

## WHAT'S NEW @ CAROLINA ARAMBURO & FRIENDS

### Welcome to Carolina Aramburo and Friends' first Newsletter!

Hello, My name is Carolina Aramburo, first let me introduce myself, it's an honor to be in communication with you through this newsletter.

When I read blogs or watch videos of anybody on any subject I always get intrigued: how did that person get there? Thus, I wanted to share a little bit about; how did I got here; I had the privilege of participating in being part of an elite group of master coaches, which in the opinion of many, many people, are the best coaches in the world. That gave me the opportunity to lead large events and seminars around the world. I had the chance to lead to hundreds of thousands of people and I also had the chance to do a lot of one-on-one personal and business coaching. Why did I spend fifteen years doing that kind of work is because my life is about making a difference – it is not something I do – it is just who I am.

I was leading programs last year and I got extremely sick and I almost lost my life; that is why the last 8 months I have been on a major health journey. I stopped working and I have been just fully dedicating myself to recover and heal myself. In this journey I have been learning a lot about health, well being and what it takes. I have discovered and learned many things that I want to share with people who are committed to their health and well being just like I am. And I figured if I am going through this whole massive health journey I might as well make a difference with what I am learning. That is how come I am the co-author, the orchestrator in writing this book – the first ever book written by a community of Facebook – and the subject is : Health, Fun and Well Being.

What is unique about this book, that I am so excited to tell you

about is that it is not just health and well being – it is actually health and well being from a different approach. This approach, I'm committed, will really make a difference for people in their own health journeys. Also, what is very unique about this book is that I am not writing what I have to offer and what I have learned only. We are all writing it together - everybody is contributing what they know. The co-authors of my book are a group of about 1500 people creating the conversation together. It is extraordinary because just in writing the book we are supporting each other and learning from each other, already. That group of includes MDs, PHDs, and doctors from alternative medicine like acupuncturists, chiropractors. There are Yoga Instructors, energy workers; there are all kinds of people from all walks of life, extraordinarily committed to their health, just like you. Also the book has a fun approach.

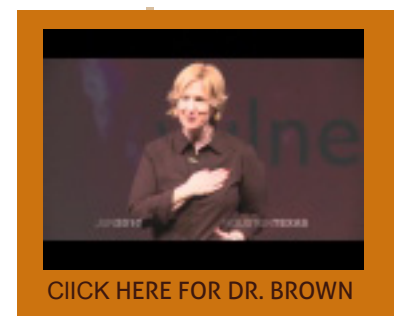
I am inviting you to check us out. There is a link below this video (see <http://www.facebook.com/CarolinaAramburoAndFriends>). I am majorly working on writing the book and taking a health journey. I will be sending a lot of videos with all my discoveries and Health Proposals . You will find all of those videos, on my channel (click on the videos). Thank you so much for being committed to your health and for giving me and us the opportunity to make a difference. I am committed that everything we share with you IS going to make a difference. How you can make a difference for me/us is by giving us your feedback. If you would, please go to the link below and give us/me your feedback (see <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 for much for the opportunity to learn together.



CAROLINA ARAMBURO



CLICK HERE FOR FULL VIDEO



CLICK HERE FOR DR. BROWN

CLICK HERE to VISIT CAROLINA ARAMBURO & FRIENDS NOW

## TOPIC ONE: THE FIRST HEALTH PROPOSAL

To begin with - Dr. Brown's video is on the first page of this newsletter – This is a needed for everything else. Also, the full video is available below this article - the video offers more content, this article is abbreviated.

I propose that, to begin the health journey, requires that you; 1) get to know deeply your body as mention on the First Proposal video, 2) make the "right choices", eat healthy, drink water, sleep enough, exercise, etc., 3) relate to your Self as Doctor Brown explains on her video and FINALLY; "try on" the FIRST HEALTH PROPOSAL, it will make EVERYTHING WAY EASIER and more successful!!.

So, please start by loving your body and cherishing your body, because of the imperfections, vs. despite the imperfections. If you create that approach on-goingly, you are going to end up making different choices and also the "right" choices that you made will give you more effective results. I will show you what I mean, with two examples.

One of the examples is stress (see the proposal/video on stress). Stress is very, very damaging to your body. We all know that, but we do not operate consistent with that. Look at a normal situation: you are in a meeting for a half an hour and people are raising their voices and there is a big amount of stress in the room and we know that your body is absorbing this stress. But, one of the non-obvious addictions (there is also a video about that) that we all have is: staying in stressful situations and being "tough". So, we would tough it up and survive the meeting the best way we can. Now, if you are committed to your health, you could make the "right" choice, which would be to come out of the meeting and not give your body a half hour of stress. Let's say you do that. The problem is that you are going to be outside of the meeting thinking about all the consequences of coming out of the meeting therefore stress-

ing yourself out anyhow. It didn't work out – even though you did the "right" thing.

If you apply my proposal; you would actually have such respect for your body and how it could get damaged by stress that when you were in the meeting, you would just get up, come out of the meeting and when you are outside of the meeting instead of worrying you could: breathe deeply, drink a cup of tea and enjoy the fact that outside the meeting and that "nobody is raising their voice at you". You did the "right" thing and it worked because it came from having a different kind of relationship to stress and your body.

Another example: water. It is very important to drink water, right? Doing the right thing was not enough for me, regarding water and I am going to show you why. It is general knowledge and most doctors say you are suppose to drink 2 – 4 liters of water a day. So, my whole life I did that. Now, one of the problems with my illness is I need a lot of water, 6 and sometimes 7 – 8 liters of water a day. Thus if I did just the "right" thing of drinking 2-4 liters of water a day I would not be taking care of my body. Now, once I started applying what I am proposing to you (having a different relationship to my body in such a way that I cherish my body because of the imperfections not in spite of the imperfections) I got to love this imperfection called, "I need more water than most people". I discovered exactly how much water I need. I listened to my body and I accomplished drinking 6 or 8 liters every day. I even created a fun practice. You know how people walk around with their liter bottle of water? Well ... I walk around with a gallon or half a gallon of water and everybody makes fun of it .. I do too .. I have a whole lot of fun with it and I do take care of my well being struggle free.

I know those are two very simple examples but that is the beginning

To continue the conversation you are totally invited to read the rest of my blog. It will topic, by topic, catch you up with where we are in the conversation.

Please leave your comments and feedback on the blog (<http://carolinaaramburo.com>), it would make a huge difference for me/us. And you are totally invited to participate on our daily conversation on our Community FanPage (<http://www.facebook.com/CarolinaAramburoAndFriends>).



CLICK FOR FULL PROPOSAL

### CONNECT WITH ME

