

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 197th Newsletter, I want to talk to you about Hair.

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.

### CHERISHING YOUR BODY AND OVERALL HEALTH MAY TOTALLY LEAD TO HEALTHIER, MORE BEAUTIFUL HAIR!!!

Your hair can be an enormous testimony to how healthy you are or a sign that something is off with your health. Sudden hair damage or excessive hair loss is an indicator that something may be missing in your health care.

It is natural to experience hair loss every day simply due to the normal hair cycle. Beyond the normal cycle of your hair growth, however, there are various reasons why a person would begin to experience hair loss or begin to have dry, brittle, or damaged hair. Some of those reasons could include:

- Hormonal changes
- Alopecia areata (an autoimmune disorder characterized by inflammation of the hair root)
- Cancer/chemotherapy
- Severe Burns or injuries
- Nervous habits
- Acute Stress

- Lack of sleep
- Long-term illness
- Major surgery
- Prolonged high fever
- An unhealthy or unbalanced diet
- Thyroid conditions
- Aging
- Inherited factors
- Medications
- Disease

During my past near death illness, my hair became really damaged and started falling out in handfuls. The doctors explained to me that when the body is in an emergency state due to any acute illness, your hair goes into a resting state and then will, within time, fall out. During this time there were several other things that directly impacted my hair including: thyroid complications, hypocortisolism (increased cortisol levels) caused by stress, and medications.

As I started listening to my body, moved off medications, adapted a completely vegan diet and various practices to reduce stress the hair loss and my body began to heal from the inside out and the production of dry, brittle hair damage slowed down and normal hair growth began to happen again.

My diet was rich in exactly the kind of things that ultimately impacted my hair in a positive way. I was eating lots of green leafy vegetables, nuts, flax seed and flax seed oil, and other plant-based foods. These foods and activities such as yoga and meditation all began to balance me physically, emotionally, mentally and spiritually and eliminated the source of my hair damage.

Depending on the cause of the hair loss or damage, you can see from this newsletter and the articles on our Fan Page this week, that there are several things you can do to become healthier and therefore avoid hair damage or repair it if it has already started happening. However, if the cause of

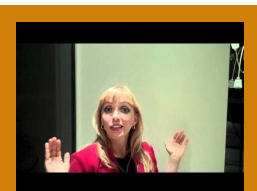


CAROLINA ARAMBURO

your hair loss is associated with heredity conditions or disease, you may need to look for more professional assistance with a holistic healthcare provider or a holistic health coach.

The first thing to do to avoid hair loss is to try to keep your stress levels down and get sufficient sleep. Hair is the first thing within us that reacts to stress. Therefore, it weakens when stress levels rise. If you practice keeping your stress under control with methods such as exercise, yoga, meditation, and plenty of sleep, this preventative measure could positively impact your hair.

Another important thing to do is to avoid using chemical hair dyes, other chemical treatments, irons, and blow dryers. Although irons and blow-drying your hair can be alright in moderation, it is not healthy for the hair, and the outcome can (Cont. on next page) be damaged hair. Chemicals poured onto and left sitting on your head not only damages your head but seeps in through your hair follicles and your scalp and causes other damage that



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## CHERISHING YOUR BODY AND OVERALL HEALTH MAY TOTALLY LEAD TO HEALTHIER, MORE BEAUTIFUL HAIR!!! (Cont.)

may damage the health of your entire body.

Diet can be very important in the **prevention of hair loss**. A **balanced diet** will provide you with enough calcium, protein, healthy fats and water on a daily basis. We have included some healthy food choices in the next article that will bring proper nutrients to both you body and therefore your hair.

**Conditioning and moisturizing your hair** each time you wash it, with all natural conditioners such as organic extra virgin olive oil, coconut oil, coconut milk and avocados may also be an important practice. Additionally, avoiding hair styles that require a lot of pulling and brushing of the hair is also suggested.

Your hair is a **reflection** of your inner health. By cherishing your body and keeping it incredibly healthy, and by cherishing your hair, you may notice your hair looking **beautifully healthy!!!**

## THE RIGHT DIET MAY BE A KEY FACTOR IN REDUCING HAIR LOSS OR DAMAGE!!!

In this article, I want to talk to you about all of the **nutritional** ways you may be able to maintain a healthy body which will give you a healthy head of hair. Everything from dry brittle hair to hair loss may be improved by **listening to your body** and providing it with the nutrition it needs to stimulate healthy hair production.

