

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 129th Newsletter, I want to talk to you about Orthorexia and Excessive Exercise 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.

TOO MUCH OF A GOOD THING CAN BE FATAL!!!

The term 'Orthorexia' was coined in 1997 by Californian doctor Steven Bratman. He identified orthorexia in patients as those who pursue "healthy eating" to a point of thinness and ill health. Orthorexics are not only very careful about what they eat, they follow obsessive fitness regimes to maintain a healthy body. The key difference between Orthorexia and other common eating disorders such as anorexia nervosa or bulimia is that sufferers do not necessarily set out to lose weight but end up doing so because of a misguided belief that they are leading healthier lifestyles. The person with Orthorexia becomes obsessed with the "perfect diet" and the cleanliness of food, eating on a highly regulated regime. The disorder usually begins with the individual's genuine desire to live a healthy lifestyle. Orthorexics often describe the initial motivation as wanting to feel pure, healthy and natural. But unfortunately like other eating disorders, the behavior soon spirals out of control eventually taking control of the person's life.

Here are common symptoms that often indicate the presence of Orthorexia:

- Spending hours a day thinking about food
- Worrying about how food is processed and prepared
- Avoiding activities and individuals because they may not fit in with your food plan
- Continuing limiting the number of food items you will eat
- Friends or Family members comment on your interest in healthy eating
- Disproportionate amount of time is spent on planning and preparing food
- Feeling guilty after straying from your diet
- Feeling or being critical of what others eat
- Feeling virtuous or in control when you adhere to your diet
- Eliminating altogether food items you used to enjoy
- Caring more about the virtue of what is eaten than the pleasure from eating
- Planning tomorrow's meals today
- Often bringing your own food in separate containers.

Excessive/Compulsive exercise is more than a desire to get in the ultimate shape or manage one's weight. Deep down, this disorder has more to do with control than it does the desire to fit into a smaller size of jeans. The scary thing about an addiction to exercise is that it creeps up gradually, usually among everyday people who start exercising, feel good afterward, revel in the calories they're burning, have a desire to get healthier or lose weight, and therefore start believing that more is better. Often-times, people who develop an exercise compulsion don't feel like there's anything wrong with what they do. They think that what they're doing is healthy, and can't understand how others don't see it that way.

Here are common symptoms that often indicate the presence of excessive/compulsive exercise:

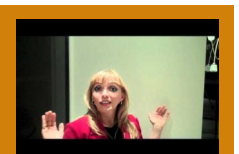
- You almost never exercise for fun
- Every time you exercise, you go as fast or hard as you can.
- You experience severe stress and anxiety if you miss a workout.



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- You miss family obligations because you have to exercise.
- You calculate how much to exercise based on how much you eat.
- You would rather exercise than get together with friends.
- You can't relax because you think you're not burning calories.
- You worry that you'll gain weight if you skip exercising for one day.
- You feel anxious, guilty and uneasy if you don't exercise even for one day.
- You're spending half a day, every day working out.
- Your exercise regimen rules your life.
- You ignore your body's warning messages. You continue to exercise even if your body is telling you that something is wrong and that you should back off.
- You may be living with muscle strains, soreness, stress fractures and other chronic, overuse injuries, such as tendinitis.
- You hear family and friends expressing concern about your exercise regimen or appearance yet don't stop exercising.

Here's my perspective about Orthorexia. First of all I must confess I have had this obsessive behavior in vary (Cont. on next page)



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TOO MUCH OF A GOOD THING CAN BE FATAL!!! (Cont.)

ing degrees, at different times in my life. There have been times when I was obsessed with exercising. This was especially true when I was a ballet dancer. It was also true, when I was a model, that I had an **obsession** with trying not to eat as much and controlling my eating and dieting. As a result I definitely have had these obsessive disorders during several **points** in my life and dealt with that.

Thank God, I have had **amazing** people in my life. I have an amazing family and friends that have always supported me by helping me, first of all, notice that I had the **disorders** and second of all helping me manage the obsession. With an obsession it does need to be managed. You need to make sure that you have it in check and make sure that you have it in **remission** because it never completely disappears. I have now had mine in remission for a long, long, long time.

Interestingly enough, first of all there's the **negative** side of the obsessive exercising and obsessive eating and I did suffer a lot from the negative side of it all. You do make your body **sick** by obsessively exercising, obsessively dieting and obsessively eating. I did get sick from that many times and was on the verge of becoming **sterile** at a very

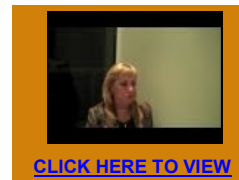
young age. I also did deal with all of the terrible consequences of obsessive eating, obsessive exercising and obsessive **dieting**.

I do have a **radical** perspective on this because, being able to be obsessed also **saved** my life a couple of years ago, when I was deadly ill and I was diagnosed to die. This illness was due to over 17 years of a lack of sleep and excessive **stress**, etc. Instead of putting all my attention into the terrible news that the doctors were telling me every day about me dying and that there was no hope, etc. I used my obsession for **exercising** and eating to save my life.

