

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 189th Newsletter, I want to give us a chance to consider the impact that nutrition plans can have on our 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. You can also read all of the articles in full [HERE](#).

### GIFT YOURSELF WITH THE DELICIOUS BENEFITS OF NUTRITION PLANS!!!

"Diets", as most people think and practice them, don't really work because diets are based on depriving our bodies from something .. in order to obtain some result (either weight loss or lower cholesterol, etc, etc).

Diets all are temporary as they all are driven by an agenda of "there is something wrong with our bodies that we need to fix" as the result. Thus is logical that most diets don't work and that most of them don't work long term, because you can't punish the body and get a fabulous permanent result.

Nutritional plans are different, they are based on cherishing your body, taking care of it and honor it to give it its best possible nourishment .. and in return, fascinatingly enough, the results are long term sustainable results and way better performance.

Nutritional plans come from a completely different way of thinking, completely different actions and thus, produce completely different results.

For example; if I am wanting to lose weight and depriving my body of some things = making my body suffer to give me the result I want. This is as if I am pushing a starving child for having an inflated belly .. the belly is the result of malnourishment .. thus the punishment will get the child sicker, even if he or she loses weight.

Instead, if I go to the root of the problem and nourish the child and cherish and honor what the body of the child needs then, of course, the result will be a healthy child and the child will also lose the belly.

One of the most difficult tasks that someone may go through is finding a way to eat healthy and stick to it. When you start your nutrition plan of choice, it can seem like you always crave the food and sugary snacks you are attempting to stay away from. At the beginning, the only thing that may cross your mind is what you can or cannot eat, and how much of it you can eat. In this newsletter, I want to focus on the impacts that a nutrition plan can have on your health and well-being.

This week on our Fan Page, we have included articles that will offer you information on healthy nutrition plans and the effects that it has on your health and well-being. These articles cover the physical, mental, emotional and spiritual effects that nutrition plans can have.

Many of us may attempt a nutrition plan to better our outer appearance or to promote a healthier lifestyle. Having a nutrition plan that is rich in fruits, vegetables, and whole grains and that is low in fat and added sugar, can reduce many chronic conditions. These conditions can include heart disease, diabetes, obesity, and some forms of cancer.

Other positive effects of a healthy



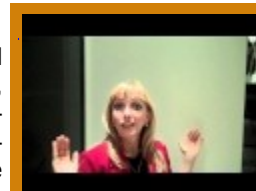
CAROLINA ARAMBURO

nutrition plan include sustained energy. Integrating good foods such as sunflower seeds that contain B-vitamins can help with this. B-vitamins improve energy because they improve cell communication and strengthen the nervous system. Protein, which contains iron, is also a valuable mineral when it comes to energy. This is because iron helps build red blood cell count and with an adequate supply of red blood cells, a person is less likely to experience fatigue.

Healthy nutrition planning can also:

- Improve skin
- Improve hair
- Improve nails
- Benefit a pregnant or breast-feeding mother and her baby
- Prevent certain birth defects
- Prevent complications with delivery and chronic diseases later in life

On a mental level, healthy nutrition planning can be (Cont. on next page)



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## GIFT YOURSELF WITH THE DELICIOUS BENEFITS OF HEALTHY NUTRITION PLANING!!(Cont.)

beneficial as well. It can help you **improve your mental clarity and memory**. A healthy nutrition plan that is balanced with healthy fats, proteins and carbohydrates, can benefit mental health by improving the **function of the nervous system**. Foods such as nuts and avocados contain fatty acids that can **improve mental functions and memory**.

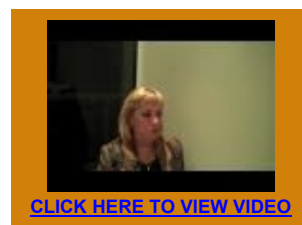
While placing yourself on a nutrition plan can have so many mental benefits, it can also yield negative outcomes. Placing yourself on an **extremely restrictive food nutrition plan** can lead to depression and a sense of anxiousness! This can be due to changes in neurotransmitters like serotonin or it could be because you are depriving yourself of foods that you love. It may help to **incorporate the foods you want and need** into your healthy

living. Being depressed or anxious may lead to overeating.

With any nutrition plan in your life, your **emotions can have a great effect on how you eat**. For example, if you are sad or depressed, you may have cravings for carbohydrate-rich foods like mashed potatoes, candy bars and pizza. These types of foods are known as comfort foods and may provide you with **temporary emotional comfort**. They do this by increasing blood sugar levels and serotonin levels in the brain. Shortly after eating these foods, **one's insulin levels will soar and in turn**, cause one's blood sugar levels to plunge. Due to this, one may end up being placed back into a saddened state of emotions.

Before you make any nutrition plan changes, please consult your health-care professional or nutrition coach. Throughout my intense health journey

I have utilized many nutrition plans designed by my various natural doctors and nutritionists to **directly impact my body's chemicals, organs and specific symptoms**. Above all, I listened to my body. With each nutrition plan the doctors have given me to improve my health, I have **paid careful attention to what my body receives and rejects**. My whole food, planet based, mostly raw, vegan nutrition plan today is a direct result of that. This has nothing to do with my wants or cravings but with my deep connection to my body. I **encourage you** to train yourself to listen to your body. It may be your best partner in any nutrition plan you take on!



