

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 185th Newsletter, I want to talk to you about weight loss.

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](#).

### ARE YOU FOCUSING ON THE RIGHT THING IN ORDER TO LOSE WEIGHT?

In order to look at weight loss, it helps to actually look at the source of weight gain. My entire life I have had experience of struggling with weight and with fluctuating weight. This began very young as a ballerina and then as a model. My current point of view, and the point of view of a lot of holistic doctors, is that I do not believe there is such a thing as weight loss, strictly for weight loss sake, that does not impact your health negatively unless you actually take care of your health needs first. I believe that every time any of us has the need for weight loss or gain, because our weight is too high or too low, it is the reflection of our health being off. It's not the other way around and our health gets messed up because our weight is messed up. No, the weight is the symptom not the cause. So, in my perspective and in the perspective of many holistic doctors there is no such a thing like a healthy weight loss for weight loss sake and it is definitely not permanent.

What there is to do, and what I and many holistic and traditional doctors recommend, is to look at what is in your health that is not working that is having your weight be off. Obviously, the number 1 place to point at is nutrition but it's not necessarily just nutrition for nutrition's sake. If you think about it, health children only start gaining weight when their nutrition is so off that it begins to impact their thyroids, sugar level, liver function and/or kidney function and then they start to gain weight.

So, literally, if people concentrated on being healthier everybody will be at their ideal weight. If people were obsessed about getting their health in the best possible shape that their health can be in, then their weight would be healthy and then they could even decrease their amount of fat.

Even body builders, that are obsessed with their weight being perfect for competitions and having their weight consist of pure of muscles and less fat, totally ruin their health through a lifetime career of obsessing about their weight vs. caring about their health. Many of them end up with irreparable damage on their health that ultimately results in disease, health conditions and even death.

I struggled with my weight personally because I had the wrong focus. I focused on having the perfect weight as a ballerina, having the perfect weight as a model, having the perfect weight as an obsessed woman trying to look good and I only learned differently when I was introduced to Herbalife. I finally understood that my weight was a reflection of my health not the other way around. I concentrated in improving my health and I naturally lost the weight and started maintaining a healthy weight just because my concentration, my single focus was on improving my health.

Now, my weight still was not as stable

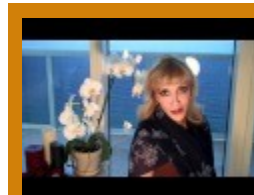


CAROLINA ARAMBURO

as I would like it to be, even then, because I was not yet vegan. Once I became not only vegan, but a vegan that eats only a whole food, plant based diet; my weight became very, very stable, no matter what I did. I struggled with the stability of my weight for literally 41 years and I only achieved it, thanks to eating a whole plant based diet. Now no matter what I do, I don't gain more than a pound or two and I don't lose more than a pound or two.

During a period in my intense health journey, I dealt with a lot of different health issues that also had my weight fluctuate. This was because the medications I was taking impacted my metabolism, my thyroids, the stress levels in my body, my sleeping patterns, the chemical imbalances of serotonin, dopamine and other neurotransmitters, which impacted my hormones. I therefore needed to eat various foods in order to restore my health, which had my weight fluctuate.

Often times, even though I was exercising very intensely and (Cont. on next page)



[CLICK HERE TO VIEW VIDEO](#)

[CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW](#)

## ARE YOU FOCUSING ON THE RIGHT THING IN ORDER TO LOSE WEIGHT? Cont.)

**following a very strict diet** created to restore my health, I still put on weight. I listened to my body and allowed it to tell me what I needed each step along the way. As **I began to balance out my body** after each change, my body would, within weeks, drop back to my ideal weight. My body led me to a vegan whole food **plant based** diet. It has since led me to eat raw vegan as much as possible. I not only no longer have weight problems but I am healthier than I have been my whole life.

A healthy diet goes beyond eating more fruits and vegetables. It also includes:

- Eating **on time**

- Eating **small portions** of food
- **Avoiding processed food**
- Avoiding **bad fats**
- **Eating GOOD fats**
- Eating **proteins**
- **Avoiding alcohol**
- Eating **slowly**
- Reducing **sugar**
- Drinking **water** in abundance

When starting a healthy, balanced diet, be wise. Don't try to change your current diet overnight. Take small steps, As your small changes **become habit**, you can continue to **add more healthy**

**choices** to your diet.

When wanting to lose weight, it is very **important that you exercise**. It will not only benefit your diet and **weight loss process**, but it will impressively impact your health and well-being. I suggest that when you exercise, start slow, beginning by taking short morning walks wherever you feel inspired. Once you begin to feel comfortable with your short walks, you can then **start jogging**, but only jog for the amount of time you feel you can. Consult your health professional to create an exercise program that works for you. I suggest you take it easy and **make your exercise fun and enjoyable!!**

## WHICH PHYSICAL BENEFITS WOULD YOU ENJOY THE MOST BY LOSING WEIGHT THE HEALTHY WAY???

Keeping your body **healthy and in great shape** is an awesome way to avoid diseases and it may help you live a **fulfilled longer life**. For those that are overweight, losing weight can be difficult but very rewarding. It can improve your health in many ways. Here are some of the ways losing weight can **benefit your health**:

- Increased energy levels
- Lower cholesterol levels
- Reduced blood pressure
- Reduced aches and pains
- Improved mobility
- Improved breathing
- Better sleep leading to waking up more rested
- Prevention of angina, a chest pain caused by decreased oxygen to the heart
- Decreased risk of sudden death from heart disease or stroke
- Prevention of Type 2 diabetes
- Improved blood sugar levels

The best way to **lose weight** is definitely **not crash diets** or **bursts of exercise**. Our bodies like slow changes in terms of food and exercise. For example, if you haven't exercised for years you shouldn't rush into **running miles** a day because if you do that you will most probably struggle and get discouraged and unmotivated. The same goes for people who suddenly cut their calories.

