

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 44th Newsletter, I want to show you what **Macronutrients and Micronutrients** can do for your physical, mental and emotional 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](#).

### NOURISH YOUR BODY WITH THE GRATIFYING GIFT OF MICRO AND MACRO NUTRIENTS!!!!

In this newsletter, I want to talk to you about the **incredible and important benefits**, micro and macro nutrients can bring to our **physical, mental and emotional well-being**.

All nutrients found in foods such as fruits, vegetables, meat, fish, chicken, leafs, nuts, and so on. are divided in **two groups**: the **Micro-nutrients and the Macronutrients**.

Micronutrients are nutrients our body needs, but only in **small amounts**. Macronutrients are nutrients our body needs in large amounts and these nutrients are vital for our organism to function properly. Without macronutrients we can be in serious danger of developing diseases that may even **lead to death**.

Good nutrition is essential for good health and eating nutritious food can help to **prevent common ail-**

**ments**, as well as more life threatening illnesses and diseases.

Nutrients are required in order to **build and repair cells** and body tissues, maintain the organs and bones, and they can also provide energy, fuel and warmth.

During my health journey, I lived through different experiences and learned very interesting strategies on how to **take good care of my health** and body. During this process I worked together with different **natural doctors and nutritionists**. These specialists helped me discover and learn the essential nutrition my body needed to **function properly**. They guided me on what to eat and in what foods I could find the right nutrition I needed.

**I applied their teachings and also learned to carefully listen to my own body** and actually understand what it was asking me for. Listening to my body made it much easier to provide it with the micronutrients and macronutrients it needed.

By listening to my body I discovered that my body not only needed the 7 to 8 glasses of water per day, but I learned and understood that my body needs more water at some stages and less water at others. Listening to my body also helped me choose where to get my nutrients from. I discovered that the best ways to provide my body with all its nutrients was by eating all **organic vegetables and fruits** through **foods and juicing**.

At a stage of my health journey my body showed me that I had to stop my high protein diet and focus more on giving my body the



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**macronutrients of carbohydrates and proper fats**, to provide my body and brain with what they needed to **function at a higher level**.

I also learned that my body needed some foods at certain times and totally different ones at other times. By carrying out a healthy and balanced diet full of micro and macro nutrients, my body started to **function better and perform better**. It was then that I realized the **real importance of nutrients** to my health and well-being. I now listen to my body every time before eating or even before cooking my meals. This way, I always know what foods and nutrients my **body and organism is craving for!**



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## DISCOVER THE POWER OF MACRO AND MICRO NUTRIENTS TO BOOST PHYSICAL WELL-BEING!!!!

Different nutrients have different metabolic **effects on the human body**. Some of these nutrients are needed in large quantities (Macronutrients) while others are needed in smaller amounts (Micronutrients).

Macronutrients are nutrients that provide calories or energy. Nutrients are substances **needed for growth**, metabolism, and for other body functions. There are three macronutrients:

- **Carbohydrates**: Carbohydrates are the body's main source of fuel and are used by the body for energy. They are also used for the central nervous system, the kidneys, the brain, and the muscles (including the heart) to function properly.
- **Proteins**: We need protein for growth (especially important for children, teens, and pregnant women). It helps tissue repair the immune system, it helps the body to make essential hormones and enzymes and it preserves lean muscle mass.
- **Fats**: Fats are used by the body for growth and development. They help the body to absorb certain vitamins (like vitamins A, D, E, K, and carotenoids). They provide cushioning for the organs, help maintain cell membranes, provide taste, consistency, and stability to foods and they are the most concentrated source of energy.

Micronutrients are vitamins and minerals that **boost the nutritional value of food**. When a daily diet does not contain adequate levels of micronutrients, the outcome can have **dramatic consequences**: children may not reach their full intellectual capacity, growth may be stunted, and

even blindness can occur. Here are some micronutrients:

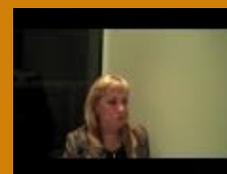
- **Vitamins**: Vitamins are micronutrients that can be found in plants and animals. Vitamins A, C and E offer **antioxidant properties**, which mean they help your body **combat pollutants**, the sun and other damaging effects of the environment. Vitamin C also helps **boost your immune system** by helping to **fight diseases and infections**. B vitamins aid with processing foods to create energy for your body.
- **Minerals**: Minerals are micronutrients, which come from inorganic substances in soil or water and are absorbed by plants and animals. Calcium is a mineral that plays a significant role in your body, helping maintain strong bones and teeth and preventing bone conditions, such as osteoporosis.

