



CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 195th Newsletter, I want to talk to you about Cellulite.

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.

CELLULITE CAN BE THE VISUAL HINT YOU NEED, TO KNOW THAT IT IS TIME TO IMPROVE YOUR HEALTH!!!

In this newsletter, I want to talk to you about the physical, mental, emotional and spiritual aspects of cellulite to our health and well-being. Cellulite is a condition that affects the appearance of the skin in areas with underlying fat deposits, causing it to get a dimpled, lumpy appearance. The fat itself is not totally responsible for the cellulite. The same fat under a child's plump cheeks will be smooth instead.

However cellulite is different from 'normal fat' in that the structure of the overlying skin and underlying connective tissue determines if it will be smooth or rippled. Knowing this can play

a big role in attempts to get rid of cellulite.

Underneath the skin there is a layer of fibrous connective tissue responsible for adhering skin to the muscle beneath it. In men, this connective tissue is arranged in a cross-hatched or diagonal manner giving a smooth and continuous pattern, whereas in women it runs vertically; perpendicular to the skin. These fibrous bands called septae tether the skin to the underlying tissue at certain points creating fat chambers that push up on the skin while the bands pull the skin downward making cellulite treatment close to impossible. This is what causes cellulite in women. Also, men have thicker skin than that of women so they are less susceptible to cellulite.

In my case, I first started fighting against cellulite as a 17 year old when I was modeling. The agency I worked with tested all of us skinny girls. We all had one degree or another of cellulite. My cellulite was unnoticeable until pressed and then you could see it. Studies show that even thin people have cellulite and that girls, as young as 13 – 14 years old, now more than ever, have cellulite. During my past near death illness the lumpy appearance of cellulite became noticeable as my tissues were degrading. I listened to my body more and more as time went by. I moved myself to a whole food, plant based vegan diet, altered my working out, drank water, and adding good fats and oils to my diet. I really saw the direct correlation between being

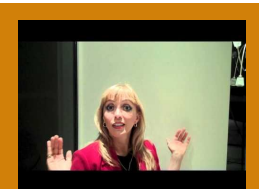


CAROLINA ARAMBURO

healthy inside and cellulite showing outside.

Recently I have moved to a raw vegan diet and have done a very purifying detoxing cleanse. I have not been working out but have been doing my yoga practices faithfully. This detoxing, my raw diet, lots of hydration, alternating exercises such as yoga, brisk walks and gyrokinesis, dry brushing and my spiritual practices have been removing toxins on many levels. As the toxins have come out my cellulite has diminished more but it is far from disappeared. During this entire journey I continue to understand how toxins (including (Cont. on next page) stress) damage our wellness on every level..

The blessing in this was that cellulite gave me an external sign, along with many



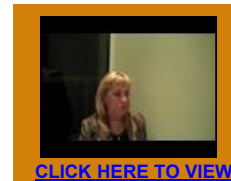
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CELLULITE CAN BE THE VISUAL HINT YOU NEED TO KNOW THAT IT IS TIME TO IMPROVE YOUR HEALTH!!! (Cont.)

other external signs, that something was off with my body. Listening to my body was a key in my health journey, but in this case it was "seeing" vs. listening. Although cellulite **cannot harm** you or lead into any more serious disease, it can signal how healthy or unhealthy your body actually is.

Our bodies are amazing machines. They give us many different indicators that, if we pay attention, **we can use as guides**. Cellulite is one such sign that you can use to start getting healthier today!



BEING HEALTHY CAN MAKE A HUUUUUGE DIFFERENCE IN REDUCING CELLULITE!!!

Cellulite is considered to be a **very common condition** that can affect people from any culture or background. Cellulite can affect people from any age, but is mostly **common in middle-aged and elderly** people and it is more common in women than in men. Cellulite is more noticeable on the arms, buttocks and thighs. It can affect any type of body contexture; it can affect people who are overweight or people with a balanced weight. **Collagen** is a protein found in connective tissue that supports and connects all internal organs. The under layer of our skin is 95% collagen, cellulite is basically caused by a breakdown in collagen fibres in the skin. This create water damage and **weakening of skin** cells and connective tissue. It occurs when skin cells deteriorate to an extent that fat cells push up to the dermis, the middle layer of the skin, and become visible at the skin surface.

Contrary to **popular belief**, eating less is not the solution to cellulite, since the condition is related to skin deterioration rather than an accumulation of too much fat in the body. Cellulite prevalence can be reduced, however, by proper nutrition. **Nutrition** helps heal and revitalize connective tissue, reducing the damage that leads to cellulite.

