

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 122nd Newsletter, I want to give us a chance to consider the impact that **muscle hypertrophy (growth)** can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **news-letter 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

### BUILDING MUSCLE IS THE SECRET TO FAST METABOLISM!!!

**Muscle Hypertrophy** is an increase in size of skeletal muscle. Hypertrophy, by definition, is an increase in size of tissues due to enlargement of its **cells**. Many people try to achieve muscle growth but have a hard time getting there. There are **specific methods** of training and eating that you must do in order to increase the size of your **muscles**.

Skeletal muscle is a form of **striated muscle** that is under voluntary control of the somatic nervous system. It is one of 3 major **muscle types**; the others include cardiac muscle and smooth muscle. Most skeletal muscles are attached to bones by bundles of **collagen** fibers known as tendons. The bones act as levers to support your **muscles** and protect your body's organs. Muscles are what **move and control** the levers of your body to **produce movement**. Having adequate muscle is very **important** to optimal health and wellness!

Muscle hypertrophy can be broken down into **two categories**: myofibril hypertrophy and sarcoplasmic hypertrophy. Each of these types of **hypertrophy** will result in an increase in the size of cells but not equally, and they each require **different types** of stimulation to be fully **activated**.

Myofibril hypertrophy occurs when **trauma** is applied to individual **muscle fibers**; this happens when you lift more than your **body** is used to. Your body reacts to these tears somewhat like an **injury**. To prevent further injury in the future your body **overcompensates** during the recovery process by **increasing the volume** and density of the myofibrils to protect itself and the **muscle**.

Sarcoplasmic hypertrophy works **different** than myofibril hypertrophy. The **sarcoplasm** is the fluid and energy source that surrounds the myofibrils that reside in the **muscle**. This type of hypertrophy works **similar** to that of myofibril because when your body **overcompensates** during the recovery phase, after a time where **increased** load or resistance was placed on the **muscle**, it replaces the energy stores that were **depleted**.

Both of these processes serve as the **reasons** why you must maintain an increasing **overloaded** demand on the muscle to make **muscle gains**. Muscle growth is not achieved in minutes or **days**. It takes months of consistent training and **proper nutrition** to see effects on your body's **composition**.

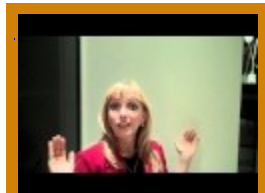
Building muscle is valuable for both **men and women**. Many women are under the **misconception** that only men need to work on building muscle when in **fact**, due to a lowered testosterone, it is difficult for women to get **big and bulky** and they actually need muscle for their health and a **vital metabolism**. Since muscle requires more energy than fat to **sustain** itself, increasing your muscle mass increases



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your resting metabolic rate meaning you will burn more calories **each day**. Not only does building muscle increase your resting **metabolic rate**, but after a workout geared towards muscle and **strength building**, your body requires more energy to **recover** and will burn more calories after your workout. The process of **building muscle** mass also helps strengthen connective tissues, which in turn increases **bone density**. Through doing this, your chance of getting osteoporosis later in life **decreases**. It is important to keep your body strong and **metabolism** burning by building muscle so you can function at an **optimal level!**

When I was a **teenager** I did ballet and so I had no interest in building **muscles**. My whole interest was in staying toned, thin, and fit. In my 20s I became **interested** in actually building muscles because I saw the huge benefits that come **along** with it. Increasing your muscle does not (Cont. on next page)



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## BUILDING MUSCLE IS THE SECRET TO FAST METABOLISM!!! (Cont.)

have to be to the extreme of a **professional** body builder, but rather having enough muscle where you **need it the most** makes a big, big difference in your overall **health**, fitness, energy, strength, shape, and even your sleep.

I personally fell **in love** with lifting weights and all the health benefits **associated** with it. I was surprised at how easily my body builds muscles versus how difficult it is to **burn fat** in problematic areas. I found it is easier to burn fat if you **build muscle**, especially in areas like the arms, hips, and waist.

I think building muscle is something most people should **consider** because it makes fitness goals so much easier. The **health benefits** are gigantic, but I would proceed with caution. Doing your own research on

building muscle is **imperative** and I would highly recommend that you also hire a professional when you begin. Having **taught ballet** and aerobics, as well as practicing gymnastics I started building muscle without hiring a **trainer**. I was not doing the correct sets, reps, and weight for a lean and fit look and I built **too much muscle**. If I had a trainer and knew the right way to lift for my goals I would have avoided this mistake **completely**. Follow what your trainer says exactly to reach your desired results!

**Most people** think that it is hard to build muscles if you're vegan, but that is a complete absolute lie that has/is been circulated in the **world**. I have found that it is easier to build and maintain muscle on a whole foods **plant based** diet than a carnivorous diet. On a meat eating diet, you have to do **serious workouts** everyday to maintain your

muscle. On a vegan diet your muscles are more **stable**. In my case I have needed to stop lifting weights for a **whole month**, sometimes even two months and have not **necessarily** lost much muscle and maintained my shape.

If you want to work **smart** instead of hard, I **highly** recommend a whole food plan based diet to build the **muscles**. I also recommend that you do so in a **natural** way without chemicals and steroids. In my 20's I used **supplements** and a carnivorous diet to build muscles and my results were **impossible** to maintain. I highly recommend giving yourself the **best chance** at a fit physique versus making your life harder than already is. Cherish yourself enough to make the **right choices**.

