

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 36th 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 FOLLOWING THE CORRECT RECIPE OF ACTION STEPS TO LOSE WEIGHT???

In order to look at weight loss, it helps to actually look at the source of weight gain. During a period in my intense health journey, I dealt with a lot of different health issues that 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 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.

One of the keys before engaging in any diet is to listen to your body and spend the time to locate the source of the weight gain. Going on a general diet that is designed for anyone to just lose weight may not work for you. As you work with your weight, allow yourself to love your body and nurture it. With the correct diet you will gain confidence and a clearer spiritual connection. The benefits are limitless if you diet to nourish yourself vs. stripping yourself down.

You may find that losing weight seems to be a tough challenge for a lot of us. However, with discipline and dedication, you will be able to reach your aim of having your desired and ideal weight.

When losing weight, it helps to have a couple of things in mind. It helps if you lose weight not to look good for others or to make other people happy. Lose weight for your own benefits and most importantly for your own health and well-being. If you think this way, it will be much easier for you to achieve your desired goal.

I believe that our mind, body and spirit work together to create our well-being. Therefore, I consider that there is a strong possibility that if we learn to work together with our mind, body and spirit and learn to lead these three things to go in the same direction,



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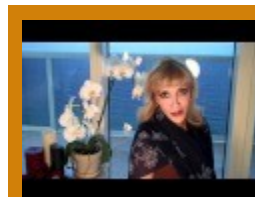
we will have a much higher possibility of achieving any goal we set for ourselves!

Besides focusing your mind, body and spirit, you must have a healthy diet. Without a healthy diet, you will not lose weight unless you starve yourself, which is something you must never do. Not only is it incredibly unhealthy to starve yourself, you will likely end up gaining all the weight back just as fast as you lost it.

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

- Eating on time
- Eating small portions of food
- Avoiding fast food

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ARE YOU FOLLOWING THE CORRECT RECIPE OF ACTION STEPS TO LOSE WEIGHT???

(Cont.)

- Avoiding **bad 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. Changing everything at once usually leads to cheating or giving up on your new eating plan. Take small

steps, like adding a salad to your diet once a day or switching from butter to olive oil when cooking. 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 discour-

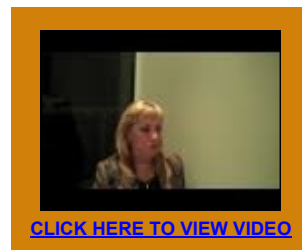
aged and unmotivated. The same goes for people who suddenly cut their calories. Diets that severely **restrict calories** or the types of food 'allowed' can lead you to be **deficient in the nutrients** and vitamins that your body needs.

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.

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The **Second Health Proposal** is about listening to your body. By **listening to my body**, I was able to learn all of its needs, allowing me to supply it with all the **necessary nutrition** it needed. 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 in my life. Once you learn to listen to your body, you will most likely notice differences in your physical health, as well as the difference in your **state of mind, your emotions**, and maybe even your spirituality. Would you **join me** in this **incredible** health and well-being **journey?????**

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

Here are some healthy and easy ways to lose weight:

- Instead of the traditional 3 meals a day, eat only when you are actually hungry, and eat what you like but try to be healthy
- Avoid chocolate, cake, brownies, potato chips, ice cream, fizzy drinks or any junk food
- 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, oats, whole wheat bread and whole wheat pasta
- 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

When trying to lose weight, **be wise**. Choose the right and healthy methods that work for you. It's extremely important that you do not lose weight too quickly. Practice healthy weight loss habits and achieve 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!!**

SPIRITUAL PRACTICES CAN TOTALLY HELP YOU LOSE WEIGHT AND GAIN CONFIDENCE!!!

Losing weight may help you change the relationship you have with your body. If you feel down for being overweight, you may find that you love your body more as you lose weight. By **loving and cherishing your body**, you will likely gain confidence. Losing weight can **boost your self-esteem**, having you take pride in not only your appearance, but your presence, as well.

Overweight people often experience a lack of activity, interaction and shyness. This behavior may affect not only the individual's emotions, but also other aspects, including relationships with family, friends and loved ones.

People who normally suffer from being overweight tend to find the **solution to**

their problems in food, so instead of expressing their emotions, they eat. They eat when they are happy, depressed, bored or sad. Food becomes their way to show their emotions.

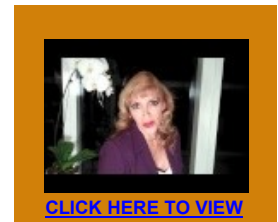
Spiritual methods are impressively effective in weight loss. Nowadays, people commonly turn to spiritual practices to lose weight, gain peace and gain inspiration. The two most common methods are **yoga and meditation**. These are a complex approach to health and well-being that uses simple techniques to connect the mind, body and spirit.

Yoga and **meditation help with weight loss** because weight loss results are dependent on your mind more than they are on matter. Using relaxation and posi-

tive imagery, you can begin to create the **new physique you desire**.

If you desire to lose weight, I invite you to start on this weight loss journey today!!!

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