

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 196th Newsletter, I want to give us a chance to consider the impact that we have on our skin and that our skin has on us.

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, go back and watch them. You can also read all of the articles in full [HERE](#).

### ARE YOU TAKING THE UTMOST CARE OF YOUR BIGGEST ORGAN... YOUR SKIN???

Our every day living can have a large effect on the **health quality of our skin**. Our skin reflects everything from life's stressors to how much you sleep and the types of food we choose to eat. Although it may be difficult to keep our skin in a normal condition, there are many different natural ways we can help our skin be as healthy and beautiful as possible. In this newsletter, I want to focus on the ways you can improve your skin health from the inside out. I want to focus on the **ways you can improve your skin health** from the inside out.

This week on our Fan Page, we have included articles that will offer you information on what impacts your skin and natural holistic **skin care and the effects** that it can have on your overall wellness by addressing the physical, mental, emotional and spiritual balancing you can do with your own body.

Having skin problems can be hereditary and also range from conditions that begin in develop the **adolescent years** through conditions that most frequently occur as part of the aging process with adults. In addition, many key things such as an unhealthy **diet and environmental** conditions damage our skin. The two most damaging things to our

skin are **stress and lack of sleep**. Most people will suffer from some kind of skin condition at some point in their lives. The physical appearance of your skin can suggest things about your deeper unseen health conditions. Some **physical** signs of poor health and perhaps poor skin general could include:

- Blotchiness
- Uneven texture
- Acne
- Dark spots
- Flaky skin
- Scaly skin
- Chapped lips
- Wrinkles
- Rosacea (adult acne)
- Moles
- Warts
- Rashes
- Itchy Skin
- Skin fungus or infection
- Skin bumps
- Skin tags
- Discolorations

My eating and exercise habits have played a large role in my skin health. The impact is that I have great skin color, have remained very wrinkle free and I am able to keep the signs of aging away. During my past near death illness, one of the places the **illness showed was on my skin**. Both my kidneys and liver were failing me and my skin began taking on a different color. It started to become less alive and began to have **imperfections** while frequent rashes began to appear on my face and body. Despite the amount of water I drank, I was always thirsty and my skin was always dry. No amount of water I drank made a **difference**. Over time, though, I have worked with many natural doctors and coaches who have guided me on exercise, nutrition and various other practices to balance my physical, emotional, intellectual and spiritual aspects.

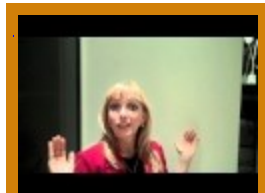
In the process of this, I began consuming on a **whole food** plant based diet and my skin began to bounce back to a **state**



**CAROLINA ARAMBURO**

**of looking alive again!** A healthy color returned, my skin began to have a more appropriate level of moisture and the imperfections and rashes subsided some. The biggest changes came, however, when I began to take on a **raw vegan** diet. A raw plant based diet not only puts pure nutrients in your body but hydrates your body better. I also drink pure water and coconut water constantly to keep my body and my skin hydrated. I also **regularly ingest healthy oils**, such as olive oil and coconut oil to help my body and my brain's functioning optimally. The oils brought about the much needed moisture that my skin was missing before. I also eat a whole array of **raw soaked nuts** that make a huge difference for my skin. Wheat grass has improved my skin massively because it improves my entire health starting with my gut, my liver, my kidneys, etc. I also put coconut and almond oil on my skin to moisturize it from the outside in.

Just as Cont. on next page) stress can result in skin problems, living with skin prob(lems can, in turn, result in a mass amount of emotional stress in your life creating an **unhealthy cycle**. Whether you are young or old, poor skin



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## ARE YOU TAKING THE UTMOST CARE OF YOUR BIGGEST ORGAN... YOUR SKIN??? (Cont.)

health impacts your emotional well-being. With the views of society on beauty and perfection, it is easy for someone to suffer emotionally if they are not "up to standards" with society's viewings. Emotional effects may include anger, sadness, reduced self-confidence and self-esteem, **embarrassment, frustration and social withdrawal.** All of these effects may not come up at once, but one can lead to the other. Often times, these emotions can lead to a point of depression and despair.

### BEAUTIFUL INSIDE AND OUT STARTS WITH NUTRITION!!!

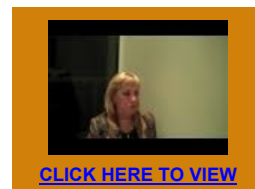
Since the skin is our biggest eliminatory organ, issues with the skin point to toxicity within. Everything that we eat makes a difference on our skin. There are a variety of natural ways that can **improve the state of your skin.** From a nutritional standpoint there are several nutrients that are very important for your skin. Key among these are zinc, calcium, Vitamin D, Iron, Vitamin B-12, Vitamin C and protein.

**Zinc** is a very important element needed for healthy skin and a healthy immune system. Zinc helps us to resist infection. Zinc can be obtained from beans, nuts, seeds, green vegetables, and whole grain cereals. **Calcium**, is also needed for good nerve and muscle function. Calcium can be obtained from dark leafy vegetables such as collard greens, turnip greens, kale, okra, mustard greens, or broccoli. **Vitamin D** is essential for the absorption of calcium and phosphorous. The best source of Vitamin D is sunlight. Iron can be obtained by eating foods such as spinach, collard greens, lentils, dried beans, broccoli, and bok choy. It has been shown that eating iron rich foods in combination with **Vitamin C** rich foods will increase the absorption of iron into the body. **Vitamin B-12** is needed for blood formation and cell division within the body. Sources of vitamin B12 are raw fermented vegetables and spirulina.

