

WHAT'S NEW @ CAROLINA ARAMBURO & FRIENDS

Hello Health, Fun and Well Being, partners!

On this 8th Newsletter we take a look at Natural Ways to Create Massive Energy. You can see all of the articles in full [HERE \(http://www.facebook.com/CarolinaAramburoAndFriends\)](http://www.facebook.com/CarolinaAramburoAndFriends).

In order to put the rest of the Newsletter in context: This conversation **makes more sense if you watched the 1st & 2nd Health Proposal**. So if you haven't, please pause and go back and watch them. You can do that by [CLICKING HERE](#).

NATURAL WAYS TO CREATE MASSIVE ENERGY

I am going to apply **Health Proposal 1 & 2** to discovering natural ways to create **massive energy**. Now, how come I am talking to you about this subject? It's not like an inspiration (I wish) it's because I had to learn because of an illness. I highly recommend never having to learn because of an illness. I recommend taking care of your health so well that you never get to face what I did. One of my illnesses is that I have **chronic adrenalin fatigue**, and therefore you not just lack energy but you lack energy for the simplest things, even to say a word, when the illness is really bad. I had to come up with all kinds of natural ways. I did research and there are lot of ways that do work. Now, if you don't have adrenalin fatigue – you just want to **boost up your energy** – all of these things are going to boost up your energy completely.

Let's go from the obvious to the not so obvious. Well, it's obvious

that **food is one of our sources of energy**, right? But, it is not just any food. By the way, the next newsletter is about the **nutrition** that makes the most difference not only for your energy but also for your health and well being in general. So, just a few things to say in this particular newsletter about nutrition – for example – it is obvious that it makes a difference to eat the **most healthy way you can eat**. For example, eating **smaller meals frequently** throughout the day is much healthier than big meals not frequently. Obviously it is way better having a snack that is, for example, some fruit than some carbohydrates. For example **berries are great to create energy**. Ironically chocolate – **dark chocolate** – makes a huge difference. To have a **bigger breakfast than lunch** makes a difference. There are many, many things I could tell you about food but we are going to save that for the next video.

Also, obvious and not obvious is that the proportions between **work and rest** makes a difference. First of all, sleep – **sleep is a major source of energy**. I have a video about sleep, by the way, because I also have a **chronic sleep disorder** and I had to learn about sleep the wrong way. I highly recommend **never, ever, ever skipping your sleep**. I made that major mistake many times and for too long and I definitely paid for it. I recommend you cherish yourself enough that you give yourself the gift of sleeping. Not just sleeping but **sleeping enough and sleeping in a high quality sleep**. Think of it like this - because I used to think of sleep like wasting time – think of it like **recharging your batteries**. You can't operate a machine with



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out recharging batteries, those that operate on batteries. The same for a human being other than we can force a human being to keep operating without recharging their batteries. I don't recommend doing that so please **sleep enough and it will give you lots of energy during the day**, only doing that.

Now let's look into more **rest during the day**. One of the things that makes a difference is dividing your work up into smaller compartments. Like not working 4 hours all together until you take a break but actually working 45 minutes and then taking a **smaller break**, an hour and a half then taking a smaller break. **Taking frequent breaks during the day** makes a difference for your health and for your energy but you have to see what works for you. (Cont on next page)



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NATURAL WAYS TO CREATE MASSIVE ENERGY (cont.)

Different people have different **rhythms in their energy level and their body**. Also, discover the rhythm of your body. Most human beings have **2 peak productive times during the day**. If you listen to your body you will notice that there is a peak performance time in the morning or somewhere around the morning. It is 2 or 3 hours where you are **more productive, more creative, more alert**. There also is a 2 or 3-hour block of time in the afternoon or the evening where you are more productive. So, I highly recommend using those times for your most creative tasks and for the tasks when you **require the most concentration** because those times your body will give you the most vs. when you do those tasks in the hours when you don't have that much energy, therefore forcing your body, therefore getting less energy. So, you can **divide the tasks** according to your level of energy.

Also, what makes a huge difference is, funny enough, **taking a nap**. A siesta during the afternoon makes a huge difference. Your body has run out of the rest you provided at night by the afternoon so for those of you

who can take a **siesta in the afternoon**, please do. For those of us, like me, who cannot take a siesta you could take 10, 15, 20 minutes to **deeply meditate**. That makes a difference also. But you obviously have to figure out what works for your body so I recommend take the time to see what **rhythm between work and rest works for you**.

Now, there are many creative things you can do – and by the way in the article on the Health, Fun & Well Being fan page there are **55 natural ways** that would give you energy – but creative things you would never think of – at least I would never think of. For example **wearing bright colors** and dressing up that has you feel good about yourself and you will naturally generate more energy. Taking a 2 – 3 minute break when you feel tired to **stand up on your toes** – that creates a lot of energy too, interestingly enough. **Sniffing citrus**, aromatherapy is very effective so if you sniff citrus that will provide you with a little boost of energy too. **Listening to music you like and actually singing out loud**, like people do when they are driving, that actually provides for energy.

Laughing, funny enough, is a very sustainable and great source of energy. So, when you need energy find somebody to have a conversation that is fun and that will provide for the opportunity of laughter. But, literally find the way, **to support your body** – because when you don't have enough energy your body is communicating that it needs something and if you give it to it then your **body will really give you back energy**. If you don't, like me, then you will end up getting sick one way or another. That I certainly don't recommend. **Treasure your body, it deserves it, you deserve it**. Listen to it so that you can support it the best.



