

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

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

In this 123rd Newsletter, I want to talk to you about **cellulite** 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 PREVENT AND REDUCE CELLULITE!!!

**Cellulite** is a condition where the skin appears like it has underlying **fat deposits** that give it a dimpled, lumpy **appearance**. 90% of women are said to have some type of cellulite on their body, **typically** residing in the buttocks and thighs, and **occasionally** on the upper arms and stomach. Men are also affected by cellulite, but not on such a **large scale**. Cellulite is often categorized in **3 different ways**:

- Grade 1: **No visible cellulite**, even when the skin is pinched
- Grade 2: No visible cellulite when lying down or standing, but cellulite can be seen when the **skin is pinched**
- Grade 3: Cellulite is **visible when standing**, but mostly disappears when lying down
- Grade 4: There is visible cellulite when **standing and lying down**

It is **not** only overweight people that get cellulite. For example, many **naturally** thin women suffer from this problem. The problem seems to **increase** as one ages because of the reduction in **collagen** and elastin that comes

about as a side **effect of aging**. These factors lead to the accumulation of **cellulite**:

- **Diet**: People who eat unhealthy fats, refined **carbohydrates**, sugar, alcohol, processed foods, and other **inflammatory foods** are likely to have greater amounts of cellulite due to fat accumulation, insulin and blood sugar fluctuations, inflammation, and **water retention**.
- **Hormonal Factors**: Estrogen, insulin, noradrenaline, **thyroid hormones**, and prolactin are all part of the cellulite **production** process. Keeping hormones balanced and at their **optimal level** is key to reduce or prevent cellulite.
- **Stress**: Stress hormones like insulin, cortisol, and **adrenaline** contribute to cellulite
- **Lifestyle Factors**: Cellulite is increased by smoking, drinking, and inadequate sleep.
- **Lack of physical activity**: Cellulite forms in areas of lack of **circulation**. Exercise, movement, and activity **produce** circulation in the body. If you live a very sedentary lifestyle, with little **movement and exercise**, you are much more likely to accumulate cellulite, especially around the leg and **buttocks region**.
- **Clothing**: Underwear, tight elastic, or **restricting garments** tends to limit circulation thus contributing to the **formation of cellulite**.
- **Genetics**: Certain genes are required for the development of **cellulite**. Genes may predispose you to cellulite but there are **individual characteristics** like gender, race, metabolism, **fat distribution**, and the factors mentioned above that mostly determine if you are going to experience **cellulite**.

There are several **natural therapies** that have been suggested to remove **cellulite**, but most tend to shrink the fat in the cells and **diminish** the appearance of it. Some of these **include**:

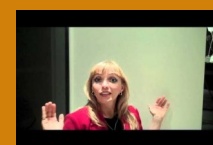


CAROLINA ARAMBURO

- Massages that stimulate **lymphatic flow**
- Heat therapy
- **Dry brushing**
- Compression garments that **compress arteries** and increase blood and lymph flow to reduce the visual **cellulite**
- Coconut oil topically put on **skin**
- Natural **cellulite creams** with coffee or caffeine to temporarily **tighten** the skin
- **Detoxification** through nutrition
- Stress reduction
- **Exercise**

**Unfortunately** cellulite is every woman's nightmare that starts in her teenage years. In my **opinion**, cellulite has been one of the hardest things to deal with. There are a lot of things such as **creams**, exercises, tablets, teas and more that say they make a difference but, in my opinion and personal **experience** do not work.

It is very easy to spend a big amount of money on products that do not work and easy to get **discouraged** to the point that you give up. What I found the most **effective** against (Cont. on next Page)



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## YOU CAN PREVENT AND REDUCE CELLULITE!!! (Cont.)

cellulite are diets. I don't mean a low-fat diet; I mean the healthiest diet you can have for your body. If you **read our** whole newsletter, you will see that the condition of **cellulite** has a lot to do with our body retaining fat and toxins that comes from our diet and **lifestyle**. A whole-food plant based diet, specifically a raw vegan one, makes the biggest difference against cellulite.

I personally follow a 90% **raw vegan diet** and a 10% whole food plant based diet and since doing so the appearance of my cellulite has reduced drastically. I am 43, so that should tell you **something** right there, because as you get older cellulite is **harder to manage**. You should start with this diet at a young age to combat **cellulite**

### YOUR SECRET WEAPONS TO COMBAT CELLULITE!!!

Eating a **healthy diet** that supports circulation, reduces **inflammation**, boosts the elasticity of your skin, and is loaded with **antioxidants**, vitamins, and minerals that help to balance your body on all **levels**, including hormonally, is the best way to **prevent** and reduce cellulite. This may seem like a **large task**, but it is really quite **simple**. A plant-based, whole foods diet is one of the only **diets** to do all of this and **more**.

Reducing your meat, dairy, fish, egg, and **processed food** consumption does a number of things for the body. By reducing animal **products**, you are greatly reducing the unhealthy fats in **your diet** that lead to cellulite. **All of these** things also contain harmful chemicals or hormones that **mimic** estrogen in the body and can contribute to **cellulite**. For example, dairy cows are kept pregnant for milk **production**. When drinking the milk or eating a food product **derived** from the milk of a pregnant cow, you are ingesting **elevated** levels of estrogen into your body. Food additives, artificial **sweeteners**, and chemicals can also create an estrogen like **response** in the body. Soy, which is used in many processed foods, causes a very **similar reaction**. Elevated estrogen levels in the body **typically** lead to more cellulite.

early. Being fit also helps cellulite but just because you are **really** fit it does not mean all cellulite will be gone; that is a **myth**. I have friends who are athletes that still have **cellulite**. Fitness doesn't guarantee zero cellulite, but it will definitely make it **better** than someone who is not fit.