## FOLLOW A NUTRITION PLAN THAT TOTALLY HONORS YOUR BODY!!!

Creating a healthy way of living is something that many Americans struggle with. With the number of Americans who are affected by obesity rising, living a healthy lifestyle is becoming more and more imperative. **Child obesity is on the steady incline** and without a proper nutrition plan, those children may experience massive health problems as they get older. Both adults and **adolescents** have been struggling with their weight and with following a healthy nutrition plan that works for them. Weight gain is a sign of an imbalance in your body. A healthy body will maintain a healthy weight.

Being on a healthy nutrition plan can make a large difference in overall health and wellness. A good nutrition plan may include eating foods that contain vitamins, **minerals, enzymes** and good fats such as omega-3 fatty acids. Eating those specific fats can improve **heart health and reduce inflammation** in your body.

The nutrition plans that we may choose to go on may not be as healthy as we assume them to be.

Unbeknownst to many of the individuals who are engaging in nutrition plans, there is such a thing as going on a **"bad" nutrition plan**. Having a healthy nutrition plan will likely consist of a **wide variety of foods**. This (most likely) does not include fast food, processed food, greasy food, or excessively salty food. It is likely to include **whole foods, such as raw fruits and vegetables**, and good fats, such as those found in hemp seeds, coconut and walnuts. Eating a good amount of protein can be important as well because protein helps to **build and maintain** muscle tissue. In turn, muscle helps to burn fat and keeps the body lean and energized.

**Feeding your cells** enables your body to provide you with the sustained energy and stamina that you may need. The **sustained energy** that having a healthy nutrition plan can provide for you can be extremely important and beneficial. When we have the energy that we need to perform certain tasks, we are likely to **accomplish more of the things on our list**, and thus be more productive. Some of our everyday tasks require us to have mass amounts of energy (Cont. on next page)

By learning to listen to your body (as I suggest on my 2nd Health Proposal), you, very likely will find yourself able to **provide your body** with the optimal nutrition plan it needs (just like I did), and greatly enhance your physical, mental, emotional and spiritual health and well-being!! I invite you to join me in this **incredible health** and well-being journey!!!!

Besides listening to your body I also recommend you find a **Health coach**. Because, especially on this subject, it is best to work with an expert rather than on your own. In our WELLNESS COACHING DIVISION we are ready to create RADICAL Wellness, with and for YOU, by designing a completely **customized approach** that works for you! If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com).

## FOLLOW A NUTRITION PLAN THAT TOTALLY HONORS YOUR BODY!!! (Cont.)

and because we do them so often, we may not notice how much they require.

Some examples of the simple tasks that we do that may **require sustained energy** include:

- Working
- Cleaning your home

- Running errands
- Playing games with children

Maintaining a healthy nutrition plan free from of things such as processed foods and sugars, is very important to your physical health. Aside from helping you get the figure that you want, having a healthy nutrition plan will most likely

help you to sustain **higher energy levels and stamina**. If you are falling short of the nutrition plan you are implementing, thinking of the amazing outcomes you may receive from a healthier nutrition plan may motivate you to follow through with the nutrition plan you implement. Your body deserves to be honored with great nutrition!

## 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**.

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



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## A HEALTHY NUTRITION PLAN MAY PROVIDE YOU WITH AN ABUNDANCE OF BENEFITS— MENTALLY, EMOTIONALLY AND SPIRITUALLY!!!

Mentally, the kinds of food we eat can have a large impact! Detailed reports from the Mental Health Foundation suggest that **many mental health conditions** can be prevented and/or treated by consuming the correct types of foods and drinks. The number of cases of mental illnesses has been on a recent increase. Dr. Andrew McCulloch, a physician from the Mental Health Foundation, stated that "we are only just beginning to understand how the **brain as an organ is influenced by the nutrients it derives from the foods we eat** and how nutrition plans have an impact on our mental health."

The **emotional impact** that nutrition planning places on you could be greater than its impact on the rest of the body. A feeling of anxiousness when it comes to eating, or food in general, may take place while nutrition planning. Carbohydrates, proteins, fats, alcohol and caffeine have all shown clear **effects on appetite, metabolism and satiety**. Due to this, behavior can be affected. Nutrition planning has

been said to have a vast effect on a person's behavior. A proper nutrition plan can actually be used to **regulate an individual's moods**.

What we decide to put into our body can also impact our **spiritual life**. What we eat can affect the ways that we think and, if our minds are not thinking clearly, it can block our spiritual growth and/or connection. Eating foods that host negative energy may be a reason why some may find difficulty to **grow spiritually**.

I suggest from a deeply Spiritual perspective; we could consider our Human Bodies as our **Temples**; thus the nutrition that we bring to take care of (nourish) the temple ought to be the utmost quality possible, to honor the ULTIMATE GIFT that our body, as a temple and only HOME, is: our home and **only vehicle** for our soul to experience this lifetime !!

I suggest that we treat our bodies, including our nutrition plan, in a way such that it will **affect the ways that**

**we think** and that it will support our emotional and spiritual growth. The more **fresh** the food that we eat is, the healthier it may be. Eating food that is more than 72 hours old can support negative **energy blocks** and it may be best to avoid eating it.

I invite you to maintain a healthy nutrition plan! It may greatly and positively **influence** your mental, emotional and spiritual health and well-being!!

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.

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