10 MUST-KNOW-ABOUT ENERGY FOODS

Now you know the first step from Health Proposal 2 is to **listen to you body**. Some of these may work for your body and some may not.

Here are **10 recommended** energy boosters:

Want some quick energy, there's no better choice than **eating some fruit**. Fruit gives you carbohydrates and plus fiber, vitamins and minerals. Here are the quick fix energy boosters:

1. Vegetables
2. Whole-grain Cereals
3. 100-percent fruit juice
4. Dried fruit
5. Fresh fruit

Now let's look at **sustained energy**. Since your body digests carbohydrates, protein and fat differently having a **combination of the three**

Carbohydrates start being digested will give you sustained energy. in your mouth, protein starts in your stomach and fat doesn't start until it reaches your intestines. That's why **foods that are combinations of nutrients give you sustained energy**.

Here are great combo foods:

6. Nuts
7. Whole-grain pasta
8. Turkey or peanut butter on whole-grain bread

Finally our last 2 energy foods are drinks so you can **drink up and perk up**. Drink these Energy Boosters:

9. Water: Most people don't drink enough water and they aren't hydrated. When you aren't hydrated you might **misinterpret hunger** for be-

ing really thirsty. Energy is dependent on all the **metabolic functions** running properly and the No. 1 ingredient for that is **water**.

10. Tea: Caffeine is natural. **Skip the coffee**, with the whip cream and sugar. Tea perks you up, gets you going and keeps you more mentally alert. The secret is not drinking too much.



MEDITATING YOUR WAY PAST FATIGUE

Meditation is a perfect way to apply Health Proposal 1 to cherish your body. **Numerous studies** have demonstrated the fatigue-fighting effects of meditation, but there's no need to light candles, sit cross-legged, or learn a mantra. "**Mini-meditation can work wonders**", says Judith Orloff, MD, an assistant clinical professor of psychiatry at the University of California Los Angeles.

"A **three-minute** meditation is a way to calm yourself down and stop rushing," she says. "You can replenish yourself. You can **take control of your energy**."

Orloff suggests getting the day off to a positive start with a mini-meditation while you're **still in bed**, then continuing with short meditation breaks **throughout the day**. Any quiet place in your home or

office will do, Orloff says. You can even use the office bathroom for an instant energy boost.

"**Close your eyes**, and take a few deep breaths," Orloff says. "Begin to relax your body. When thoughts come, think of them like clouds in the sky. Let them float by. **Visualize a positive thing**: a sunset, the beach in Hawaii."

MASTERFUL BUSINESS & PERSONAL COACHING

Coaching people in large groups and one on one, is what I have done, in one methodology or another (including but not limited to: Silva, that of J. Rohn of Herbalife and my own) since 1991.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using their methodology; Ontology In the years that I was leading the L. Forum I both coached **entire rooms of 150+ upto 1200 people** and individual people who came to the microphone. In addition to this I did both group and individual coaching of the

teams of people who worked with me, mostly managers plus various other individuals. This coaching was on **both personal and business** topics.

My experience, training and unspeakable privilege of coaching people prior to and since leading the L. Forum has allowed for me to have access to the **utmost training and practice for years**. It also absolutely gives me the **confidence** to coach **anyone in anything**, under any circumstance and have his or her **success from my coaching a forgone conclusion**.

FULL BREATHING for ENERGY

Conscious attention to your breathing has **many benefits**. First and foremost, taking conscious full breaths gives you more oxygen and, hence, more energy.

If you pay attention to your breathing, you may notice that, **when you're stressed**, your breathing becomes rapid, shallow, and/or constricted. If you take a moment in times of stress to stop what you are doing, pay attention to your breathing, and take **several slow, deep breaths**, you'll notice that you can quickly change your state to be more relaxed, centered, focused and energized.

A **full breath is initiated by your diaphragm**, which is a dome-shaped layer of muscle at the base of your ribs between your heart and lungs on top and your digestive organs below. When you take a full breath, your diaphragm flattens downward pressing on your lower digestive organs. Because of that, a full breath feels as if you

are filling up your lower abdomen first, then the base of your ribs and finally all the way up to your collarbones. When you **exhale**, the whole space of your torso feels as if it empties from top to bottom.

Take a few full deep breaths now and test it out. You might place one hand on your abdomen and one on your chest. As you inhale, feel as if your whole torso fills with your breath from bottom to top. Pause briefly at the point of full inhalation and, then, **slowly exhale**, emptying your torso from top to bottom.

When you get in the habit of breathing fully you'll get **more oxygen in your bloodstream and feel more energy**. Listen to your body to tell you how long and watch your energy increase. You can also use deep breathing as a tool to come down out of stress mode into **conscious, centered, relaxed focus in the present moment**.



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In my opinion, **YOU** deserve to 'get & give' the most 'out of & in' **YOUR LIFE**, and a sure way to achieve that is for you to be in the present moment **FULLY**, physically, emotionally, mentally; integrally!! **GIFT IT TO YOURSELF!!!**

Thank you for reading this newsletter and if you would gift me with your comments here I will be most grateful, you don't have to, and I will care for you as much if you don't, **BUT YOU COULD AND I WOULD LOVE IT, if YOU WOULD**;

CLICK HERE or see <http://carolinaaramburo.com>

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