**Protein** is also needed for the body to grow and repair itself. Protein can be obtained from a number of sources such as nuts, seeds, legumes, grains and many vegetables, such as spinach, contain protein. **Vitamin C** is needed for collagen metabolism, which increases the elasticity of the skin, providing a smoother and less-wrinkled complexion. You can get your highest dose in foods like papaya, strawberries, oranges, kale, lemon, cauliflower and garlic.

Our **body is said to be a sanctuary.** Our skin reflects all the aspects of our health. The way to improve our skin is to improve our health. If your liver is not super healthy and clean it will result in dark spots and all kinds of **imperfections** on our skin and kidney problems will result in dehydrated skin. I invite you to listen to your body to tell you what every organ in your body needs, and once YOU take care of all of your organs it will TOTALLY be REFLECTED ON YOUR SKIN. Amazing

ing **health and wellness** will result in your most beautiful SKIN!!



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](http://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!**

Eating an organic whole food **plant based** diet will give you a higher consumption of all vitamins and minerals; especially good are **Vitamins A and E** found in nuts and vegetables. With this kind of diet you also get an even-toned complexion because of the improved health of the digestive system. Eating **raw foods** will also help to cleanse the intestines, which directly affects the look of your skin. Another interesting benefit is that many people on a plant based diet have smoother skin. The smoother skin the less fine lines one has as well as prevention of their appearance.

Food from a plant based also contains enough **liquid to nourish** your skin and prevent wrinkles. Ayurveda recommends drinking 8 glasses of clean water daily (the actual quantity may vary depending on the season). Loading up on water rich fruits and veggies such as lettuce, watermelon, etc. adds a lot to your skin health. **Healthy fats** such as ground flax, flax oil, coconut oil and extra virgin olive oil will moisturize your skin from the inside out,

When the health of your skin gets better, the **blood circulation** improves. Increased blood circulation not only can heal the skin, including even scars, but the skin becomes able to fight various diseases such as eczema or psoriasis. These diseases are easy to get if you eat meat, sugar rich foods and drink too much alcohol. If you follow a clean vegan diet, this brings your body to **balance,** removing toxins and improving digestion and thus making your skin healthier. And where there is health, there is no disease. However, your body (Cont. on next page) can only eliminate something once you **stop putting more** of it into your body. Your lymph system will eliminate the junk that has accumulated over years if you will allow it to. To heal and treat your skin from the outside one major recommenda-

## BEAUTIFUL INSIDE AND OUT STARTS WITH NUTRITION!!! (Cont.)

tion is to use herbals. **Green-tea** can be used on the outside of the skin in addition to being consumed. Studies have shown that placing green tea on your skin can assist the skin as an **age-defying treatment**. A normal skin cycle is known to be 30 days, but with the use of green tea, the process is accelerated and the **skin cells migrate faster**, generating more new cells. Coconut oil and almond oil are also great to clean and moisturize your skin.

Utilizing infrared saunas and skin brushing may physically benefit your skin as

well. Saunas have a tendency to **augment circulation and oxygenate the tissues of your skin**. Your energy production is amplified and, due to that, healing is facilitated. Your metabolism is sped up and your skin cells are able to eliminate more toxins when your tissues are heated up with an infrared sauna. With all the chemicals that skin absorbs on a daily basis it is **easy for our skin to get damaged**. **Skin brushing** creates remarkable results through a person's own responsibility of duplication.

There are many **great natural ways** we

can take care of our skin. Doing so may not only beautify our physical appearance, it may also impact our health in surprising ways!

## 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**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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## CLEARING YOUR MENTAL AND EMOTIONAL STRESS MAY ALLOW YOUR SKIN TO BRING OUT YOUR INNER RADIANCE!!

It is only by dealing with each part of the whole within the whole, that we can have vital and energetic health. All organs, systems, thoughts and emotions, have their own specific energy or vibration. Each organ, including our skin (our largest organ), vibrates at an energy specific to it alone. Each piece of food or drink that we consume has its own vibration. Each emotion has its own vibration. Therefore what we eat and drink, what we feel and what we think and has a direct effect on our health.

According to Karen Mallin, PsyD "The mind and skin are connected on many different levels. A lot of nerve endings are connected to the skin, which wraps around the organs, so as thoughts and then emotions are played out neurologically, they can be expressed through the skin just as stress can be expressed through gastrointestinal symptoms, increased anxiety, or hypertension." The form of stress that impacts skin conditions the most is "distress" (anger, anxiety, depression, etc.). With distress the

nerves in the skin release chemicals, such as the stress triggered hormone called glucocorticoid, which can produce sensations themselves, make the skin more susceptible, more sensitive and more reactive. The skin then can't effectively keep out irritants, allergens, and bacteria. Decreasing your distress, both mentally and emotionally will improve your skin's condition.

Spiritual practices can positively influence your skin's health in many ways. Clearly, if your spiritual practices create a **cleaner you on the inside, it will reflect on the outside, as well**. Some very powerful practices (which can include a spiritual component, or not) to relieve stress and balance us both emotionally, mentally, are meditation, yoga and QiQong. These all contribute to balancing you mentally, emotionally and energetically therefore cleansing your body, increasing your blood circulation and lowering the stress triggering chemicals being released in your body. That said, I encourage you to cherish your whole

body because of your imperfections, rather than despite them. It can VERY likely impact you having way better skin, and most IMPORTANTLY the BEST health & Wellness that you deserve!

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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