## MUSCLE GROWTH REQUIRES PROPPER NUTRITON AND EXERCISE!!!

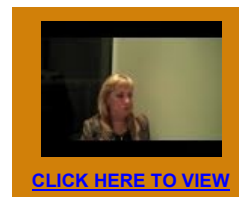
Certain types of **hypertrophy** affect the muscles differently. Muscle growth, **endurance**, and strength all play a large role in muscle hypertrophy and through various **training methods** and nutrition you can optimize each.

Your muscles are composed of different types of **fibers**. A well rounded training program will activate, fatigue, and push all fibers to lead to maximum muscle **hypertrophy**. Slow twitch fibers for example, are very hard to fatigue and can be **fatigued** by slow heavy lifting. Fast twitch fibers are quick to fatigue and can be **maximized** by quick power exercises such as sprints, **jumps**, and various forms of plyometric **workouts**.

There are also certain repetition and set ranges that lead to muscle **hypertrophy**. In general, muscle hypertrophy is reached when an overload is placed on the **muscle**. The key exercise technique to remember when trying to **achieve** this is progressive overload. Switching your rep ranges, **workout style**, set, routines, and so forth will constantly leave the body **guessing** and encourage muscle overload.

Some **key things** to remember when trying to **add muscle** to your physique include:

- **Sleep:** 8-9 hours is ideal, this is when your body repairs, restores, burns fat, and builds muscle.
- Complete 3-4 **strength-training** workouts per week to start and increase to 4-5 as your body becomes fit. Overtraining and not giving your body enough time to **repair and rest** between training days can be detrimental.
- **Train** 45 minutes – 60 minutes. Keeping your anabolic (**muscle building**) hormones high, and your catabolic (**muscle destroying**) hormones low is key to muscle growth.
- Lift **heavy**, push yourself, and use big **compound motions**. Movements like bench press, squats, shoulder press and so forth recruit many muscles and create a **hormonal response** in the body that is optimal for **muscle growth**. Isolation exercises are good for sculpting, but not as optimal for gaining.
- Train **some days** with a rep range of 5-8 with 4-5 sets, and some days with a rep range of 8-10 with 3-4 sets. Keep the **body guessing**. Lift heavy and push to the max all the while (Cont. on next page)



**Building muscle** is about cherishing your body enough to make the right **choice for you!** I recommend you do the research on building muscle and then listen to your **higher self** when making your decisions. If you decide the health and fitness benefits are worth the work then **hire a professional** so you can get the exact customized results you want efficiently! Work smarter not harder!

**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 build muscle while being healthy and honoring your body and therefore your life. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

## MUSCLE GROWTH REQUIRES PROPER NUTRITION AND EXERCISE!!! (Cont.)

maintaining form and avoiding injury.

- **Change** your program every 4-6 weeks.

Nutrition is also critical for optimal muscle growth and **development**. The alkalinity that a whole-foods plant-based diet provides can be great for **building muscle!** There is a common misconception that you cannot get enough protein on a plant-based diet. This is

simply **NOT** true. There are many vegan body builders and athletes with very strong and **muscular physiques**.

It is important to focus on foods that are complete proteins for **muscle growth**. While complete proteins are important, your body is smart and will combine **different** amino acids to form complete ones **completely** on its own, all contributing to muscle growth!

You may want to consider **supplementing** with a good raw, vegan protein powder directly after your workout. Consuming this with a **high-glycemic** (fast-burning) fruit can help take the protein to the muscle and replenish the depleted **energy stores**.

## 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**.

## THERE IS A PROFOUND EMOTIONAL, SPIRITUAL, AND INTELLECTUAL COMPONENT TO BUILDING MUSCLE!!!

There is large emotional, spiritual, and intellectual **component** to building muscle. When striving towards a goal, it is easy to **focus** on what you lack or a come from a space of want. In **quantum physics**, we know that **everything**, even our thoughts, can be broken down to **energetic particles**.

Where our thoughts and focus is **directed**, our energy tends to be **directed as well**. If you are focusing all of your energy on that space of **want or lack**, then your body will mirror your energy and may stay in that **space**.

Instead focus on your goal as if you're **already there**. Start living your life as if you are in your peak shape. Do things that you would do if your body was fit and **muscular**. By focusing your energy on your goal,

and living from that space, **energetically** your body will be doing the things that it needs to do to **get there**.

Staying spiritually **grounded and focused** is also very important when trying to achieve a goal. It's easy to get caught up in tasks and what has to be done **instead** of slowing down and listening to your higher self. At times you may find yourself so **focused** on the goal that it is difficult to maintain balance in your life. Work on ways to maintain **balance** in life regardless of your circumstances.

Keeping a strong **connection** with your higher self will help you to naturally **eat healthy** and want to work out in order to take **care of your body**. There are many different ways of doing this but I strongly

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encourage a daily **mediation practice** and bringing spirituality to your exercise through **workouts** such as yoga, tai chi, or qui gong. **Keeping** this connection vital and alive is critical to achieving any goal, and that includes **optimal health and wellness!**

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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 so much for the opportunity to learn together.

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