

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 127th Newsletter, I want to talk to you about **wrinkles** and their 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](#).

WRINKLES CAN BE DIMINISHED AND PREVENTED BY A HEALTHY LIFESTYLE!!!

Wrinkles are creases, folds, or ridges of the skin that appear as you age or when **immersed** in water for a long time. The ones we will discuss today are age related wrinkles. There isn't a way to stop wrinkles completely, but you can slow the **progression** of wrinkles by nourishing your body and the inside, and your skin on the outside.

Wrinkles tend to first appear as a result of facial **expression**. Other factors that contribute to more or less wrinkles include:

- **Smoking** – Smoking causes a reduced blood supply to the skin and hurts the body with dangerous chemicals and **toxins** thus resulting in accelerated aging. The repeated pursing of the lips around the cigarette when smoking also creates fine lines and wrinkles in those areas.
- **Facial Expressions** – If you repeatedly smile, frown, or squint you may develop fine lines and wrinkles earlier than someone who does not. Each time you use a certain facial muscle a **groove** forms under the surface of the skin. As you get older, the skin loses its flexibility and springing back from the groove be-

comes more difficult and less frequent than when you were younger, resulting in more permanent grooves.

- **Genetic factors** – If your parents and grandparents have many wrinkles or develop wrinkles younger than most you will most likely be **pre-disposed** to similar aging of the skin.
- **Skin Pigmentation** – Those with more melanin have the ability to tan easier and their skin tends to be more protected from sun damage. **Lighter** skin tends to develop wrinkles easier.
- **Hair** – hairstyles that provide shade to the face can prevent wrinkles.
- **Clothes** – People who wear hats, long sleeves, or other garments that block from the sun protect from wrinkles.
- **Some jobs** – Jobs that require more exposure to sunlight predispose individuals to wrinkles.

Wrinkles are a **natural** part of aging because as we get older, our skin gets drier, thinner, and loses its elasticity. The ability of your skin to protect itself from damage is also greatly **inhibited** with age. As you can see from the causes above, protecting your skin from sun is one of the most important ways to prevent wrinkles.

Sun **exposure** causes most of the skin changes that we think of as a normal part of aging. Over time, the sun's ultraviolet (UV) light ends up damaging the fibers in the skin called **elastin**. When these fibers break down, the skins starts to sag and stretch and then lose its ability to back into place. The sun also causes the skin to **bruise** and tear more easily and makes it harder on the skin to heal. When you're young, it is hard to see the damage of the sun because it oftentimes doesn't show up for 20-30 years. Sun damage will show on your skin later in life.

Be careful when protecting yourself from the sun. Be sure to use an **organic**, all natural sun screen. The chemicals in conventional sunscreen could potentially



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harm you and your skin more than the sun could.

Most wrinkles tend to **appear** on the parts of the body which receive the most sun exposure, this includes:

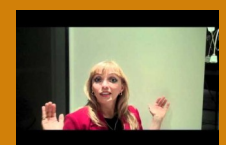
- Face
- Neck
- Forearms
- Hands

There are two **main** types of wrinkles:

- Deep furrows
- Surface lines

Most treatments tend to work on some of the **fine lines** and surface wrinkles but typically only provide temporary relief. For more drastic lines and sagging surgery or **fillers** can be used. With a proper diet and lifestyle changes, wrinkles can be reduced and prevented without a ton of expensive treatments and creams.

As a **model** in my teens young adulthood I became very, very, very extra self-conscious or self-aware subconsciously about wrinkles. Also my skin is **naturally** very fair because I am naturally a blond but as a Latina model I needed to be darker to look like the typical Latina. So, I have spent my whole life tanning and (Cont. on next page)



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WRINKLES CAN BE DIMINISHED AND PREVENTED BY A HEALTHY LIFESTYLE!!! (Cont.)

dying my hair **dark brown** so I would have the full look of a Latina model. I also learned that **fair skin** wrinkles way more than the people that have darker, oiler skin. Models that are blessed with darker, oily skin have much longer careers than those with fair skin. So, I had the fair skin that wrinkles easier and then I was **tanning** which even increased the potential for wrinkles.

