

CAROLINA ARAMBURO

CarolinaAramburoAndFriends'

Hello Health, Fun and Well-Being Partners!

In this 214th Newsletter, I want to give us a chance to consider the effects that weight gain can have on people's physical, mental, emotional and spiritual 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, go back and watch them. This week we have also included articles on weight gain that you can read in full [HERE](#).

We are going to go **beyond the obvious** and explore the topic of WEIGHT GAIN, including the **causes and effects** on the body, how nutrition can impact your weight, and the mental, emotional and spiritual sources of weight gain so that YOU can, if you wish, introduce this GIFT OF LIFE into your wellness practices and diet to achieve and maintain **optimal** physical well-being, emotional balance, mental and spiritual clarity and vibrant energy.

WEIGHT GAIN CAN BE YOUR OPPORTUNITY TO CREATE A WHOLE NEW LEVEL OF WELLNESS!!!

In my own RADICAL Wellness Journey for the last 3 decades, it was a battle with 13 extra pounds that did not come off - no matter what I did. Recently I took on an amazing **RAW food detox** that eliminated TONS of toxins in my body, and HEALED a LIFETIME THYROID conditions that many

doctors said that was IMPOSSIBLE to heal !!

During that detox, I lost the **13 pounds** that I have carried for many years - NOT BY EATING LESS and not by EXERCISING MORE, actually **eating more** and EXERCISING LESS ... as the toxins and side effects and damage from medications moved out of my body. I am now happily on a nutrient rich, mostly RAW whole food, plant based RADICAL VEGAN **nutrition plan** as part of my overall lifestyle that is MINDFULLY Designed by my RADICAL WELLNESS COACH.

I have reached the same weight I was when I was 19 years old, and have **sustained** this weight without any weight gain and eating NIRVANICALLY!! Not only that, but health issues that I had dealt with my whole life, like my **thyroid** condition and severe allergies, daily migraines, yo-yo energy, sleeping difficulties and moooooore are gone!! My body is NATURALLY maintaining it's own **balance** and is OPTIMALLY healthy... I can honestly say my WELLNESS is better than it has ever been in my ENTIRE LIFE !!!

Weight gain can be caused by a **variety of factors** that include lifetime issues with obesity, and all the way from people battling for a life time with few extra pounds of **fat/toxins** all the way to obesity. Weight gain also refers to more than just fat; it also can represent an increase in muscle, fluids like water or even toxins like **heavy metals**.

Symptoms often **associated** with



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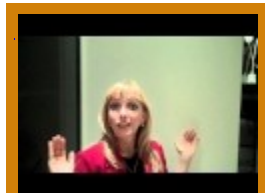
weight gain (especially weight gain that is not from overeating) include:

- Abdominal discomfort
- Abdominal pain
- Bloating
- Flatulence (gas)
- Constipation
- Visible swelling in the abdomen or other areas of the body
- Swollen extremities (arms, legs, feet, hands)

In circumstances such as **extreme** obesity, the symptoms can be more severe such as:

- Fever
- Skin sensitivity
- Shortness of breath
- Difficulty breathing
- Swollen feet
- Heart palpitations
- Sweating
- Changes in vision

Being **overweight** or obese can cause many health complications, some of which are very serious. These include: (Cont. on next page)



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WEIGHT GAIN CAN BE YOUR OPPORTUNITY TO CREATE A WHOLE NEW LEVEL OF WELLNESS!! (Cont.)

- Type 2 diabetes
- Heart disease
- High blood pressure
- Certain cancers (including breast, colon, and endometrial)
- Stroke
- Liver and gallbladder disease
- High cholesterol
- Sleep apnea and other breathing problems.
- Arthritis
- Infertility

The biggest factors causing normal weight gain today are poor food choices and a **sedentary** lifestyle. The effect that nutrition has on weight gain is dependent upon several factors, including:

Calorie density of foods – The more calories a particular has in proportion to its weight, the greater the caloric **density**. Foods with lower caloric density (such as fresh vegetables, legumes and fruits) are both highest in **nutritional** value and tend to be more filling. Foods with high caloric density (pastries, chips, etc.), are far denser, and tend to have less nutritional content (although foods like nuts and avocados are very healthy in moderation).

