



CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 104th Newsletter, I want to talk to you about **belly fat** and it's impact on lives 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](#).

NOT ALL FAT IS CREATED EQUAL AND BELLY FAT IS DEADLY!!!

Not all **fat** is created equal. There are two types of fat, the subcutaneous fat that accumulates between your skin and muscle and visceral fat which accumulates **around the organs**. Belly fat is indicative of more than just an accumulation of fat around the mid-section, its **representative of a larger problem** below the surface. That problem is visceral fat, which is a potentially life threatening issue effecting people in staggering numbers that account for numerous **health concerns** and complications. In fact, you are 5 times more likely to die from heart disease with **extreme** amounts of excess fat around your abdominal region. Some of the health complications caused by this type of **fat** include;

High blood pressure, Stroke, Chronic **inflammation**, Exaggerated symptoms of inflammatory conditions like autoimmune disorders, Some types of **cancer**, Type 2 diabetes, Insulin resistance, High triglycerides, **Low** levels of high-density lipoprotein (HDL), or "good," cholesterol, Metabolic syndrome, **Sleep apnea**, Heart disease, and more.

Regardless of your overall weight, having fat accumulated around your belly **greatly increases** the risks of these health concerns. This is because the fat in this area doesn't just lie **dormant**. Some doctors and researchers actually call it another "organ" in your body because it **produces hormones**, inflammatory chemicals, and effects blood sugar regulation.

Abdominal fat **breaks down** into fatty acids and when these excess fatty acids flow into the liver, a chain of **reactions** occurs that sends out inflammatory chemical messengers, and increases the production of LDL (bad cholesterol) and triglycerides. While this is happening **abdominal fat** also initiates a change in angiotensin, a **hormone** that control blood vessel constriction. This increases the risk of high blood pressure, stroke, and heart attack.

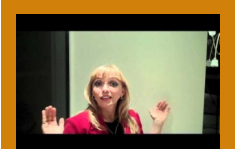
During this time **insulin** also



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becomes less effective in regulating blood sugar in the body. When blood sugars are out of balance, and fatty **acids** and clots get into the blood stream from abdominal fat, it is the perfect condition for diabetes, **heart disease**, and more. All of these health concerns are indicative metabolic syndrome and the **combination** of risks associated with these conditions greatly increases the risk of mortality from heart **disease**.

Men typically collect more belly fat that women **earlier** in life. It is also indicative of erectile dysfunction for men over 55. Women tend to be somewhat **protected** from belly fat before menopause and due to a higher level of **estrogen**, most often collect any excess fat around their hip and thighs. (Cont. on next page)



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NOT ALL FAT IS CREATED EQUAL AND BELLY FAT IS DEADLY!!! (Cont.)

Once **menopause** hits, the risk for belly fat increases and so does the risk for cancer, specifically **colon cancer** in men and breast cancer in women. This is due to the fact that as the fat breaks down it releases cell proliferating agents that speed up cancer **development**.

Genes play somewhat of a role in the way **your body** is shaped and your overall fat distribution. Also, as we age, fat does tend to deposit in different areas of our body, our **mid-section** being one

of them. However, regardless of your genetic makeup and **age**, there is something you can do about it! Most abdominal fat is a result of poor lifestyle choices. A **healthy lifestyle**, diet, exercise, and spiritual practice can greatly **reduce** your belly fat, and all of the staggering health **complications** that come along with it.

I have **battled** with belly fat my entire life since I was a teen and a ballerina. I think its the kind of fat that is the **hardest** to prevent, disappear and keep "under con-

trol". The one thing that most people don't know is that "regular exercise" and "**regular eating**" doesn't do it for a flat stomach, that the only way to have the flat belly that we all want is to have an **extra healthy** diet and exercise practice for life. But there is an even easier way, which is committing to a **whole foods** plant based diet and exercise.

I found since I have taken on this diet its **much easier** and requires less exercise to maintain a flat belly.

NUTRITION AND EXERCISE IS KEY FOR LOSING BELLY FAT!!!

Nutrition and exercise **both** play a huge role in preventing and combatting abdominal fat. Due to the fact that **belly fat** affects your body's ability to manage blood sugar and also contributes to inflammation which is a **leading cause** of disease, it is very important eat a diet compromised by foods to stabilize both of these. It is also **imperative to** watch your portion size of calorie laden food, and increase your portion size of **nutrient dense** and fiber rich foods. A plant-based, whole-foods diet can do just that.

Nutrient density of **certain** foods is one of the best methods for weight loss. By nutrient density, we are referring to the **proportion** of calories to the amount of nutrients you get from the food. Fruits and vegetables are the **most** nutrient dense of any food group.

