALLY!!!!

Eating disorders can **wreak havoc** on your physical health, causing problems in all aspects of how you live and how healthy your body is. An eating disorder often **strips your body** of essential nutrients needed to survive which may lead to further complications other than just weight loss.

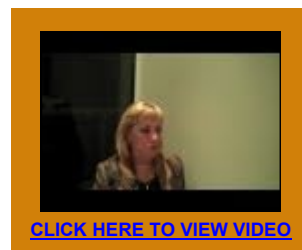
At times, it may not be obvious that someone is suffering from an eating disorder as their body may still be an **average weight**, but disorders can range from extremely underweight even to overweight. It may be difficult to tell at times.

The physical consequences of an eating disorder can be extensive, and may include symptoms such as **loss of menstrual cycle**, stomach cancer, disruption of blood sugar levels that could lead to low blood sugar levels. Blood sugar levels may also be an indication of a problem with the liver or kidneys. It can also possibly lead to the development of **diabetes** as well as circulatory and immune system problems.

Other consequences of eating disorders may include calloused fingers, **chronic fatigue syndrome** caused by a weakened immune system, cramps, bloating, constipation, or incontinence, dehydration, oral health problems such as decay, erosion of tooth enamel, and **decalcification**. Gum disease may also be a consequence of eating disorders such as bulimia due to constant vomiting.

There are many more physical changes that may take place when suffering from an eating disorder. These can include **dry hair or skin**, high blood pressure, insomnia, infertility, gastric rupture which can be life-threatening, iron deficiency or anemia cause by a lack of vitamins in your system, kidney infections or failure, **liver failure**, low blood pressure which can cause heart arrhythmias, malnutrition which can lead to blindness, heart attack, respiratory infections, and even death. You can't control what is lost in a severe diet. It isn't just your **body fat that gets lost**; it's your muscle and bone, and brain tissue, too. Anorectics have empty spaces that show up on brain scans where they have literally lost brain weight.

Treatments for physical symptoms of eating disorders may be varied depending on the affectation of the disease. **Maintaining good nutrition** may help many of the consequences, but food is often at the root of eating disorders. Many people suffering from disorders may have to undergo therapy in order to become well again. Adding **B1, zinc and the amino acid L-tryptophan** for those with eating disorders will begin to reverse some effects. Appetite stimulants such as caraway seeds, thyme, horseradish and angelica can be used along with ginger and garlic to **increase appetite** and cleanse the digestive system. Yoga, massage, meditation and breathing will help reduce stress and take your mind off of food obsessions. (Cont on next page)



Eating disorders are constantly on the up rise. **Ingrained, inherited cultural** conversations and massive emphasis on "looking good" as a factor of being thin and or muscular is the **damaging source** of most eating disorders. As someone who has dealt with her own concerns about image, since childhood, I am clear that without **paying careful attention** to your health it can be a slippery slope. I was a ballerina and a model when I was young. For both thin was definitely the "look". Fortunately for me I put enormous attention on my health despite the **pull to be like others** and never developed any eating disorders.

Cherish your body with all of its imperfections. Treat it with care, maintain it and keep it as healthy as possible throughout your life. **Listen to your body** to guide you to take care of your well being for the best performance and most longevity as possible. If thoughts about body image appear in your life surround yourself with support and commit yourself to your health at all costs. **I honor you** and request you honor your only body!

THERE IS A NUTRITIONAL DOWNWARD SPIRAL CAUSED BY EATING DISORDERS THAT DESTROYS YOU PHYSICALLY!!!! (Cont.)

Because spicy foods are more difficult to consume in excess, natural doctors recommend adding spices such as **cayenne pepper**, cumin, chili and curry to foods eaten on a daily basis. This may help prevent overeating and in turn keep the **metabolism working** at a much higher pace. Eating citrus fruits can be an excellent home remedy for eating disorders. **Oranges** help to keep the appetite up but

at a manageable level, so it is recommended that individuals eat 2-3 oranges a day, even before every meal to keep the appetite up and at a proper level. **Chamomile, Echinacea, Comfrey and St. John's Wort** are the most effective herbs for stress that may cause eating disorders, although others can be effective especially when combined.

Therapies for eating disorders may include Eye Movement Desensitization and Reprocessing (EMDR), cognitive-behavioral interventions, Gestalt Therapy, Traumatic Incident Reduction (TIR), **Emotional Freedom** Techniques (EFT) and Neural-Linguistic Programming (NLP). Other alternative treatments may include acupuncture, bodywork, or **neurofeedback**.

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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EATING DISORDERS STRIPS PEOPLE EMOTIONALLY, MENTALLY AND SPIRITUALLY!!!!

Many eating disorders are caused by **emotional responses** to situations in life, and therefore the emotional, mental and spiritual consequences of an eating disorder can go deeper than other diseases.

As the activity of the **brain shrinks** with severe dieting, the brain's mental and emotional stability can falter - even fail. (You can recognize brain chemistry deficiency by its very specific symptoms, such as **depression, anxiety**, irritability, obsession, anger and low self-esteem.) The **four brain chemicals** that dictate your moods are all derived from the amino acids in protein foods.

Serotonin, perhaps the most well known of the brain's four key mood regulators, is made from the amino acid **L-tryptophan**. Because few foods contain high amounts of tryptophan, it is one of the first nutrients that you can lose when you start dieting. When our serotonin levels drop,

so do our feelings of **self-esteem**, regardless of our actual circumstances or accomplishments. These feelings can easily be the result of not eating the **protein foods** that keep serotonin levels high. As their serotonin-dependent self-esteem drops, girls tend to diet even more vigorously.

When tryptophan deficiency causes serotonin levels to drop, you may become **obsessed by thoughts** you can't turn off or behaviors you can't stop. Once this rigid behavior **pattern emerges** in the course of dieting, the predisposition to eating disorders is complete. As their zinc and B vitamin levels drop low as well, their appetite is lost.

Tryptophan (and serotonin) deficiency results in an outbreak of the obsessive-compulsive behavior that we call "control." There may be **psychological** elements in the picture, too, but a low-serotonin brain is ill equipped to resolve

them.

From a **spiritual perspective** anytime the body begins to become damaged then being able to listen to the quiet **voice of your soul** becomes challenging. Then, as it begins to take over your emotions and mental capabilities shrink, that connection becomes more and more impacted. Catching eating disorders early is THE key.

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