Macronutrients and micronutrients are **extremely important** for your physical health and well-being. Therefore if your diet is lacking any of the nutrients mentioned above, you **might be in danger** of developing **health problems**.

For instance, a diet without enough iron or B vitamins can cause anemia, a condition characterized by fatigue and weakness. A **calcium-deficient diet** will put you at risk of developing osteoporosis, a disease marked by brittle bones. If you're low in vitamin C, you may develop anemia, as well as experience a decreased ability to fight infections. It can be **very important** that we consume and feed our body with loads of macronutrients and micronutrients to live a more healthy life.

Eating a varied diet with foods from various food groups, including, grains, fruits, vegetables, and protein products, is probably the best

way to get the nutrients your body needs to function. Include plenty of whole grains, fruits and vegetables in your diet to get enough nutrients. I recommend you to nourish your body with macronutrients and micronutrients for a healthier and more powerful body!



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In my second health proposal, I propose that you can improve your health by listening to your body - becoming aware of what it wants and needs. By listening to my body, I was able to determine the micro and macronutrients I needed in order to make a huge difference in **healing my body**.

By listening to your body, you may notice what nutrients you need to elevate your physical, mental, emotional and spiritual health. **! encourage you to listen to your body and to join me on this health journey!!!!**

## 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"**.

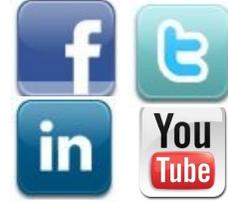
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

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## BOOST YOUR MENTAL PERFORMANCE WITH MICRO AND MACRO NUTRIENTS!!!!

Micro and macro nutrients may affect our mental, emotional, and spiritual health and well-being. The ability of the brain to **process information, to think**, to learn, to remember and problem solve is referred to as cognition. Micronutrients and macronutrients, specifically minerals and vitamins, are both directly and indirectly involved in a number of cognitive processes. Here are some micronutrients that **influence and impact** our **mental and physiological** system:

- **Calcium:** Calcium ions, states Drake, regulate a number of physiological processes including neuronal gene expression and the neuronal secretion of neurotransmitters.
- **Iodine:** Is needed for the myelination of the central nervous system. Iodine is necessary for the normal development of the brain. A deficiency of this mineral during critical periods of development in gestation can result in mental retardation and lesser neuro-developmental deficits.
- **Iron:** Is needed for proper development of oligodendrocytes (the brain cells that produce

myelin) and numerous enzymes that synthesize neurotransmitters.

- **Magnesium:** Participates in more than 300 metabolic reactions, many of which are needed for normal brain function.
- **Selenium:** Is needed for glutathione peroxidases, important antioxidant enzymes in the brain and other tissues. In studies, a selenium deficiency in the brains of lab animals may be linked with a reduced antioxidant capacity in the brain.

**Macro Nutrients** also have a great impact on our brain, the brain uses fatty acids from fat foods to create the specialized cells that allow people to think and feel. Amino acids from proteins are used to make the neurotransmitters that allow your brain cells to network and communicate. Glucose from carbohydrates is the fuel your brain uses to produce the energy that moves and motivates you.

Our body is a temple and the nutrients in food contain and give

life. We depend on it to live and thrive physically, emotionally and spiritually. One way to access and derive the spiritual benefits of nutrition is to implement mindfulness, appreciation, and love, each time you eat. Through that you can stabilize your mindset, remain centered more easily, have clarity of thought, calmness of mind and a greater connection to higher vibrational energy patterns and intuitive ability.

The foods you eat in a given day, especially immediately before mental activity (tests, meetings, interviews), can influence your mental acuity. Interestingly, body building eating **habits typically lend themselves** to peak mental acuity. Macro and Micro nutrients may totally enhance your brain power, as well as the health of your body!!!

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([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.