So, I started, at a very at a **young** age, to worry about wrinkles and to prevent them with **creams** and to be very self-conscious about making sure that I don't get wrinkles. Of course, as we get older it is natural to get more and more wrinkles and, frankly, the only thing that I have done about my wrinkles, as the **years** have gone by, is use always creams. I absolutely always use creams and it's not necessarily the most sophisticated or more complicated creams but the creams with the least **chemicals** that I use the most.

I do "worry" about the amount of wrinkles that I already have and that it is going to get **worst**. In the last couple of years, I decided, however, that I was tired of fighting **nature** and decided to actually let my hair be blond and to let my face be as white and pale as it is. I do love the sun and I love spending a little bit of time

whenever I can in the natural sun but I am not tanning my **face** anymore.

I've been looking for more natural solutions for the wrinkles on my face and one of the **primary** extraordinary solutions that I have found is a very clean and healthy diet. Being somebody that eats a **whole food**, plant based diet helps a lot to diminish many of the wrinkles. It doesn't quite disappear the wrinkles that are already there nor literally create miracles for preventing wrinkles, but it improves your chances of diminishing and preventing wrinkles by **500%** to take on a whole food, plant based diet.

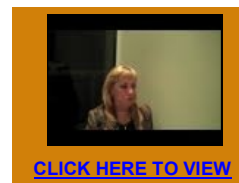
But lately I have found a couple of even more radical solutions that are very, very, very effective. **#1** is a raw vegan diet. I have been on a raw vegan diet **90%** of the time for more than a month already and the results are extraordinary. A lot of my wrinkles have **diminished** and improved to the point that they are very, very much less noticeable than what they were. I can also see that even though I am actually losing weight I am not developing the wrinkles that I normally do when I lose weight. Finally the **texture** of my skin, which has always been extraordinarily uniform in color and texture, has softened noticeably.

The **#2** solution that I found, that I think is extraordinary, is doing **face yoga** which

is also creating noticeable wonders for my wrinkles.

Now, the **latest** thing I believe is an interesting, fascinating and is a very, very advanced system that one of the quantum **healing** doctors, in our consulting team, has developed. This system consists of eating the **perfect** food for your skin and for your face. I am going to try that starting in the next several weeks and I will be able to tell you the results about a **month** from now.

For now the things that I can recommend to for you to have the least amount of wrinkles as possible is: # 1) **Watch** what you eat as much as possible. Try a raw a vegan diet and you will not regret it. Your skin will show the benefits tremendously. # 2) Try some type of **exercise** for your skin and your face, because we think about exercise to be in have our body be in shape and we forget our face. . # 3) Look for **creams** that work for you the most. We all know when a cream works and when it does not regardless of publicity. So I recommend **listening** to your body more than anything.



NUTRITION AND EXERCISE ARE WRINKLE ERASERS!!!

Exercise and nutrition play the most **profound** role in preventing wrinkles. For example, exercise actually delivers to the skin what it needs to reverse the aging process. A combination of both aerobic and resistance **training** can greatly improve the quality of your skin in many ways by increasing collagen. **Collagen**, is a fibrous connective tissue that bonds the skin and muscle together and gives your skin its **elasticity**. Collagen diminishes every year by 1% after the age of 21. Exercising not only improves **circulation** and blood flow to the skin, but by building muscle mass beneath the skin, you'll create a support system that helps **alleviate** the wrinkling of skin by creating a stronger bond between skin and muscle.

Exercise also transports **healthy fats** to the cell walls and prevents destruction caused by free **radicals** by carrying away the damaging waste material and toxins through sweat. The free radical theory of aging holds that the damage that free radicals does to our cells, particularly **oxidative** stress caused by bodily processes, chemicals, and toxins,

could contribute greatly to why our bodies age. When we're young our body has a **defense** system that reins in those free radicals but as we get older this system weakens and free radicals can actually damage our **DNA** and result in aging and wrinkles associated with aging.