Exercise regimen – While it seems obvious, the amount of time people spend in front of screen, whether a computer and television, is upwards of 50-60 hours per week in the United States. Recent studies show that not only are people **spending** less time being active and more time with their technology, but that sitting for long periods can actually reverse the gains of many kinds of cardiovascular exercise.

Water retention – The amount of water you consume can affect your weight, especially if digestive issues are present. A quart of water weighs two pounds, so weight

can fluctuate from drinking water throughout the day. Water **hydrates** and flushes out your body from toxins and unwanted chemicals. The more water the better. However, an abnormal accumulation of water in the body that is causing **bloating** and weight gain, especially noticeable in the legs, feet and ankles is often a sign of imbalance and a reason to have a checkup. Consumption of salt can also cause temporary water retention.

Time of day and quantity of food eaten – Creating regularly scheduled times you eat throughout the day and eating the appropriate quantity and combinations of food at those times can have an impact on weight gain.

Age / metabolic rate – After the age of 35, we might start to gain more weight, but it is not inevitable. Aging does affect our metabolic rate, especially after menopause or **andropause**, but recent studies suggests that a range of lifestyle choices — not just the number of calories in your diet — influence your weight as you age. Our resting metabolic rate (how we burn calories while sitting or laying in bed) decreases with age, and dieting can **exacerbate** this problem, since dieting decreases the resting metabolic rate.

Overall stress levels – Our stress levels in life can affect not only our physical bodies (i.e adrenal glands, hormones, **neurotransmitters**, etc.) and metabolism, but because eating is a biochemical response to stress it can also be a trigger for emotional eating or eating disorders.

Certain types of food - White sugar and white flour create insulin resistance, and can contribute to weight gain. In his book "Salt Sugar Fat," New York Times reporter Michael Moss showed the addictive

properties of salt, sugar and fat. "They [food companies] spent millions to **discover** that 'sweet spot', where the taste buds explode with pleasure," Moss says, "and as a result, even the most benign-seeming foods, such as breakfast cereal are loaded with sugar, fat and sodium." Gluten is hard to digest in the body, and can thus cause bloating and weight gain. Food sensitivity to substances such as dairy, tree nuts, peanuts or soy can also cause bloating and weight gain as one of the adverse reactions.

(Cont. on next page)



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.

WEIGHT GAIN CAN BE YOUR OPPORTUNITY TO CREATE A WHOLE NEW LEVEL OF WELLNESS!! (Cont.)

Unintentional weight gain

Hormonal imbalance can cause weight gain. There is a relationship between insulin, metabolism and body fat. This link is a very common cause of unexplained weight gain in people who consume the typical low-fat, high-carbohydrate diet that includes an abundance of processed foods, since this type of diet can eventually lead to a metabolic condition called insulin resistance.

Insulin is a hormone that plays a major role in metabolism, helping the body's cells absorb glucose from the bloodstream to be used for energy. In insulin resistance, the body loses the ability to use insulin effectively, impairing glucose absorption into the cells. When the cells cannot absorb the amount of glucose they need, the body kicks into starvation mode, storing away a higher percentage of calories as fat, causing weight gain without any increase in calorie consumption.

Another known link between hormones, metabolism and body-fat involves stress. Stress hormones are released into the body in response to stress. During prolonged periods of stress, levels of these hormones remain elevated. The body interprets long-term stress responses as famine, which triggers it to slow the metabolism, going into starvation mode to conserve resources in much the same way as it does with insulin resistance, adding to the body's fat stores. Many people have both dietary and stress issues, causing imbalances in both insulin and stress hormones, a sure recipe for weight gain. Additionally, high-carbohydrate diets and high stress levels can lead to fluctuations in blood glucose and serotonin levels, which can prompt food cravings as the body attempts to stabilize those levels. This creates a vicious cycle in which a person is driven to

snacks and caffeine in an attempt to make themselves feel better, actions that actually worsen the underlying problems and cause even more weight gain.

