

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 42nd Newsletter, I want to give us a chance to consider the impact that dieting 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 HEALTHY DIETING!!!

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 diet 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 dieting can have on your health and well-being.

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

Many of us may attempt a diet to better our **outer appearance** or to **promote a healthier lifestyle**. Having a diet 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 dieting 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.

Dieting can also:

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

On a mental level, dieting can be beneficial as well. It can help you **improve your mental clarity and memory**. A healthy diet that is balanced with healthy fats, proteins and carbohydrates, can

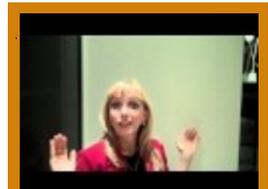


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benefit mental health by improving the **function of the nervous system**. Foods such as fish, seafood and tree nuts contain fatty acids that can **improve mental functions and memory**.

While placing yourself on a diet can have so many mental benefits, it can also yield negative outcomes. Placing yourself on an **extremely restrictive food diet** 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.

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

With any dieting plan that you choose to implement 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.

## FOLLOW A DIET 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 diet, they may experience massive health problems as they get older. Both adults and adolescents have been struggling with their weight and with following a healthy diet that works for them.

Being on a healthy diet can make a large difference in overall health and wellness. A good diet 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 diets 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 diets, there is such a thing as going on a **"bad" diet**. Having a healthy diet will likely consist of a **wide variety of foods**.

One may also incorporate **"happy" foods in one's diet** after feeling as if one has done well. For example, if we've had an AWESOME work-out week or week of dieting, we may feel as if it is okay to indulge in some unhealthy dessert to celebrate. Watch out, however. The foods that we eat may increase the negative emotions that would encourage us to overeat.

Dieting can also affect **spiritual growth**. When our body, as a vessel, **is clean and clear then our thoughts will likely follow**.

Before you make any diet changes, please consult your doctor. Throughout my intense health journey I have utilized many diets designed by my various doctors to

**directly impact my body's chemicals, organs and specific symptoms**. Above all, I have listened to my body. With each diet the doctors have given me to improve my health, I have **paid careful attention to what my body receives and rejects**. 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 diet you take on!

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 fish, sunflower seeds, eggs and almonds. 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 diet 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 and because we do them so often, we may not notice how much they require.

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The **Second Health Proposal** is about listening to your body. In this proposal, I suggest that you can connect to, and become aware of, what your body wants and needs. By **listening to my body**, I was able to learn what it needs, allowing me to supply it with the diet it needs and allowing me to modify my diet as needed. By learning to listen to your body, you may find yourself able to provide your body with the optimal diet it needs, 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!!!!**

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

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 diet is very important to your physical health. Aside from helping you get the figure that you want, having a healthy diet will most likely help you to sustain higher energy levels and stamina. If you are falling short of the diet you are implementing, thinking of the amazing outcomes you may receive

from a healthier diet may motivate you to follow through with the diet 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 DIET 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 diets have an impact on our mental health."

The **emotional impact** that dieting 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 dieting. Carbohydrates, proteins, fats, alcohol and caffeine have all shown clear **effects on appetite, metabolism and satiety**. Due to this, behavior can be affected. Dieting has been said to have a vast effect on

a person's behavior. Proper dieting can actually be used to **regulate an individual's moods**.

What we decide to put into our body can 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 that we treat our bodies, including our diet, 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. Dietary suggestions to enhance your spiritual clarity may include:

- Protein - red foods

- Liquids - orange foods
- Carbohydrates - yellow foods
- Vegetables - greens foods
- Fruits - especially blue foods

I invite you to maintain a healthy diet! 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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