Exercise, as mentioned above, is a great way to **combat** free radical damage. Another way is to eat an **antioxidant** rich diet free of harmful chemicals, toxins, additives, and animal products that damage the body. Antioxidants are most abundant in plant-based foods. A raw plant-based **vegan** diet is the most antioxidant packed diet you can consume. Even if you can't go completely raw, eating as many fruits, vegetables, nuts, and seeds in their **raw** state is very beneficial to protect your body against aging and wrinkles. When food isn't heated, the **nutrients** are kept alive and available for your body. Raw foods are also easier for the body to digest, and replenish the body with enzymes. **Enzymes** are needed for every function in the body and die off as you age. By replenishing (Cont. on next page)

I invite you to **love** yourself enough that you actually consider this important versus what most people do. Some people consider it too important and they become **obsessed** and they frankly ruin their faces trying radical solutions like surgery and all kinds of things. Other people consider this unimportant and superficial and they **ignore** this part of their lives and then they start impacting their **self-confidence**, their love for themselves and their caring for themselves. So, I recommend and invite you, **today**, to take on a healthy concern and healthy love for yourself that is enough that you give yourselves the best chance to at least have less **wrinkles** that you can have or will have.

Cherish yourself enough to consider a balanced healthy way and share with me the **results** that you obtain. If you have better or greater ideas to promote that you are **trying**, please do so.

NUTRITION AND EXERCISE ARE WRINKLE ERASERS!!! (Cont.)

these **enzymes** with raw and living foods, you can slow down some the effects of aging.

Some critical **antioxidants** that fight oxidative stress and wrinkles are Vitamin C, Vitamin E, Vitamin K, Vitamin D3, Vitamin B12, Vitamin, Zinc, Magnesium, Omega 3, and Coq10. In order to make sure you are **consuming** enough of all

these nutrients, focus on including different foods each day. **Vitamins**, minerals, and antioxidants are what contribute to the look, taste, and color of foods so eating many **different** types of foods in a wide variety of colors and tastes can ensure a broad spectrum of nutrients. The appropriate amount of **Vitamin D** is difficult to get through diet alone so be sure to spend at least 15 – 20 minutes in

the sun at least 3 days per week. **Sunlight** promotes the manufacturing of vitamin D through your skin. As a **vegan** the only thing you may need to supplement is Vitamin B12 and Coq10. Both of these help with energy, metabolism, and have strong **anti-aging** properties.

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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WRINKLES ARE CONNECTED TO YOUR EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE !!!

Wrinkles may seem inevitable, but there is a strong **emotional** component to aging. Stress for example has been linked to aging of the skin and greying of hair. Telomeres, which are structures at the end of **chromosomes** that shorten with aging, are also shown to shorten with long term psychological stress and speed up the process and effects of aging on the skin. Deep **breathing** and mental clearing are great way to manage stress. The breathing will also bring oxygen and circulation to your body which will help the condition of your skin. Some type of **emotionally** balancing exercise is also a great option. An intentional practice of yoga focuses on breathing, balancing, and increases muscle tone and circulation. Exercise also boosts **endorphins**, which are feel-good hormones that help to balance emotions and stress over time.

It is important to remember that proactive **stress** management techniques are most critical for really reducing chronic stress. Sometimes when entering a

stressful period or stressful time in life, if you haven't been **proactive** about clearing stress daily, it can feel like too much to start or as if your attempts at reducing the stress do not make a difference. I'd compare it to **working out**. If you work out just one time, you can't expect to see a huge difference, but if you work out every day for 2 weeks, you will see the results drastically. Try different stress **reduction** techniques and see what really works for you and your body. 4 weeks is usually a great trial period, it will give you time to really see the drastic healing effects of managing stress in a healthy way.

While it is **important** to eat, move, and manage emotions in ways that keep you healthy, vibrant, young, and alive I'd also **encourage** you to look at your thoughts around wrinkles and aging. In our society, age is looked at as a bad thing or a time in life where beauty fades. Imagine a different **perception** of aging and what that could do for you. In societies in Japan where centenarians are most prevalent, age is admired. The elders in the

neighborhood stay active, healthy, and loved in the community. People respect and honor their **wisdom** and think that age is beautiful. If you look at the elders in the cultures where age is loved and respected, their wrinkles and physical strength does not **deteriorate** like that of most western civilizations. This is strongly correlated with them taking care of themselves physically, mentally, and energetically. I encourage you to **love your body** through the process of aging and give your body what it needs to thrive!

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