

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 107th Newsletter, I want to give us a chance to consider the impact that **physical energy** can have on people's physical, mental, emotional and spiritual 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, go back and watch them. You can also read all of the articles in full [HERE](#).

YOU CAN HAVE THE PHYSICAL ENERGY YOU ALWAYS DREAMED OF!!!

The **various systems** our body uses to produce energy are some of the most used and abused systems in the human body. The amount of energy your body generates depends **largely** on the efficiency of your bodily systems, food choices, and lifestyle factors.

Energy originates with the food you eat that is then metabolized by the body for fuel. The carbohydrates, proteins, and fats from food are **broken down** into their most basic components in your digestive system and are either passed through the liver or circulate through blood until they are **absorbed** by the cells that need fuel. Fuel is found in the form of glucose, which is derived from carbohydrates, amino acids (which are derived from protein), or fatty acids (which are derived from dietary fat).

The **conversion of food** to energy is driven by a series of chemical reac-

tions in the body as well as enzymes, which regulates the rate of these chemical reactions. One of the most **important** parts of this process happens in your cells mitochondria. Energy is produced in the mitochondria by breaking down the bonds that hold the fuel molecules together. Vitamins, minerals, and nutrients work alongside of the enzymes to keep energy **production** going.

Once this energy is broken down, it is stored at **adenosine triphosphate**, or ATP, and is released as needed through another chemical reaction. There are different energy systems and different fuel sources used for daily activity; however, about 90% of the body's **energy production** does take place in the mitochondria.

When the mitochondria produce energy inefficiently, the adrenal glands and the thyroid glands are recruited to pump out more hormones in an effort to get needed fuel to the cells. While this may give you a small burst of heightened energy or short period of feeling good, it is an **unhealthy form of energy** that is derived from stress and taxes your body. This energy is literally produced by the same systems that are responsible for your body's "fight or flight" responses, which releases **detrimental** stress hormones, such as cortisol and adrenalin, into the body. It also produces an unnecessary insulin supply which can lead to blood sugar fluctuations that are typically followed by a drastic drop in energy, as well as fat storage and **sugar cravings**.

Your muscles, which are the body's main place for glucose (fuel) storage, become depleted, as the adrenal glands and thyroid are over-worked. Your brain has a **very high requirement** for glucose as well as red blood cells, which carry oxygen through the blood stream. Your brain uses about

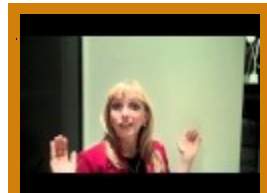


CAROLINA ARAMBURO

65% of the glucose that is circulating throughout the blood for fuel. A shortage to glucose and oxygen to the brain can be detrimental to your **health and well-being**.

As well as taxing the body's energy stores and brain function, an over production of energy from stress, poor nutrition, smoking, illness, unhealthy lifestyle factors, toxins, pollutants, immune response, or stimulants like coffee cause the mitochondria to **overwork**. This process creates metabolic waste know as free radical production. If everything is working efficiently, the metabolic waste can be excreted by the body, but when unnatural outside factors are forcing the body to produce excess energy the **metabolic waste** becomes extremely unhealthy to the body. This metabolic by-product is thought to play a role in causing most chronic disease, cancer, and fatigue as well as mood and mental disorders.

On my own life journey, **physical energy** is something I (Cont. on next page)



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YOU CAN HAVE THE PHYSICAL ENERGY YOU ALWAYS DREAMED OF (Cont.)

have become quite an empiric expert on. Given that I was born as a hyperactive child and that continued into my teen and young adult years, I always had to deal with the side effects of having too much physical energy. For example, it was hard to **sleep**, from when I was a toddler, and I went thru life at a speed that most people could not catch up to, understand or even accept.

When I became deadly ill 4 - 5 years ago I, for the **first time in my life**, had to deal with the complete opposite problem, not enough energy due to my chronic sleep deprivation condition which then resulted in my kidneys, liver and thyroid **failure**. I confronted that not having enough physical energy is a detrimental on the quality of life, including my intellectual and emotional balance. I

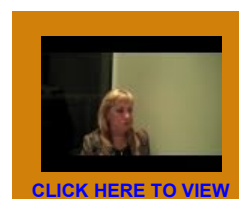
would even dare to say that not having enough physical energy negatively impacts our spiritual **development and connection**.

Going through my long health journey of almost 3 years, up until now when I am finally 99.2% **healed**, I gained a huge amount of empathy and compassion for people that lack physical **energy**. After having too much of it all my life and losing it completely for over 4 years I experienced the massive difference and the suffering that goes with that lack of energy.

I want to leave you with the most **important suggestions** I have, in this order; 1) Sufficient, uninterrupted, quality sleep is crucial. 2) A whole food plant based diet that contains all nutrients, of a **sufficient** quantity and quality, will give you 70% of all the energy

you ever need without ever having to use anything un-healthy like coffee, caffeine substances and, even worse, chemical substances. 3) Regular, **appropriate** exercise will make a world of difference in your energy. 4) Meditation, I found, helps a looooooot. 5) Excessive filtered water all day also helps **enormously**.

By listening to and honoring your body's wishes and nourishing your body properly, your energy will climb upward and remained heightened and stable throughout the day. Here's to the energy **YOU** deserve!



NUTRITION AND EXERCISE FUEL PHYSICAL ENERGY!!!

