

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 117h Newsletter, I want to talk to you about **beauty** 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**.

YOU CAN ACHIEVE BEAUTY FROM THE INSIDE OUT!!

True beauty goes way beyond skin deep. There ways to accentuate our **naturally** beautiful physical characteristics including our skin, hair, and nails but **first** we should look at their functions and structure.

Our skin is the **largest** organ on the body made up of multiple layers of **ectodermal** tissue that cover our body and protect our tendons, ligaments, muscles, skeleton, and **organs**. The skin interfaces with the environment and acts as our first line of defense against **intruders** or anything that may harm your body. It plays a key role in **fighting** of pathogens and toxins, as well as regulating the body from **experiencing** extreme water loss.

Skin also helps our body to regulate temperature, **insulates** our body, and allows us to feel sensation. Skin absorbs ultraviolet rays

and produces Vitamin D foliates so our body can get this **essential nutrient** that is necessary for optimal health and **wellness**.

As you can see, it is imperative that you take care and **nourish** the largest organ of your body. The thickness of the skin varies depending on **location**. The skin on your hands and feet for example, is the thickest, measuring about 4 mm thick. The skin around your eyes is the **thinnest**, measuring around .05 mm thick; this is why this skin is the first to show signs of **wrinkles and aging**.

Skin conditions can occur such as psoriasis, eczema, acne, and rashes or **irritation**. These can oftentimes be avoided by controlling stress and **inflammation** of the body. Wrinkles and other cosmetic conditions of the skin such as **cellulite** can be greatly reduced as well when the proper self-care, stress management, nutrition, and exercise are in place.

Just below the surface of your skin, also known as your **epidermis**, action is constantly taking place such as hair growth. As cells inside of our hair **follicles** divide and multiply, and space fills up inside the follicle, it pushes old cells out to the **surface**. The old cells harden and exit to follicle to form the hair **shaft**. Our hair shaft is mostly comprised of dead tissue and a protein called **keratin**.

Hair grows to different lengths and serves different **purposes** on our body. The hair on our heads serves as a **protective** shield against the sun and insulates your

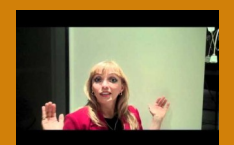


CAROLINA ARAMBURO

body in colder **temperatures**. Hair on the body serves as insulation and **protection**. Eyelashes protect the eye, and eye brows offer protection and shield our eyes from sweat that could impair our **vision**.

Just like hair serves a **gigantic purpose** on our body, so do our nails. They serve to help us grab things easier and as protection. As we age, the **strength** and protein density of our hair decreases. Hair begins to thin, **shed**, and the growth slows down. The same goes for **nails**. By increasing the circulation and oxygen in our blood, a lot of this can be **prevented**.

There are certain cosmetic products that can **enhance** the strength, regeneration, and glow of your skin, hair, and nails. It is important to find natural **organic** products that are not tested on animals, and **contain** plant-based (Cont. on next page)



CLICK HERE TO VIEW

CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW

YOU CAN ACHIEVE BEAUTY FROM THE INSIDE OUT!!! (Cont.)

ingredients that will **penetrate** below the surface to boost collagen and protein your body **produces**.

Many chemical laden products may tighten the skin, or make your hair **shine** for the moment, but are actually doing more harm than good. The **chemicals** can damage and strip the skin, hair, and nails of natural moisture and **protein**. Experiment with different products and find out what works **best for you!**

I totally believe that beauty **absolutely** goes from the inside out way more often than the other way around. Not to deny that people,

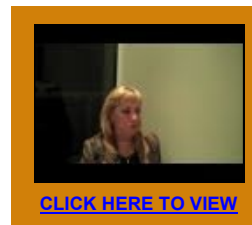
many times, are born with the "**genetic characteristics**" that we call beautiful, in this society. But, if we consider, for example, beauty as in a woman's **beauty**, then any woman can be beautiful when she is at her utmost "glow".

Thus following that **thinking**, I believe beauty does really comes from the inside out (not commercial beauty that happens thru tons of make up and re-touched **photos** - no offense, just straight up, since I did modeling in my youth).

If you see a **beautiful** woman that just has that something that has

you **observe** her again with a certain fascination, like a piece of art, there is mostly the obvious **source** of it all. She takes care of herself - she eats the **kinds** of nutrients that make her skin **beautiful**, that keep her skin healthy and youthful, the nutrients that **keep** her hair full and shiny and her nails strong, her eyes white and **glowing**, her lips red and plump, her hands soft, her figure **healthy** and vital (she does exercise therefore her figure is firm but not masculine, **curvy** but not in excess, just fabulous!!!!....

Do I need to say **more**???....



THE SECRET TO BEAUTY IS NUTRITION AND EXERCISE!!!