Other hormonal causes of weight gain include:

- **Estrogen / testosterone Levels** – We can either produce too much estrogen, or acquire it from diet and environment. We are currently exposed to massive amounts of estrogen-like compounds in plastics, GMO's, birth control pills, soy, foods that contain pesticides, herbicides, and growth hormones. Accumulation of these toxins can lead to weight gain, which serves to fuel the production of more estrogen from our own fat cells. More weight gain then leads to insulin resistance, which, in turn increases the risk of estrogen dominance.
- **Cortisol** – This hormone is released by the adrenal gland as a response to stress, and is an anti-inflammatory in the body. In cases of high levels of cortisol (often due to long periods of extreme stress), Cushing's syndrome can occur. This disease is characterized by excessive weight gain in the torso and face of the body, while the limbs continue to stay thin. Other symptoms include excessive sweating, thinning of skin, baldness, and insomnia.
- **Underactive thyroid - Hypothyroidism** – Clinical studies have proven that even small changes to thyroid functions can trigger weight gain. This disorder can drastically slow down the metabolic rate, and is characterized by not only weight gain, but also fatigue, constipation, high cholesterol, migraines, vision problems, and congestive heart failure. In children, it can lead to stunted development. It is

caused by a lack of iodine, and in developed countries, particularly in North America, the primary cause is Hashimoto's Thyroiditis, an immune system disease.

- **Polycystic ovary syndrome** – This hormonal imbalance is considered to be caused by inherited genes, although it is not 100% clear what factors are the root of PCOS. Symptoms include obesity and insulin resistance, irregular menstrual cycles / infertility, and if obesity has occurred due to PCOS, the person may also develop Type 2 diabetes, High blood pressure, sleep apnea, and cancer of the uterine lining.
- **Menopause** – Because the onset of menopause is later in life, the lowered estrogen levels are combined with other factors of aging, like slowing metabolic rate, a drop in physical exertion and the body's ability to burn energy during exercise, and an increased appetite.
- **Andropause** - In cases of the condition known as male menopause, or men that have developed feminine physical characteristics or weight around the abdomen, it is important to limit exposure to estrogen, which is contained in beer as well as plastics, soy and pesticides. As men's age increases, their testosterone production decreases. These changes, when compounded by consumption of soy, beer, or drinking out of plastic bottles, exposes the body to highly elevated estrogen levels, creating a imbalance and weight gain.
- **Fatty Liver - Poor liver function** - Our liver's job is to detoxify the blood, and metabolize fats. Due to poor eating habits, prescription medications, also (Cont. on next page)

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hol and excessive animal protein consumption the liver often becomes sluggish or fatty, and unable to metabolize the fats at a required rate. This causes a great chance of weight gain, as well as great difficulty losing weight.

- **Ovarian cancer** - Unexplained weight gain, especially in conjunction with abdominal pain, back pain and bloating could signal an early sign of ovarian cancer.

Rapid weight gain can also be an indicator of more serious diseases, such as **Liver** problems, and can even be an early sign of ovarian cancer. Because the effectiveness of the pancreas' ability to produce our digestive enzymes decreases with age (from a variety of factors), even a balanced diet can lack the enzymes needed to digest the nutrition from the food we eat, which can result in weight gain.

Many medications have weight gain as a **side-effect**. These in-

clude:

- Antidepressants and steroids
- Birth control pills
- Corticosteroids
- Some drugs used to treat bipolar disorder, schizophrenia, and depression
- Some drugs used to treat diabetes

Sleep, Cortisol, and Weight Gain

More and more studies are linking sleep deprivation with a variety of health issues, and **weight** gain is one of those. Here are some of the correlations between lack of sleep and weight gain that have been clinically studied, tested, and proven:

- On days when people sleep less than 8 hours, the hormones that prompt the **appetite** are greater
- A University of Colorado study in March of 2013 showed that losing a few hours of sleep for as few as 3-4 days caused subjects to gain an average of 2 pounds
- Cortisol, the hormone that regulates stress, is found in greater quantities with less sleep. This

not only **stimulates** the appetite, but increase insulin resistance and the threat of Type II Diabetes.

- New studies are showing that lack of sleep can influence our food choices, too. A Study published in Nature Communication in August 2013 showed a evidence of the connection between food cravings and sleep.

Dr. Kenneth P. Wright the director of the sleep and **chronobiology** lab at the University of Colorado at Boulder (and not part of the above study), was quoted in the New York Times saying "There's something that changes in our brain when we're sleepy that's **irrespective** of how much energy we need. The brain wants more even when the energy need has been fulfilled."

In our next article we will talk about natural nutritional and lifestyle solutions to weight gain. Weight gain always has a **source**. Uncovering the source and attending to resolving or healing that source will allow the weight to come off and stay off!