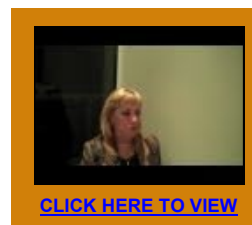
Here is an example of how this could work for you: If you were to eat 300 calories of chicken **versus** 300 calories of vegetables and protein rich legumes, the nutrients you would receive from the **vegetables** and legumes would be dramatically higher than the chicken. Filling your plate with foods like these that are high in **nutrients** and fiber help to stabilize blood sugar, fight inflammation, keep you fuller longer, and keep cravings away. Simply put, the more nutrients your **body** receives, the **less cravings** you will have, and the

less calories your body will need to satisfy your nutrient demands. Foods to **focus** on when trying to increase nutrient density are;

- All **vegetables**, especially leafy greens.
- **Fruits**, especially those containing a large amount of skin on them because this is where most of the fiber is found. Some include berries, cherries, grapefruit, peaches, apples, pears, plums
- **Whole grains**, especially brown rice and quinoa
- **Root vegetables**, especially beets
- **Legumes**

All of these foods are also very anti-inflammatory for the body as well. Small portions of food rich in omega-3 fatty acids also **help** to fight inflammation. Some of these include; almonds, walnuts, hemp seed, chia seed, and flax seed. Watch the portion size on these though because they are **very high** in calories.

When speaking of calories, it is imperative that you do not let your calories drop below a **certain** point when trying to lose weight. You want to be sure to maintain all of your muscle possible so your **metabolic** rate does not drop. Legumes are especially great for this because they are very **filling** and give your body the necessary protein it needs during weight loss. A health coach can help you (Cont on next page)



Belly fat is normally something people want to remove because of how they **look** with it. However, as you can see from this newsletter, it is also a very **dangerous** type of fat to have. Most people struggle to get rid of belly fat when the solution is actually very easy: move to a whole food **planet based** diet. Our bodies when feed healing planet based whole foods will **naturally** begin to balance themselves and heal on a multitude of levels and one of the impacts of this is the **reduction** of belly fat.

Cherish your body with all of its imperfections. **NOT DISPIETE THEM BUT BECAUSE OF THEM** as I speak about on my Health Proposal # 1. Listen to your body and find the appropriate healthcare providers, nutritionists and health coaches to guide you to take on a **whole food planet based diet** to reduce your belly fat, honor your body, other beings and the planet which has so served us. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

NUTRITION AND EXERCISE IS KEY FOR LOSING BELLY FAT!!! (Cont.)

figure out the **perfect** combination of foods to burn fat and build muscle for your specific body!

Exercise also plays an **imperative** role in burning fat and building muscle. Most people refer to cardio to lose weight, but it is **equally** as important

to lift weights or use some type of resistance exercise to maintain or **build** muscle during this process. The more muscle you have, the more calories you burn, and the more fat you will **lose**. Contrary to popular belief, a million crunches a day will not burn belly-fat. Spot reduction does not

work, but a focus on overall fat reduction will. Weight or some type of **resistance** training 2-3 days a week, combined with 30 minutes of cardio at least 3 days a week is a great amount of exercise for **preventing and reducing** belly fat, as well as optimal health and wellness!

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 **UN**

PRECEDENTED 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!!**

BELLY FAT LEADS TO EMOTIONAL, INTELLECTUAL AND SPIRITUAL IMBALANCE!!

Though **physical aspects** of your well-being play a huge role in the preventing and reducing belly fat, your emotional, spiritual, and intellectual well-being is equally important. In **traditional** Chinese medicine, there are certain energy systems and centers in the body. When there are complications in this energetic system that fuels your body, or **blockages** in certain areas due to a disruption of your emotional, spiritual, and/or intellectual state, physical symptoms such as belly fat can manifest.

Have **you** ever made a decision based off of what is referred to as a "gut" feeling? That is because the energetic area one located in the **abdominal** region is responsible for anything referring to the self; Self-discipline, self-love, self-awareness, self-worth, self-respect, self-will and so on.

When this area is out of **balance**, many issues can come up like a poor body image, negative thoughts about yourself, eating disorders, or an accumulation of belly fat. It **also** can account for poor decisions around your diet and lifestyle. This is why it is so crucial that regardless of where you are at on your journey to health and wellness, that you **love** yourself the

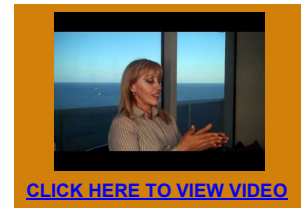
entire way through your journey.

This does **not** mean that you love yourself despite of your imperfections, but rather because of your imperfections. Physical conditions like **excess** weight don't always have to be a bad thing. It can be used as a learning experience, or a window you're your life that is **symptomatic** of an underlying concern. It could be your body's way of calling out to you because you have been neglecting yourself emotionally, physically, intellectually, or spiritually for far too long.

Ways to practice **self-love** are through visualizations, journaling or saying affirmations out loud, and setting up time for yourself in your day where you honor your body. Ways to **honor** your body can be achieved through anything that you enjoy or helps you in reconnecting with the quiet voice of your soul for **guidance** and inspiration This can be done through meditation, yoga, a skin care or beauty ritual, essential oils, dry brushing or hot towel body scrub, or a **soothing** bath.

It is also important to not isolate yourself when trying to lose weight and improve your health. **Feelings** of embarrassment,

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shame, or not feeling ready to step out into the world until you lose the weight can be a vicious **cycle** that leads to unhappiness and overeating. Instead, be sure to step out of your comfort zone and try new **experiences** that excite you. Your body will always catch up to the positive emotional, intellectual, and spiritual state you create for yourself! Taking time for yourself, **learning** to love yourself with all of your imperfections, and taking care of yourself physically, emotionally, spiritually, and intellectually are all crucial for **optimal health** and well-being!

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