

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 19th Newsletter, I want to give us a chance to consider **burning fat and building muscle** from a whole new perspective.

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](#).

BURNING FAT AND BUILDING MUSCLE FOR YOUR HEALTH AND YOUR LOOKS

Hello, everybody. In this particular newsletter, I want to talk to you about an interesting topic that most of us don't dig deeper into because we **always look at just the obvious side** of this subject. So, my request and invitation is that you please take the time to read the full articles, that are the background of what is summarized in this newsletter, in our [Fan page](#).

The topic in this week's newsletter is **muscle vs. fat**. Now, most people look at that from the perspective of fitness. All of us know it is healthier and that we look way better the more muscle and less fat that we have. People who dedicate their lives to fitness are very clear about the **proportions of muscle and body fat** that are appropriate to be

considered fit. I love fitness but it is not necessarily my career. I have not dedicated my life to fitness but it is one of my passions so I just do it as a hobby. I want to talk to those people who, like me, have not **dedicated their lives to fitness** and are not necessarily fitness experts. Having a high percentage of muscle and a low percentage of fat is not just important in order to look good. It is also very important for many, many health reasons.

When your muscle tone is really good, you have a percentage of muscle that is healthy enough and a percentage of body fat that is low enough that **your energy is very different** during the day. Not only is your physical energy different but your **endurance and your performance physically, mentally and emotionally** is also very, very different. One of my big commitments is that people start looking at being really healthy and being in great condition in their own fitness. Also that they in do that in their own way, with their own expression, not only from a perspective of looking good but from both a **health and a well-being perspective**. Of course, you get to look good and that's fantastic, but from a health perspective there is an enormous amount of benefit you can get if you are somebody that is really taking care of their fitness.

I have been exercising since I was very young. I have been an exercise fanatic most of my life but there were **periods of my life** that I haven't been able to exercise as much. There were periods of my life where I was very sick and I literally, physically couldn't do much exercise. However, I always went back to exercising as soon as I could. I have to tell you, most people have no idea the **huge benefits that exercise** can

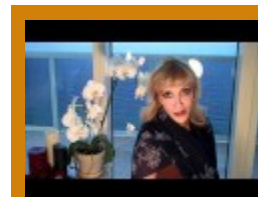


CAROLINA ARAMBURO

give a person like me, who is recuperating from an illness. I have been fighting several illnesses over the last year and a half. Most of us wouldn't think much about exercising when we are sick. Mostly we would think about exercising less. I recommend doing completely the opposite. My view is that when you are sick **you should exercise as much as possible**. Exercising literally helped me diminish years and years into months of treatments. It made a tremendous difference for me. Of course, you want to check with your doctor or a healthcare professional.

It is not only a matter of exercising to build muscle and reduce the percentage of fat in you body that is important. It is also a matter of **how you eat and drink**, and what you eat and drink. For example, for those of us who are women, we are always

(Cont. on next page)



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BURNING FAT AND BUILDING MUSCLE FOR YOUR HEALTH AND LOOKS (Cont.)

fighting against cellulite. It seems like mission impossible to be able to accomplish not having any cellulite. I have to tell you, it's not impossible. It's a war you can win, battle after battle, if you just watch what kind of foods will help you diminish the percentage of fat and build muscle and what kind of foods won't. You will find **many surprises in these foods** by the way. There are many nutritional things that we think are the correct things to do for weight management when they are really the **worst things you can do for the percentage of fat vs. muscle.**

Now, I am sure it is the same for men but as women, sometimes we'll go on different diets to lose weight.

When we diet, and particularly when we diet over and over again, we end up **diminishing the amount of muscle** and multiplying the amount of fat in our body. So, sometimes in order to lose weight we really sabotage ourselves in the **quality of our weight.** Even though, in weighing yourself, you may be the perfect weight, if you end up with more fat and less muscle you won't look or feel the way you are committed to. I promise you. So, in this newsletter you will find many foods that will support you with that. If you read the full articles in the **Fan page** you will not only find explanations of the kind of foods to support you but a lot of scientifically researched information. There are many suggestions and

things you can do to **support yourself in this aspect.**

I have the perspective that you deserve the **best health that you can give yourself** and I have the perspective that it is very simple. There are a few changes that you can make to your nutrition, your exercise and your daily habits that can make a tremendous difference. **Don't give yourself the "drive-thru" kind of health.** I always recommend the elite – the best health that you can give yourself – not the "drive-thru" kind of a health. Thank you for this opportunity.

THE RIGHT WAY TO BURN FAT AND BUILD MUSCLE

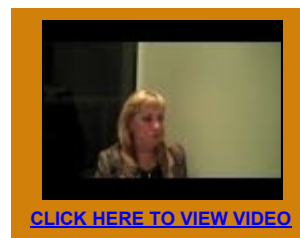
You may be able to burn fat and build muscle at a similar rate if you're an **overweight beginner** (more than 25% body fat), returning to exercise after a layoff, or very **genetically gifted.** But for the rest of us, losing 10 pounds of fat **at the same time** as replacing it with 10 pounds of muscle is the exception and not the rule. This subject has had a lot of attention, not just from bodybuilders and athletes, but also from scientists.

Studies show that in order to produce the results you want, you can **alternate between periods of muscle gain and fat loss.** To do this, create two goals: 1) building muscle while minimizing fat gain, and 2) losing fat while preserving muscle. Then you can **split your training goals** into several phases, alternating between one period and another long enough to see the results you desire.