HEALING THE VICIOUS CYCLES OF WEIGHT GAIN FOR GOOD!!!

While we can all get caught in cycles of bad habits of nutrition, exercise, and emotional behaviors, we can also **exchange** any of those for different and healthy options. Many of the top holistic centers in the world eliminate weight gain for their patients by addressing the emotion, mental, spiritual and physical underlying issues **simultaneously**.

In cases of rapid and unexplained weight gain, getting tests and exploring the purely physical perspective is always an important first step. While it may only be a **minor** problem that can be found by checking sugar levels for insulin resistance, it could also be something potentially more seri-

ous. Thus having yourself checked is of **critical** importance. Holistic health professionals highly recommend lab tests in these cases.

There are many ways to alter diet, nutrition, and lifestyle to affect weight loss, as well. These include:

- Create **consistent** meal times every day
- Practice intuitive eating patterns, eating until you are full instead of forcing yourself to eat everything on your plate
- Planning meals in advance instead of eating out. When you do eat out, check the **calories** on the food you order.
- Use a **food diary**. You can un-

derstand the number of calories your specific body needs to maintain, or to lose, weight, by developing an awareness for what and when you eat.

- Remove **processed** foods, unhealthy fats, sugars, coffee, alcohol, dairy and **gluten** from your diet, as these can block the absorption of nutrients, create food sensitivities and slow down metabolism
- Enjoy a diet consisting of primarily of WHOLE and ORGANIC foods, especially fresh fruits and vegetables
- Read the **ingredients** on everything you buy, and avoid anything (Cont. on next page)

HEALING THE VICIOUS CYCLES OF WEIGHT GAIN FOR GOOD!!! (Cont.)

with ingredients that you don't recognize

- Balance your plate: Filling 1/2 your plate with intact whole grains, starchy vegetables and/or legumes, and the other half with vegetables.
- Include light to **moderate** exercise (i.e. regular walking).
- Consider changing your medications, or replacing them with holistic alternatives
- **Digestive Enzymes** have been used by over 20 million in North America, Europe and Asia with no side effects. Numerous studies have shown that a diet rich in enzymes (including enzyme supplements), improves overall health and weight **management**. The easiest and most enzyme filled foods are "live" foods such as wheatgrass, sprouts and raw dark **green leafy** vegetables.
- **Hemp Seeds & Sprouts**: This complete protein assists in building muscle, maintaining brain, organ, and nervous system function, and stimulating a healthy **metabolism**. It might assist in decreasing appetite, and thus preventing weight gain.
- Fiber rich foods, like avocados, broccoli, cabbage, mushrooms, beans, and peppers clean out the **intestines**, which aids in keeping the bowels regular.
- Complex Carbohydrates – While simple **carbohydrates** are digested quickly, and lead to a "sugar crash," complex carbs digest slowly and keep blood sugar steady, which promotes a feeling of being full and satisfying food **cravings**. Adding complex carbohydrates to your diet can help control appetite. Some great sources of complex carbohydrates include beans, peas, lentils and whole grains.
- **Eliminate or greatly re-duce your sugar intake** – Sugar can be found in most **processed**

food, and too much sugar in the body can cause yeast (candida overgrowth) in the gut. One of the symptoms of systemic Candida is weight gain, or difficulty losing weight. It can cause stubborn fat deposits that are difficult to get rid of, no matter how little you eat or how much you exercise. Getting rid of sodas, candy, and other **unnatural** sources of sugar is an important step in the right direction.

- **Leafy greens** – Kale, bok choy, collards, and broccoli are excellent sources of calcium, which is a necessary nutrient for **weight loss**.

What can you do to bring awareness: **Experimenting** with slowing down before you eat, developing a sensual eating pattern rather than rushed ones, breathing, enjoy each bite all help in bringing attention to the body.

It's not **uncommon** to turn to food and gain weight as a reaction to experiencing trauma. Emotional and **behavioral** responses to trauma lead to destructing eating patterns. Emotional eating is a difficult pattern to break. Unless you deal with the trauma and let yourself heal, you'll keep returning to food. It's not the answer, yet it provides a level of **comfort**.

People tend to eat as a way to cope with a **difficult** situation, loss or negative feelings or emotions. They eat to ease the pain of a **traumatic** experience and to take focus off of a painful event. Of course, any time your body takes in more calories than it burns off, it will store the extra calories as fat. Emotional eating caused weight gain and can make people have a bad body image.