I, on purpose, turned all my attention to **obsessively** exercise and to eat as healthy as I possibly could to have the most balanced, most organic, healthiest diet ever. I hired someone to coach me in the best **whole food plant based** diet that I could possibly have. I obsessively exercised a huge amount of hours during the day. ALL of that saved my life, frankly. Because having my whole mind being invested into exercising as much as possible, **cleaning** my body from the toxins as much as possible and eating the most perfect and healthy way that I, saved my life. I do owe the doctors my life because in the most critical times of

my **illness** they actually did get me out of the clinic. But, if I was going to only pay attention to the doctors I would have been taking very **heavy** medications and always doomed to chemical damages that would have, as they said, been impossible to be repaired, for life. They also told me that I could never go back to being **healthy** or recover naturally and never live a normal life.

So if I were going to pay attention to them I would not have the amazing life that I have now. I am now **100%** healthy and I am **100% healed**. I don't take or depend on any chemicals and I haven't touched a chemical, of any kind - not even an aspirin or a Tylenol in almost a year and a half. That would have been **impossible** without my actual obsession for exercising and eating. So, I think it played in **my favor** this time. I am not saying that people should be obsessive about exercising and eating but I think a **healthy** amount of that obsession can make a gigantic difference and we always need to make sure that it is in balance because I think **balance** is one of the most important things to ever learn in life, frankly.



LISTENING TO YOUR BODY IS A MAGICAL HEALER!!

Orthorexia is not an easily diagnosed disorder because people hide behind the "**eating right**" ideal. Also, since Orthorexia is not a clinical diagnosis, many **medical** and mental health professionals are not even aware of the problem.

The treatment of Orthorexia should primarily focus on **coaching** or counseling in order to clear the **myths** associated with the faulty eating habits. Here are some more key items:

- The focus of the treatment should be aimed at reverting to a more **balanced** diet approach. Supplementing food with vitamins, minerals and other nutrients may become important to alleviate some of the **symptoms** associated with the condition.
- Ensuring that the diet comprises of a balanced **quantity** of fruits,

vegetables and whole grains is **important**.

- Herbs like **Alfalfa** can help improve appetite and thereby enhance the ability of individuals with Orthorexia Nervosa to increase the intake of healthy food.
- Trans-fats and **processed** food needs to be avoided completely.
- **Regular** exercising is helpful as it prompts appetite and creates a sense of well being.

The first step toward recovery in excessive exercise is recognizing that you are exercising in a **compulsive** way. The second step is to set goals such as being able to work out four or five days a week rather than **seven**, giving your body time to heal. And third, you must learn to **listen** to your body again and learn that if your body tells you something hurts, you (Cont. on next page)

I don't **recommend** you go through what I went through to learn the lessons that I learned. I recommend, instead, that you give yourself the gift of being healthy in a **balanced** way. Pay attention to exercising and eating enough that it gives you the best **possible chance** for your health but it does become an obsession.

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 a food and exercise/fitness plan that works 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!!**

LISTENING TO YOUR BODY IS A MAGICAL HEALER!! (Cont.)

rest.

These are some treatments for excessive exercise or **Exercise Nervosa**

- **Refraining** from exercise for a period of time to regain a balanced

- lifestyle and identify underlying issues
- Get training from an exercise physiologist, fitness coach or specialist when **resuming** exercise, to assist in determining a healthy workout schedule, appropriate duration of exercise, etc.

If you can't take these steps on your own you should seek **professional** help from those who specialize in eating disorders and obsessive-compulsive behaviors. Working through your anxieties and concerns with professionals who specialize in disorders can help you **correct** this behavior.

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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INTELLECTUAL, EMOTIONAL & SPIRITUAL HEALING INCLUDES MODERATION & BALANCE!!

Like other **obsessive** disorders people with Orthorexia and exercise nervosa experience **cyclical** extremes, changes in mood, and isolate themselves. An interesting aspect is that people who have it experience feelings of **superiority** about their discipline. Whatever dietary or exercise regime a person ascribes to, when they fall off the wagon with a transgression, they feel **guilty** and defiled. This often leads to acts of penance, which usually manifest as a stricter diet or bouts of fasting. Frequently, much of their **self-esteem** and sense of identity is rooted in their diet/exercise and in their success in satisfying their high levels of self-discipline.

Treatments for exercise addiction and Orthorexia include support groups, cognitive **behavior** therapy, psychotherapy, coaching, hypnosis and guided imagery, which allow the individual to create a new, positive, body image. The purpose of any **treatment** path is to gain awareness of the underlying reasons that caused the disorder in the first place,

such as feelings of **panic** or being out of control. It is also important to lower the perfectionist standard and become more **self-accepting** so that exercise can serve its purpose in your life — not be the center of it. Working with a team of eating disorder specialists including a nutritionist, therapist, physician, and possibly others, as needed, such as a psychiatrist, **cardiologist**, etc. will help in identifying and resolving or eliminating underlying issues and behaviors that contribute to the condition of orthorexia or excessive exercise.

Much of what leads to Orthorexia and Exercise Nervosa comes from a deep insecurity often **stemming** from childhood. Apart from missing out on nutrients, the health of your mind and the quality of your **thoughts** can have a huge impact on your body. Traditional western therapists do not fully grasp that repressed emotions are literally held in the body. Western paradigm practitioners will help one understand the deep affecting issues intellectually, but is of-

ten lacking the means to fully **integrate** the experience. These emotions will truly need to come up and be re-experienced to truly **heal**. Being able to find an intellectual, emotional and spiritual **balance** is the actual full key to healing from these disorders

Remember ... Moderation and BALANCE is the key to most things in life, including eating and exercising healthy. Your body is an **amazing gift** from Source – please take good care of it!!

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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

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