Here is a list of some foods and herbs you can eat (or apply) to improve your health that will **directly impact** your hair's health:

- **Seeds**—Flaxseed has plant-based omega-3 fats. Omega 3s nourish your hair follicles and help it grow long, thick, and beautiful. Chia Seeds are full of B vitamins, zinc, calcium, potassium, and antioxidants.
- **Beans, Legumes and Lentils**—Contain various levels of biotin, protein, iron, zinc. **Lentils** are teeming with protein, iron, zinc, and biotin making it a great staple for vegetarian and vegans.
- **Dark leafy greens**—Kale, collard greens, spinach, broccoli and chard are just a few sources high in iron and vitamin A and C, which produces sebum (the oily substance secreted by your hair follicles, which is the body's natural hair conditioner).
- **Nuts**— A great source of protein and zinc, both of which promote healthy hair growth. Brazil nuts are one of nature's best sources of selenium, an important mineral for the health of your scalp and can prevent hair loss. Walnuts contain alpha-linolenic acid, an omega-3 fatty acid that may help condition your hair. They are also a terrific source of zinc, as are cashews, pecans, and almonds.
- **Carrots**—Carrots are an excellent

source of vitamin A, which promotes a healthy scalp.

- **Sweet Potatoes** - A great source of beta-carotene. Your body turns beta carotene into Vitamin A, which is super nourishing for every cell in your body.
- **Avocados** - Full of monounsaturated and polyunsaturated fat, as well as omega-3's to keep your hair thick and shiny.
- **Cacao** - Eaten in it's natural state, is full of sulfur, antioxidants, and many nutrients that make it a sinfully sinless way to strengthen your hair.
- **Citrus Fruits** - Another great source of carotenoids, citrus fruits can help strengthen your hair follicles.
- **Chickpeas** - Are high in protein, manganese, and fiber. Try Kidney Beans, White Beans, Lentils, and Mung Beans for additional benefits.
- **Quinoa** - Quinoa, is gluten free and is a rich and complete source of amino acids, minerals, and protein. Quinoa can help protect hair breakage as well as helping it grow thicker.
- **Sea vegetables** - Kelp, nori, dulse, kombu and wakame, all of which are rich in iodine may be helpful to balance a Thyroid condition.
- **Saw palmetto** - A study in the *Journal of Alternative and Complementary Medicine* reported that saw palmetto may increase hair growth in men. Historically, saw palmetto has been used by herbalists for hair loss in both men and women.
- **Rosemary** - Rosemary can be added to food and Rosemary essential oil has been traditionally used to increase circulation to the scalp. Add a few drops per dollop of shampoo or, better yet, add a few drops of rosemary to coconut oil and massage your **scalp regularly**.



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

## THE RIGHT DIET MAY BE A KEY FACTOR IN REDUCING HAIR LOSS OR DAMAGE!!! (Cont.)

Any severe dieting can show up in your hair very quickly as most diets eliminate the very oils and nutrients you need for a healthy head of hair.

Having a balanced and nutritional diet is the key to your health and your hair health!!

## 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 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 FULFILLING ADVENTURE!!

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## YOUR HAIR IS AN OUTWARD DISPLAY OF YOUR EMOTIONAL, MENTAL AND SPIRITUAL BALANCE!!!

It has been scientifically proven that a sudden stressful event can cause both hair damage and loss, as hair follicles can prematurely stop growing and enter into a resting phase. This process is called telogen effluvium. This is a type of hair loss that is usually due to a change in your normal hair cycle. It may occur when some type of shock to your system, emotional, mental or physical, causes hair roots to be pushed prematurely into the resting state. The telogen phase can last 6 to 12 weeks (and much longer if left untreated) and affects women much more than men.

Distress of any kind can damage you health and your hair over time. The good news is that stress related hair loss can be temporary if the stressors are handled. In reverse, hair loss or damaged hair can also have a impact on a person's emotional or mental state. Then, in a vicious cycle, stress can cause the damage or loss, which could then create more stress, leading to more hair loss, and the cycle continues. Minimizing stress and getting enough sleep, which can allow your brain to process the stress, can

be two very effective methods to reduce hair loss stemming from emotional reasons.

From a spiritual perspective there are many associations that have been made, over time, between our hair and our energy fields. According to U.S. Governmental studies conducted during the Vietnam War, a connection between hair and intuition was discovered. Groups of Native Americans were recruited for the war effort due to their demonstrated and unmatched tracking skills. However, once given the standard G.I. enlisted haircut, their previously tested skills were found sorely lacking. Among the theories and explanations gained from this experience was that hair acts as a sort of antenna system. Each individual strand can act as an antenna while collectively hair serves as antenna array. It makes sense. How often has your intuition reached out to you by making the hairs on the back of your neck stand?

Hair is also demonstrate visibly in energy of the aura. When viewed through Kirlian photography, there is a definitive energy field seen around the

hair. Yet when hair is cut, the energy field appears to weaken. Could it be that hair not only acts as a sensor, but a transmitter? Hair obviously carries the energy of the wearer. The hair on our head covers the crown chakra—our connection to the Higher Self. You could think of it as a beautiful bridge between you and your Higher Self and treat your health as sacred so that your hair reflects that sacredness.

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

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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 your contribution. Thank you so much for the opportunity to learn together.

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