Tips on how to heal from painful, **traumatic** experiences to lose weight:

- Talk about it. **Express** how you

are feeling about the trauma. You can talk to someone in person; use an online support group or even **journal** about the event.

- Seek **support** to help deal with the trauma in your life. Lean on family and friends, coaches or anyone else in your corner.
- Give yourself **permission** to heal. When you stop dwelling on the painful experience you can look to the future with a clean slate.
- Explore your **spirituality**. Many people find that their faith is what gets them through the traumatic times on their lives.
- Be good to yourself. Treat your body with respect. Eat healthier foods and **exercise** regularly to reduce stress and promote health.
- Do things you really enjoy doing. Finding **something** to do with your free time will keep you from dwelling on the trauma or over-eating.
- Indulge in your creative side. Write, draw, paint, redecorate or build something to get your **creative** juices flowing and keep your hands busy so they aren't grabbing for food.
- Challenge the **negative** thoughts that run through your head. Stop blaming yourself for things that are out of your control.
- Learn to accept your feelings for what they are and to **express** your feelings in a healthy way.
- Find methods to relax. Try yoga, meditation, prayer or even a warm bath to stay **relaxed** and keep stress to a minimum.

You can't heal from a traumatic experience and lose weight until you are fully **ready**. Trying to lose weight without dealing with the underlying issues may work for a while, but the weight will return, (Cont. on next page)

HEALING THE VICIOUS CYCLES OF WEIGHT GAIN FOR GOOD!!! (Cont.)

and the struggle will continue until there is inner peace. Be willing to put the traumatic **experience** in the past. This doesn't mean completely forgetting it ever happened, but letting go of the negative feelings that go with keeping it bottled up inside.

One powerful question to ask is what do you stand to gain from

keeping this weight on? People keep weight on as a **protective** coat; without the weight holding them down they DO have to go out in the world and live their life and fulfill their **purpose**. Another is to look into your life for what is out of balance. Look at where and why life seems out of control, and why am I eating?

I invite you to **PREVENT**, and if necessary **HEAL** yourself from weight gain starting TODAY. Illness and dis-ease are almost ABSOLUTELY PREVENTABLE with a Raw Vegan Balanced Diet + Mindful foods. You **deserve** your utmost WELLNESS, please give yourself the GIFT of CLAIMING IT, in ACTION, starting now!!

WEIGHT GAIN AND ITS IMPACT ON YOUR MENTAL, EMOTIONAL AND SPIRITUAL BALANCE!!!

Beyond the physical, there are many emotional and mental catalysts of weight gain. Emotional eating is often used as an emotional **protection**, and there are many factors that can trigger it. These kinds of eating habits often develop as a way to comfort and ease **emotional pain**. For most people, this behavior is a reflection of other influences; when eating is out of control, life is usually out of control.

Emotional eating can often be a vicious cycle. In many developed nations, people are constantly **bombarded** by images of slim models, and develop unhealthy body images. Women are especially susceptible to this. In studies that tracked overweight people, those who faced weight discrimination publicly were more than twice as likely to become obese within **four years**. Those who were already obese at the beginning of the study were three times likelier to remain obese four years later if they had experienced weight discrimination.

Brian Wansink, who wrote the best-selling "Mindless Eating," has an entire website dedicated to raising **awareness** about how we are consuming many more calories than we realize. As few as several **hundred** extra calories each week can lead to 10 pounds (or more) of weight gain in a year.

Triggers that cause emotional

eating include:

- Stress
- Habits developed in childhood
- Emotional suppression
- Severe trauma, such as abuse, divorce, or accidents
- Anxiety
- Boredom
- Disgust
- Joy
- Loneliness
- Sadness

What separates healthy eating with **emotional** eating? According to the University of Texas Counseling and Mental Health Center there are signs that express emotional eating is taking siege:

- With emotional eating, the hunger comes in **rapidly** and suddenly. One feels hungry now and the need to eat now. With normal hunger, that body's need food for sustenance comes on gradually and slowly.
- Because it is not your physical desire to eat, the tendency to overeat is significantly greater. It's the process of **comfort**, and thus there is no awareness of feeling full.
- This kind of hunger can only be fulfilled with specific foods. With normal hunger, you can eat any kind of food, but if you are eating emotionally, you only want very **specific** foods - cravings like chocolate or French fries. Usually, the craving is for unhealthy foods; things you are sensitive to and the body needs the least. When we are truly **hungry**, we

are open and available to many choices.