Christian Finn, a certified professional trainer with a Master's in Exercise Science, recommends two methods of doing this. One involves gaining muscle and losing fat until you hit a **predetermined fat percentage** that you want. Say you determine that you want to be at 10% and you are starting at 12%. First

you **bulk up** to 14% then eat appropriately to bring yourself back down to 11%. Then you bulk up to 13% then back down to 10%. You can also go the other way by losing fat first then bulking up. The effect of doing this will have you end up with **more muscle and less fat over time.** The other method he recommends involves switching your **carbohydrate and calorie intake** over the course of each week depending on the type of training you are doing each day. You do a basic fat-burning diet during the days you are not working out and add additional carbohydrates on days that you are. It is **slower than normal** "bulking" but there is far less risk of gaining fat along with muscle.

Women, want to **get rid of that cellulite?** The secret is all in building muscle and burning fat. We lose about 5% of our muscle mass each decade. No exercise will atrophy muscle even faster. Add the **15 pounds of fat per decade** we gain on top of those loose muscles and what you get is the dimpled appearance of cellulite. Will you get rid of cellulite and get ripped in 8 weeks? Probably not, but you will build muscle and lose fat which is an **excellent starting point.** The bottom line from the experts is it can be done and it can be done in a healthy way.



Having a high percentage of muscle and a low percentage of fat is not only important for looking good, it also has many, many health benefits. Your energy levels become very different on a physical, mental and emotional level. Further, your physical endurance improves.

There were periods of my life where I was very sick and I physically couldn't do much exercise. However, I always went back to exercising as soon as I could. Exercise can have tremendous advantages for someone recuperating from an illness. I recommend that when you are sick, you actually exercise as much as possible. Check with your doctor or health care professional.

Your diet also matters. What you eat and drink will play a factor in your percentage of muscle and fat. Diets to lose weight can be one of worst things you can do for the percentage of fat vs. muscle. Sometimes doing so leads to less muscle and more fat even though when you weigh yourself you'll be the perfect weight. I have the perspective that you deserve the best health that you can give yourself.

EATING YOUR WAY TO BURING FAT— CERTAIN FOODS WILL BURN FAT FASTER

Studies show that certain foods will help you **burn fat faster and naturally suppress your appetite**. This makes it easier for you to eat appropriately while consuming several small meals a day, which also helps you burn fat faster. Here is a list derived from several sources:

1. **Raw Fruits & Vegetables** burn 16% more calories after a meal. Those high in vitamin C also liquefy body fat so the fat can be easily flushed out of your body.
2. **Steel Cut or Natural Oatmeal** is a fiber that decreases your appetite. It is also a complex carb so it helps burn fat off during the day and while working out.
3. **Dairy products** are high in calcium and break down fat cells faster. Studies show that foods high in calcium suppress calcitriol, a hormone responsible for making fat cells bigger. Dairy products contain high quality proteins that suppress appetite.
4. **Any kind of raw nuts** contain fiber that wards off hunger and also gives you a good dose of protein and healthy Omega-3 fats.

These help you burn fat faster and, for men, they increase testosterone production.

5. **Apples** contain pectin which can prevent your body from absorbing too much fat and causes your body to release fat. Pectin is also a strong appetite suppressant that keeps you satisfied for long periods of time causing you not to overeat so you won't gain weight.
6. **Brazil Nuts** are rich in selenium which is needed by your body to make thyroid hormones. They are responsible for keeping your metabolism high.
7. **Fish** like salmon, tuna, and sardines, makes your body more sensitive to a fat-burning hormone called Leptin, which suppresses your appetite. Leptin determines whether you store the calories you eat as fat or burn the calories you eat for energy.
8. **Hot Spices** like chili peppers, jalapeno peppers, cayenne peppers or hot mustard increase your fat burning metabolism by 8-to-20% for up to 3 hours after eating. Garlic is a strong diuretic that can help you flush out excess water weight. Spicy foods can

reduce your appetite by increasing your body's norepinephrine and epinephrine levels. Gingerol (*the active ingredient in ginger*) increases growth hormone production which increases the amount of fat released from your fat stores to be burned as fuel.

9. **Organic Beef** contains lots of CLA (*or conjugated linoleic acid*), which is basically a healthy fat that helps you burn fat.
10. **Resistant starch** will burn 20-to-30% more fat. This includes Navy Beans, Bananas, Potatoes, Lentils, Oatmeal & Wholegrain breads. Resistant starch also prevents your body from storing too much fat and, like other types of dietary fiber, it also makes you feel fuller longer so you lose weight rather than gain it.
11. **Avocados** contain a sugar called mannoheptulose that helps lower insulin levels to prevent you from storing fat.

Take this list and start to try these natural fat burners for yourself. Enjoy!

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**.

MAGICAL MUSCLE BUILDING FOODS

According to Rae Castro, from livestrong.com, your body is made up of over 75 trillion cells. Each cell contains **body proteins that break down** continuously. When you eat protein-rich foods, your digestive tract converts those dietary proteins into amino acids. **Amino acids work together** to build and replace lost proteins.

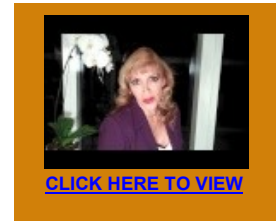
Proteins are critical to **building and repairing** muscle tissue. However, carbohydrates fuel the process. You must also consume **carbohydrates in sufficient quantities** to provide the needed energy for protein to do its work in manufacturing body tissues.

These foods contain the proteins and carbohydrates required to build muscles:

1. Organic Beef
2. Cheese
3. Eggs
4. Fish
5. Poultry
6. Beans
7. Lentils
8. Green Peas
9. Snow Peas
10. Sugar Snap Peas
11. Nuts
12. Fruits
13. Vegetables
14. Grains
15. Pasta

Notice, in our article about burning fat above, that many of these foods **also burn fat**. So if you want to both burn fat and build muscle simply begin to try them

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all. Make a meal plan for your week that includes as many of these foods as possible. Then **listen to your body** to find the combinations that work best for you.

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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