Diets that severely **restrict calories** or the types of food 'allowed' can lead you to be **deficient in the nutrients** and vitamins that your body needs.

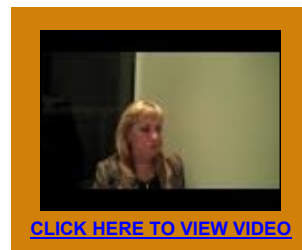
**Losing weight too fast** can cause **constipation, diarrhea, upset stomach and nausea**. It may also make you feel **fatigued** due to the lack of calories in your new diet or weight loss program. Eating a **smaller amount of calories** can affect the amount of energy your body has, **making you feel lazy and tired**. Your body uses calories as a fuel and if you **restrict calories**, your body doesn't have the energy it needs to **function properly**. You must consume less calories than you burn but without a huge deficit unless you're under medical supervision.

**However, sometimes losing weight is a sign of illness**. If you haven't changed your eating or exercise habits and are losing weight, this could be a symptom of problems like diabetes, an overactive thyroid or even some types of cancer.

If you believe you have lost a great deal of weight without changing your usual habits, you may wish to consult your doctor.

Here are some healthy and easy ways to lose weight:

Instead of the traditional 3 meals a (Continued on next page)



When I learned to listen to my body, I experienced **incredible changes** to my life and to all aspects of my well-being. Learning to listen to my body was one of the best things that ever happened to me. BUT, the **biggest breakthroughs** in my health, my wellness, energy, my well – being, my sleep, my weight, my muscle proportion, my fat proportion ... everything ... came by having a health coach. Our **Health, Fitness and Quantum Healing division** has extraordinary coaches and I thank them because I am not only co-owner of this company that has an extraordinary Health division but I am **also a client** of the our Health division. I have personally had the ENORMOUS breakthroughs in my life, **thanks to our** Health division coaches. I recommend everybody get a health coach. Get one from wherever you want and if you want the best then consider getting a coach from our **Health, Fitness and Quantum Healing division**. You can always contact us here: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com)

**WHICH PHYSICAL BENEFITS WOULD YOU ENJOY THE MOST BY LOSING WEIGHT THE HEALTHY WAY??? (Cont.)**

- day, eat only when you are actually hungry, and eat what you like but try to be healthy
- Avoid sugars, meat & meat by-products like dairy.
- **Never starve yourself**
- Eat plenty of **fruits and vegetables**, especially if you feel like snacking, or for dessert
- Aim to eat good carbs (which have a low glycemic index), such as brown rice and oats
- Maintain a steady **intake of protein**

- Go on a cardio **exercise bike for at least 20-30 minutes** for each session
- Try to do **cardiovascular exercise** immediately after waking up
- Drink **plenty of water**, and cut down on carbonated beverages, particularly those with a lot of sugar

Also, I have **discovered**, as many holistic doctors and nutritionists know, that to lose weight in a healthy way and actually maintain that weight off, people need to add good fats to their

body. I was **afraid of fats** my entire life so I always avoided fats and avoided **carbohydrates** as much as I could. Contrary to popular belief, that I had also, for people to lose weight in a **healthy way** they need to add good fats to their diet and they need to add way more good fats than what they **calculate**. This would 1) help them become healthier, 2) help them lose weight, lose weight faster and lose weight and **stay stable**.

Get healthy and gain the healthy weight that you **desire to have!!!**

**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!!**

**EXCESS WEIGHT MAY BE A SIGN THAT YOU HAVE A SPIRITUAL DEFICIENCY!!!**

One thing I discovered, with one of my health coaches, was that the more I **worried** about my weight the less I lost it and the more I started loving my fat the weight came off. I know it sounds weird but when you start **loving yourself**, accepting yourself and cherishing yourself with your fat, your imperfections and everything that is not super skinny and model-like, you will start **losing weight**. Literally, only thanks to health coaching did I realized that and when I applied that to my body and I lost several pounds. That happened just by loving my body with the **unwanted fat** in it.

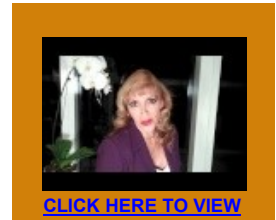
From the **spiritual perspective** once we understand that our weight being off is a symptom of our health being off

then we could also see that if anything in our health is off it might be a symptom of something being off in our **spiritual life**. You might then look at weight gain, weight loss or the problems with our weight as being a reflection of a spiritual **deficiency** in one way or another. If you are committed to having an evolution in your weight struggle just like I did, you could look at it from the spiritual perspective to see if there is something off there that might need to be paid attention to also. You could also actually do **meditation, yoga, mantra chanting** and all or whatever spiritual (not necessarily religious but spiritual) practices that resonate the most with you. This way you can address the missing in **your soul** to deal with your weight not the other way

around.

If you desire to lose weight, I invite you to start on this journey today with **your soul and your body!!!**

**[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)**



**CONNECT WITH ME**



If you would, please go to this link and give us/me your feedback:  
**[CLICK HERE OR SEE http://carolinaaramburo.com](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.