

## WHAT'S NEW @ CAROLINA ARAMBURO and FRIENDS?

### Hello Health, Fun and Well Being, partners!

On this 8th Newsletter we take a look at **Nutrition**. We go from all of the confusion to being in the Zone with your nutrition by applying **Health Proposal 1 & 2**.

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](#).

### NUTRITION: FROM CONFUSION TO BEING IN THE ZONE

Nutrition has been and is a subject of lots of discussions, and there isn't anybody that I have found out there that can tell you **what is the best diet** or even the number one diet. There is the most popular at any time, but **there is not a perfect diet**, at least not one that everyone can agree on yet. So in this newsletter let's talk a little bit about that. My intention is to take you from confusion to being in **THE ZONE** with your nutrition. And we are going to do that by applying Health Proposal 1 & 2, which would have us cherishing our bodies and listening to our bodies.

There are many, many things out there that you can try. I am going to **literally apply those first two proposals** because I highly recommend giving your-

self a chance. Literally, like we said in proposal one: cherishing your body enough, that you cherish your body because of the imperfections and not despite of your imperfections. Also, that you cherish the **weak point/s** of your body and that you cherish the **strength/s** of your body enough that you discover what supports your body the most. You also need Health Proposal number two, because not every bodies needs are the same so you have to listen to your body enough to take the time to discover which one works the **best for your body**. I literally recommend, and it's just my recommendation and of course I'm not a doctor, to just try all of them. Try all of the possible nutrition plans and **see how your body reacts** and learn what really works for your body.

I have tried lots of nutritional plans, lots of them. For example, there is a **very good nutritional plan** called the 90-10. That plan says to eat as healthy as you can 90% of the time and eat not so healthy 10% of the time. One of the theories behind it is, of course, to try to have your body as healthy as possible but still give yourself permission to still keep your body being able to **process** what's not that healthy. That way you have a body that will not only function with health food. So that's the 90-10 nutrition plan and it **really works**, I have done it.

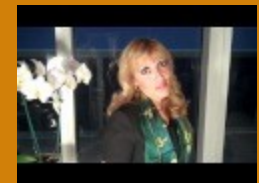
There are other diets, like there is the **Atkins diet**. Many people have tried it. I tried it too. In that diet you have to lower your carbohydrates and that definitely makes a difference for **weight management**. It definitely makes a difference in providing you with energy in the beginning. You have to see what works



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for you and you have to see how long it works for you. The Atkins diet it only worked **in the beginning** for me and then it didn't work that much. So I had to go back to really having **balance** in my diet. Having enough carbohydrates that is the healthiest thing but you have to see what works for you. But it definitely worked in the beginning for me.

There is also a diet that I can't remember the name of but it's very good in my opinion. It's based on eating as few **hand made foods** as you can. That diet is based on eating as much as you can of natural vegetables, fruit, **anything natural**. Like for example, in that diet you are allowed to eat chicken but not the stuff in the chicken that is not natural. You can put a couple of



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## NUTRITION: FROM CONFUSION TO BEING IN THE ZONE (cont.)

spices that's natural but not stuff that's **not natural**. As natural as you can eat the chicken works the best with your body.

There is also the **micro biotic diet**, that worked for many people. It worked for me in the beginning, but again you have to see what works for you. There is the diet that is called the **raw food diet** and it's super healthy, I have tried that one. You eat; they call it, "**live**" food. We don't cook the vegetables, we process the food as little as possible so that the full nutrition, vitamins, minerals plus everything that food can give you when it's not boiled and not fried is there. It's **very, very healthy** and it's worked for me an enormous amount of times. Most of the time I still follow that diet.

There is the **vegetarian diet**, without eating meat. There is the radical vegetarian diet and there is the partial vegetarian diet. There are peo

ple that only eat fish and chicken and not all kinds of meat. There is the diet that is **health proportions** of everything including all types of meat, healthy meat, healthy carbohydrates, healthy fats, the good fats, healthy sugars, healthy everything that your body needs. I totally recommend & have tried that one too, in the beginning of my illness that was the one that **sustained supporting me** through the illness the most.

Also, there is **vegan diet**, which I love that has to do with not eating anything that's animal or that derives from a process that has anything to do with **animals**. That diet is very, very healthy and it's the diet that I follow the most, but I **follow them all a lot**. I have also tried the juicing diet; only natural juices, which is extremely good to clean your body.

Now, while I just mentioned some of them, there are many **more out there**. What I recommend is taking the time to try them all, like really

don't be afraid to **try them all** and give them all enough time to work because you cannot quite see the results if you don't give it at **least three weeks** or so, some people say more than that. If you give yourself the chance and try all the nutritional plans that are out there you will discover your body, **how it works**, what it needs and when.

Then, I highly recommend once you have tried it all, **start giving your body what it's asking you for**. Listen to your body, it's one of the wisest things ever to listen to your body, it will definitely tell you what works best for you and maybe you will come up with a **combination of many nutritional** plans or maybe one will fit it perfectly. Take the time to cherish your body enough that you discover what's best. Now, in each newsletter we talk about different topics. This week it is only about nutrition. You can find free articles on the fan page about nutrition and read all of the articles that are outlined here in full there.