There are ways to having the least cellulite, and some **radical and non-dramatic** approaches include; laser, heat and freezing **treatments** in spas, and creams that do make a difference. Even though I must admit they **totally help**, these do not remove cellulite **completely**. Thus you could try them but it is not the ultimate solution. I have concluded for **myself** after all the things I tried; **dry brushing** combined

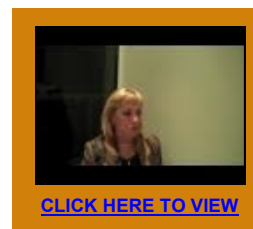
A whole-food, **plant-based** diet free of processed sugars typically helps to **eliminate** excess estrogen, and optimize digestion in your body. This is **because** all of the fiber in the plant foods.

Fiber also helps to **regulate blood sugar**. Blood sugar and insulin are closely **related** and the more you keep both of these steady with few **fluctuations**, the less prevalent cellulite will be. Some foods that cause **blood sugar** spikes and insulin surges **include**: sugar, deserts, flour, candy, white bread, fried foods, white rice, white pasta, and other **refined carbohydrates**. Fiber filled carbohydrate options that will **balance** the blood sugar, reduce cellulite, and fill your body with a ton of **nutrients include**: leafy greens, vegetables, berries, cherries, grapefruit, **legumes**, whole grains such as quinoa and brown rice, and root vegetables such as beets and **sweet potatoes**. Beets, berries, and greens are also **especially** good at fighting inflammation that can lead to **cellulite**. Other herbs and spices such as **turmeric**, cayenne, ginkgo biloba, and ginger also help to combat **inflammation and cellulite**.

Water retention from **salt** and unhealthy food consumption can also lead to **cellulite production**. (Cont. on next page)

with vegan, organic, and natural creams make the most difference.

**However**, I have not found something that removes cellulite 100%. As far as I am **concerned**, if I generally look like I do not have cellulite and am **doing everything** I can to reduce it as much as possible without **becoming obsessed**, then I can stop torturing myself and have some **balance**. I highly recommend doing your utmost effort and then letting go and cherishing and loving yourself with the **least possible cellulite**, versus a life of torture chasing the almost impossible goal of 0% **cellulite**.



It's good enough for me to have the **least possible cellulite!** You have to find what is good enough for you and stop yourself if your focus on it becomes too much!

I think you owe it to yourself to have the **best body** you can achieve! **Reducing cellulite** is a great goal to pursue because it will keep you **healthier** and allow you to have more energy! Just do so with moderation and listen to your body in the process!

**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 eliminate cellulite in a way that honors you and your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

## YOUR SECRET WEAPONS TO COMBAT CELLULITE!!! (Cont.)

Processed foods are typically very high in salt content as well even if they seem "healthy". Foods like celery, cucumber, lemon, and the juice of these help to naturally eliminate excess water in the body. Another way to eliminate water is through sweating. This can be

achieved through daily exercise.

Not only does exercise help the eliminate water retention, but it helps to increase circulation in the body. Cellulite will not budge without proper circulation. If you sit a lot during the day, even getting up

and going for a walk or standing and moving around can help reduce cellulite over time. Try to schedule 30 minutes to an hour each day to move. It will increase your health and wellness on so many levels including cellulite reduction!!

## MASTERFUL BUSINESS & PERSONAL COACHING

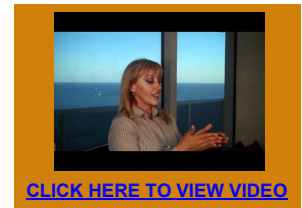
Using various methodologies, I have been coaching both large groups and one on one, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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!!

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## CELLULITE AND YOUR EMOTIONAL, INTELLECTUAL, AND SPIRITUAL HEALTH ARE LINKED!!!

Like all conditions in the body, there are many more levels than just the physical aspects of things. Emotional, intellectual, and spiritual balance are all critical for cellulite prevention and reduction. Cellulite for example, is the "accumulation" of fat below the surface of your skin. Are there areas in your life where you are accumulating or repressing things?

If you are repressing emotions, or holding on to things that may need to be let go, this can be manifested physically through something like cellulite. Find ways to express yourself and release these things whether they are actual physical items or emotions. Journal, dance, acting, or even simply cleaning your house and releasing anything that you may have been holding onto for far too long can have a profound effect on your physical state. Oftentimes emotions get so repressed

that they need to be balanced through other measures like Acupuncture, Structural Integration, or Massage Therapy. Not only do these bring balance to the body and help release any emotional blockages, but they also increase circulation in the body which can dramatically reduce cellulite.

Stress also contributes to cellulite in many ways. It produces the harmful chemicals that are responsible for the production of cellulite, as well as leading to drastic fluctuations in blood sugar and insulin. Stress can also lead people to unhealthy lifestyle factors like poor eating, not eating, smoking, alcohol or not getting adequate sleep. Finding ways to manage and relieve stress is very important when preventing or reducing cellulite.

Sleep is one of the most important aspects for cellulite reduction.

Healing, replenishing, restoring, and fat burning all take place at night while in a deep sleep. Adequate sleep also improves the health of your skin, and through maintaining elasticity in your skin, you can greatly prevent cellulite. A sound night of sleep helps you manage emotions and stress better as well. It serves the foundation to optimal health and wellness, and that includes preventing and reducing cellulite!!

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