- Emotional hunger feels like it needs to be satisfied instantly with the food you crave; physical hunger can wait.
- Even when you are full, if you're eating to **satisfy** an emotional need, you're more likely to keep eating. When you're eating because you're hungry, you're more likely to stop when you're full.

After eating for emotional needs you feel **dissatisfied** or guilty. Beyond the emotional impacts, there are mental consequences of weight gain and being overweight or obese. A negative mental self-image, both of the physical body and the inner self can cause weight to stay on, lead to depression, and cause people to be **unwilling** to go into public for fear of humiliation.

The American Medical Association officially labeled obesity as a disease in 2013, and there is a growing public awareness that the psychological **impacts** of carrying extra weight can be as devastating as the physical problems. Carrying excess weight may impair cognitive functions such as memory and attention. A growing body of **evidence** suggests that obesity is linked to cognitive deficits, and it is a known risk factor for Alzheimer's disease, dementia and **stroke**. According to new research led by John Gunstad, (Cont. on next page)

WEIGHT GAIN AND ITS IMPACT ON YOUR MENTAL, EMOTIONAL AND SPIRITUAL BALANCE! (Cont.)

assistant professor of psychology at Kent State University obesity works on a number of different metabolic pathways that can affect the way we process **information**. "Obesity affects a number of physiological mechanisms that can have an adverse effect on the brain," says Gunstad. "Hypertension, Type 2 diabetes, sleep apnea, all of which are consequences of being overweight, are all bad for the brain.

Holistically speaking, addressing the mental, emotional and spiritual aspects of our selves to impact weight gain is a necessary practice. In the normal way of **relating** to food, it is something we do because we have to, as a reward or a treat, to compensate or distract, or even to pass the time. It is possible to completely evolve our relationship to food, and to our body, through **mindful** practice. When we evolve our relationship to ourselves, it can have huge physiological impacts, including appetite, metabolic rate, and even our food tastes.

Our bodies are quite literally the **temple** in which we live this life. When we learn to treat our bodies as sacred and divine, our relationship to what we eat alters. The

things we put in our bodies are what we become. Thus when we consume unhealthy food, fats, sugars, chemicals and preservatives, the temple in which we live turns into an unhealthy and **chemically** filled place. Not only does this affect our physical, mental, and emotional balance it impacts our ability to fulfill our Life's Purpose.

When we nurture the temple that is our body with Healthy and **LIVING** foods, our bodies become more lively and have more energy. Our minds become clear, and we can connect with the things that matter the most to us, and the purpose we are here to fulfill.

The practice of eating itself can evolve from something we do on automatic to a **sacred** and divine act. Rather than eating as an indulgence, we can learn to savor the food we eat and the act of eating it, and heal ourselves of unhealthy eating habits. What can you do to bring awareness: Experimenting with slowing down before you eat, developing a **sensual** eating pattern rather than rushed ones, breathing, enjoy each bite all help in bringing attention to the body.

Louise Hay, who has authored many best selling books on holistic

healing, recommends affirmations as one of the most effective practices for weight control. As we evolve our **relationship** to our bodies, and ourselves our relationship to food and eating naturally shifts. Affirmations, however, are not enough by themselves. One must also take action to reinforce the affirmations. For example, regular meditation or yoga can **cultivate** an inner peace that can interrupt old brain patterns and elicit honoring yourSELF.

Embracing our life's purpose, and creating a **community** that supports us in fulfilling our purpose is one of the most powerful ways we can **evolve** how we relate to ourselves, quite literally altering our bodies from the inside out.

Pure energetic food allows us to remain physically, mentally, and emotionally at our OPTIMAL level of WELLNESS, thus our **connection** to our Major Life's Purpose and Spiritual Journey is **amplified**. A live food diet and other practices such as meditation or prayer, yoga, QiQong, exercise, connecting to nature and time alone to nurture and love yourself will bring the **balance** to your life that your WHOLE SELF thrives on.

SIMPLE SPIRITUALITY AND SUSTAINIBILITY

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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