## NUTRITION NEEDS IN YOUR 30s, 40s, AND 50s

As we listen to our bodies it becomes clear that our bodies ask for **different things at different ages**.

Here is a snap shot of the different nutritional needs during your 30s, 40s, and 50s.

Must haves in your 30s : Eighteen milligrams of **iron** daily will help you kick up your immune system and avoid anemia. **Folic acid**, especially for women, who are looking to get pregnant it will help neural tube defects with 400 micrograms a day. As we've all heard calcium will make your bones nice and strong and it is essential in your 30s because after 30 you start to **lose bone mass** considerably. You should be consuming 1,000 milligrams from the age of 19 to 50, especially for women.

Must haves in your 40s: As you age it's no secret that your **metabolism slows** and your cholesterol and blood pressure rise. Look for foods with

fiber, aiming for about 25 grams a day; potassium, about 4,700 milligrams a day; still stick to calcium and look for low-cal foods. The potassium is great because you get **full quicker** so you essentially consume less and it has disease-fighting phytochemicals.

Must haves in your 50s: You have an increase in heart disease and other age-related health problems that can be avoided. . Heart disease increases for women as **estrogen** decreases. **Heart protection** is as easy as 1.5 milligrams of B6 and 2.4 micrograms of B12. When you make these vitamins a regular part of your diet your body gets rid of homocysteine, a chemical that will make your arteries hard. Health issues like **cataracts and macular degeneration** can be prevented with foods full of antioxidants. Plant-based estrogens or phytoestrogens will help menopausal symptoms for women, like hot flashes and at the same time it can

reduce breast cancer risk. It's in your best interest to increase your **calcium intake** to 1,500 mg (unless, for women, you're postmenopausal and on estrogen therapy, do 1,200 mg). Last but not least 400 IU of vitamin D, you can even talk to your doctor about a supplement.



## PREVENTING HEART DISEASE WITH A VEGAN DIET

One of Healthy People 2020 goals for the American Heart Association (AHA) is lower risk for **heart disease**. Statistically, vegans have lower blood pressures, lower levels of blood cholesterol and less hypertension than meat-eaters. Here are some ways to be heart-healthy:

1) **Avoid trans fats**. Even small amounts of these fats are unhealthy, it's a good idea to depend on the ingredient list—avoiding foods that contain

“partially hydrogenated fats”. fats in moderation and choose those 2) **Choose fats wisely**. Use added that are rich in monounsaturated fat such as olive oil or canola oil.

3) **Eat lots of fruits and vegetables**. These foods are packed with antioxidants and other compounds that may help to keep arteries healthy.

4) **Keep an eye on sodium intake**. Small amounts of added salt in food preparation and at the table are fine, veggie meats are often high in sodium.

5) **Make sure you get plenty of vitamin B12**. Marginally-low levels—even in those who don't have B12 deficiency symptoms, may raise risk for heart disease.

6) **Include nuts in your diet**. A growing body of research shows them to be valuable for reducing heart disease risk factors.

7) **Consider adding omega-3 fats to your diet**. Supplements of DHA and EPA that are derived from algae are a good choice for vegans.

## MASTERFUL BUSINESS & PERSONAL COACHING

I started a **new Facebook Page** for Free Coaching. For those of you that don't know me from before; coaching people in large groups and one on one, is what I have done, in one methodology or another (including but not limited to: Silvia, that of J. Rohn or Herbalife **and my own since 1991**).

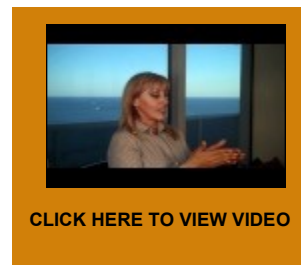
In 1999 I began coaching people in Landmark Education inside of various leadership roles. Using their methodology; Ontology. In the years that I was leading the Landmark Forum I both coached **entire rooms or 15+ up to 1200 people** and individual people

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 Landmark 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 foregone conclusion.

[CLICK HERE TO JOIN MY FREE VIRTUAL COACHING PAGE.](#)



## A BEGINNER PLAN

According to Dr. Mercola from Mercola.com it is **important for most people to start with a Beginner Plan**. He recommends, right off the bat, what we have been talking about from the Second Health Proposal: **Listen to Your Body**. His plan has the following beginning recommendations:

**Step 1:** Eliminate All Gluten, and Highly Allergenic Foods

**Step 2:** At least one third of your food should be uncooked.

**Step 3:** Eat more vegetables.

**Step 4 :** Keep your vegetables fresh.

**Step 5:** Limiting **sugar** is critical.

**Step 6:** Avoid Artificial Sweeteners.

**Step 7:** Avoid hypoglycemia.

**Step 8:** Learn to distinguish physical food cravings from emotional food

I Invite you to start thinking of your nutrition as you would think of the nutrition of **your most precious baby**. You would not think of not giving your baby anything but the best. Please start treating **yourself** that way.

**I SAY YOU DESERVE IT!**

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