Proper **nutrition and exercise** are some of the best ways to take care of your skin, hair, and nails and accentuate your natural **beauty**. The regenerative processes, in the body, take place **beneath** the surface so enhancing these through nutritive support is **essential**.

The simplest thing you can do to enhance you beauty is to **maintain** a whole-foods, plant-based diet. This is the most anti-inflammatory, **alkalizing**, and nutrient packed nutrition available. Literally every bite you **consume** when eating this way is going towards restoration, healing, and **regeneration**.

Increasing the amount of raw foods in your diet is also extremely **helpful**. Your body needs live enzymes to function. As we age, **enzymes** die and your body does not produce them. By fueling yourself with raw, living foods, such as **sprouts**, fruits, vegetables, nuts, and seeds it replaces those enzymes and nourishes your body at a cellular **level**.

Cells need oxygen to survive and thrive. Eating a diet rich in **anti-oxidants** from the foods listed above is said to protect the body

from **oxidation** and free radicals that can damage and age the skin, hair, and nails **quicker**. Focus on **super foods** that are packed with anti-oxidants and **nutrients** such as:

raw goji berries, maca powder, cacao powder, acai berries, blue berries, legumes, onions, garlic, and other kale and other leafy **greens**, cinnamon, turmeric, cumin, and cayenne.

Another key factor in **supporting** your hair, skin, and nails is eating a diet rich in omega 3, 6, and 9 fatty acids. Omega 6 and 9 are very easy to get without **putting** in much effort so eating foods rich in omega 3's is key in order to ensure optimal **balance**. There are a few super foods that are packed with **anti-oxidants** and essential fatty acids, these include:

chia seeds, **hemp seeds**, flax seeds, walnuts, acai berry, and coconut oil.

Coconut oil can also be used on the skin for **moisturizer**. The fatty acids in the oil actually mimic the oil produced by your **skin**. Increasing your body's circulation and **excreting** toxins can also be (Cont. on next page)

Beauty is a much sought after quality on **many levels**. Even though the definition of beauty differs from person to person there is one way to **assure** beauty for any and everyone and that is to approach it from the inside outward. My personal **beauty secret**, that has me experience a beauty at 43 years old that I never experienced in my 20s, is whole food **plant based** vegan nutrition plus appropriate exercise and making sure that I keep myself balanced emotionally, intellectually and spiritually balanced. This allows me to feel **beautiful** and I know when I feel beautiful that others can see 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** ways, for you, to create beauty from the inside out for you and your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

THE SECRET TO BEAUTY IS NUTRITION AND EXERCISE!!! (Cont.)

supported by an exercise routine. Sweating is your body's ways of getting rid of **excess toxins** and keeping your body healthy and clean. A healthy and clean body equates to **glowing** hair, skin, and nails. By increasing circulation through **exercise**, the body's cells

and blood are oxygenated which will give you more **energy**, and also help to protect your body's hair, skin, and **nails**.

Exercise also will help tone and tighten the body. By increasing your muscle mass through **resis-**

tance training your metabolism will increase, and your skin will have a **tighter** and smoother appearance.

MASTERFUL BUSINESS & PERSONAL COACHING

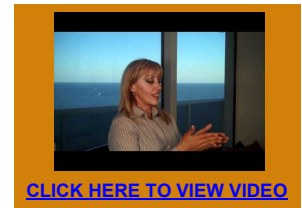
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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!!**

[CLICK HERE TO JOIN MY FREE VIRTUAL COACHING PAGE](#)



CONNECT WITH ME



BEAUTY COMES WITH EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE!!!

Physical beauty can be **enhanced** in many ways, but perhaps the most profound way to make your **beauty** shine is by letting your true self show its **light**. You are truly beautiful regardless of any physical **characteristic**. Emotional, intellectual, and spiritual balance is one of the key ingredients for this true **beauty**.

Confidence in yourself and who you are **creates** an outer glow that radiates. Aligning with you **higher** self on all levels, including your actions, **surroundings**, and relationships, is imperative for living a confident, radiant, and **beautiful life**.

Kindness is a **crucial** ingredient in the process. Eating a plant-

based **diet** is a true demonstration of kindness and connection. Another important form of **kindness** is compassion with yourself and all other beings. Know that you are truly **beautiful**, not in spite of your flaws, but because your flaws. **Confidence** and self-acceptance in your uniqueness is what makes you **attractive** and who you are.

Intellectual and **emotional** balance can be achieved in many ways. **Self-expression** is an important part of the process. Find ways to express your **true self**, whether it be through writing, movement, dance, work in the community, poetry, **performance**, art, and relationships with others

Maintaining a spiritual practice and keeping an open connection **between** you and Source/God/the Universe/Higher Self or whatever **resonates** with you will allow you to truly glow. This can be **achieved** through daily mediation, yoga, walks in nature, prayer, or whatever spiritual practice feels **right to you**.

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaarambom](http://carolinaarambom)

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

© Carolina Aramburo, 2013
www.CarolinaAramburo.com