Proper nutrition is the building block of energy. Since there is metabolic waste that is produced by this process, it is important to include a wide range of anti-oxidants to **clear out** the free radicals in the body. As the free radicals in your body are reduced, the likelihood of becoming ill **decreases**, the more efficiently your body can produce healthy natural energy, and the quicker your body detoxifies. Anti-oxidants can be easily obtained by a **diverse** whole foods plant-based diet and can be consumed in concentrated amounts through **super foods**. Some super foods include; acai, goji berries, blueberries, raw cacao, black beans, kidney beans, chia seeds, and pecans.

Since glucose is the body's **primary** source of energy, ensuring that proper carbohydrates are consumed to balance and stabilize the body's glucose levels is the basis for keeping **energy consistent**. When carbohydrates are consumed, they are broken down into glucose for fuel. The best forms of carbohydrates for the body come from **plant-based** sources such as fruits, vegetables, legumes, whole grains, and root vegetables. All of these foods are packed **with** nutrients and fiber,

which slows down the process of breaking down the food, and allows for a steady **stable release** of glucose into the body for fuel. When too much glucose is released into the body too abruptly through processed foods or fast digesting carbohydrates like white rice, breads, pastas, sugars, deserts and so on, **insulin** is brought in to take the glucose where it needs to go. When this abrupt surge of insulin enters the body, it causes the blood glucose to plummet extremely fast which leads to **cravings and energy** fluctuations throughout the day. You must also remember to eat the proper amount of carbohydrates for your body. Cutting out your body's main source of fuel will also lead to **lack** of energy and cravings.

Fat is a secondary source of fuel that our body uses and is imperative to include in **your diet**. Healthy fats include avocado, all nuts besides peanuts, and seeds. Be sure to include these in your diet daily and avoid unhealthy **fats** like vegetable oil, fried foods, butter, dairy, and meat. These unhealthy fats can lead to more **stress** on the body, increased free-radical damage, illness, weight gain and ultimately **less energy**. (Cont. on next page)

Do your self a gigantic favor and try **honoring** the 5 suggestions I gave above, in this Newsletter, fully into your life and you will see the difference. I also constantly **learned and added** to my enormous multitude of other natural ways to **generate** physical energy until my body, mind, emotions and soul could enjoy the abundance of physical energy that I once had. I can suggest to you literally **thousands** of solutions - too many to fit on a 3 page Newsletter - but, if you wish more on this subject please contact me at: Carolina@CarolinaAramburo.com. You deserve all the energy that you need and wish for to live the **fullest life possible**, you just have to do what it takes to claim it!!!!

Cherish your body with all of its imperfections. **NOT DISPIE 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 the optimal **physical energy** in your body in order to honor your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

NUTRITION AND EXERCISE FUEL PHYSICAL ENERGY!!! (Cont.)

Increasing the amount of oxygen in the blood also helps boost energy. Imagine your body like a furnace, and that your metabolic force that creates energy is a **burning fire**. If you cut off the oxygen supply to the fire, the fire goes completely out. Toxins, pollutants, metabolic waste, fast digesting carbohydrates, unhealthy fats, illness, stress, and so on **decrease** the amount of oxygen we take in and absorb daily. A great way to counteract this process is by eating dark green

leafy vegetables. These nutritional powerhouses actually oxygenate the blood and **boost energy** in a number of ways. Herbs that also boost energy include: Ashwaghandha, Tulsi, Brahmi, Gotu Kola, Vacha, Gingko Biloba, and Ginseng.

Just as bringing **oxygen to the blood** and brain is important to generate physical energy, so is detoxification. The two most amazing ingredients for both of these are liquid chlorophyll

and exercise. **Chlorophyll** is the actual liquid that is the life force of plants. Its molecular structure is very similar to that of hemoglobin and is one of the **only ways** to detoxify heavy metals out of the body. Exercise also boosts energy, aids detoxification through sweating, and increases the efficiency of the body's use of oxygen and metabolic processes – all adding up to more **physical energy**.

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**.

PHYSICAL ENERGY EXPANDS WITH EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE!!!!

It is **completely normal** to have time periods in the day, or periods in life, where your body needs to rest and recover. However, when our energy feels consistently low or is **drastically** fluctuating, it is signal from the body that something is off balance. This something does not always have to be physical.

Along with nutrition, exercise and sleep, **stress control** is one of the most important aspects in keeping both stable physical energy and the ability to keep balanced emotionally, intellectually and spiritually. **One day** spent with a lack of sleep and/or excessive stress will tax the adrenal glands with dis-stress creating a drastic **depletion** in your energy stores for the next day. The cycle can be a viscous one and if pushed too far, your body usually stops you with a serious illness or **infection**.

By **honoring your** body's wishes and resting, when you need to rest, you have

more intellectual and **emotional** space to perform at your best throughout the day efficiently and effectively. If your day is busy and resting does not seem like an **option**, take a few moments to step outside, go for a 5-minute walk, and/or pause to take a few deep breaths. These kinds of activities help to deactivate the stress response in your body and re-**energize you**.

Emotional turmoil or repressed emotions can also lead to stress and energy **depletion** in the body. Finding an outlet for your emotions and learning to express and feel them fully, so they can pass, is imperative to freeing up the **flow of energy** in all that you do.

One side effect of not honoring your body's wishes and operating from a place of low or **artificially** forced energy is the disconnection you begin to have with your higher self which can disrupt your emotional, intellectual and spiritual balance. **Re-connecting** with

a spiritual practice, that also reduces stress, such as meditation is a great way to tap into the quiet voice of your soul, **honor** your body's wishes, and slow down to take a moment to give yourself what you truly need to generate your own energy (or life force) intellectually, emotionally, and spiritually.

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