A **damaged dermis** is susceptible to dehydration and breakage.

Lecithin helps rebuild cell walls and repair tissue. By ensuring organ hydration and proper functioning, lecithin helps diminish cellulite. Great sources of lecithin include cauliflower, potatoes, spinach and tomatoes. **Essential fatty acids** (EFAs) help attract water to dehydrated cells and connective tissue and maintain cell hydration. EFAs are fundamental to decreasing cellulite. You can get EFAs from walnuts, flax seeds.

Grapefruit detoxifies the lymphatic system. This makes it a useful tonic for many body systems. It is specifically proven to be helpful for water retention and the dissolving of cellulite. The ideal diet should focus on good fats as the primary calorie source in the form of coconut, **avocados**, olive oil and sprouted nuts and seeds. The ideal diet should also focus on good fats as a primary calorie source in the form of coconut, avocados, olive oil and sprouted nuts and seeds. Protein is also important to be consumed regularly. A **plant based** diet with a variety of protein sources can include: Sprouts, **Spinach**, Kale, Broccoli, Pasley, Cucumber, Artichoke, Celery, Hemp Seeds, Flax Seeds, Pumpkin Seeds, Tomatoes and **Almonds**. Water full of electro

lytes, coconut water and flaxseed water are all great ways to hydrate and help with cellulite.

To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

1) Listen to your body in a specific way*.

2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

BEING HEALTHY CAN MAKE A HUUUUUGE DIFFERENCE IN REDUCING CELLULITE!!!(Cont.)

This will also allow you to obtain essential amino acids and minerals, such as **Vitamin C**, Vitamin D, Iron, Manganese, Copper, Zinc, Amino acids and Silica, that the body requires for the production of collagen and elastin within **connective tissues**.

Most importantly a **plant based** diet will allow your body to detox and be able to heal itself from the inside out. This will not only diminish cellulite but will begin to eliminate the toxins and original sources of **cellulite** in the first

place.

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 **UNPRECEDENTED** transformational shift", for every group no matter what their circum-

stances. 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 **FULFILLING ADVENTURE!!**

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STRESS IS A SOURCE OF CELLULITE WE CAN CONTROL!!!

Cellulite **can cause emotional and mental stress**. Likewise mental/emotional stress is proven, in many studies, to contribute to cellulite. When the body senses it is in a state of chronic stress, it will accumulate fat stores in preparation for times of famine that have **accompanied** times of stress throughout the history of mankind. This leads to the formation of cellulite. One of the keys to diminishing cellulite naturally is to get rid of the causes of low-grade chronic stress in the body. Living in a state of fear, anger, anxiety, etc. is extremely destructive to us. These states all drives stress **hormones** which utilize all the key resources in the body and increase fat storage.

To minimize mental/emotional stress, you could spend more time balancing your **emotional, mental and spiritual** aspects. There is also a body of scientific evidence that several activities that may be perfect to balance all of our aspects, such as meditation, yoga and being in a sauna, while releasing toxins, stress and reducing cellulite. There are many **meditation** methods. Some are passive and others are ac-

tive -- not in the physical sense, but in the sense that you actually do something during meditation. Researchers have documented immediate benefits in terms of lowered blood pressure, decreased heart and respiratory rate, increased **blood flow**, and other measurable signs of the relaxation response. All of this will contribute to diminishing cellulite. Meditation may also calm an agitated mind, creating **optimal** physical and mental health, balance our energy and put us more in touch with our higher self and allow us to be aware of our higher consciousness.

Yoga poses may relax the body and mind, **improve circulation** and respiration, reduce tension, get rid of the excessive fluids as well as stranded fats inside our skin cells and releases them for better fat elimination. All of this adds up to reducing the sources of cellulite. It also helps the body through it's detoxifying and healing process. **Yoga** strengthens the body and can tighten our muscles so that there will be no space left for cellulite to occur. It can also increase the circulation of the blood so that the fats will move around

and not stay in one place. To further decrease cellulite yoga can help us burn the **unwanted fats** in our body in a meditative way.

Many other **practices**, both spiritual and not, can contribute to releasing stress for us. I invite you to join me in de-stressing and even learning to **love and cherish your body** to keep from adding more stress to it, ASAP.

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

[\(CLICK HERE OR SEE http://carolinaaramburo.com\)](#)

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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