

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 69th Newsletter, I want to give us a chance to consider the impact that **Rapid Weight Gain** can have on people's 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

### RAPID WEIGHT GAIN CAN BE YOUR BODY'S SIGNAL OF OTHER COMPLICATIONS!!!

There are many different causes of rapid weight gain, some easily prevented but others difficult to explain; however, **any rapid weight gain can be detrimental**. In this newsletter, I would like to discuss the effects of weight gain, highlighting its physical, mental, emotional and spiritual impacts for your health and well-being.

This week, we have included articles on our Fan Page that will offer you **information on rapid** weight gain, and the effects that it can have on your total health and well-being.

Some of the most **obvious causes** of rapid weight gain may be related to sudden overeating and or a sudden lack of regular exercise. Overeating can also be caused by increased stress, which

is known as **stress-eating** wherein people eat to compensate for how they are feeling. Any weight gain may also lead to obesity, which can lead to many **more complicated health problems**.

There may be several other factors that could contribute to unexplained rapid weight gain that have to do with the impact of substances or chemical changes in the body. For example, when someone **quits smoking**, they may turn to food to compensate for the lack of nicotine. It may be common for a newly-quit smoker to gain anywhere between **ten to twenty five pounds** when they quit.

Changes in sleep patterns are also known to quickly impact a person's weight. Your body **needs sleep to rest and recharge**, but also to enable you to use your energy more efficiently while awake and therefore keep up your metabolism. **Any sudden consistent interrupted** sleep over an extended period of time could cause stress on your body, which in return allows your body to store fat even more.

Other, more serious and **un-obvious causes** of rapid weight gain may be **medically linked**. Rapid weight gain may be a sign of a deeper issue such as **hypothyroidism**, or having an underactive thyroid (the gland that controls how quickly the body processes and uses energy). Hypothyroidism is a common factor many **overweight individuals**.

If you are a woman over the age of forty, rapid weight gain may also be caused by the onset of **meno-**

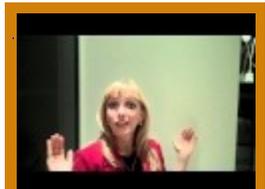


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**pause**. Your body produces less estrogen and you may become less active, which could cause unexpected weight gain. Also, menopause **may bring on depression**, which could cause you to compensate with eating and therefore gain more weight.

Another possible un-obvious cause of rapid weight gain may be **Cushing's syndrome**. It is more rare than disorders such as hypothyroidism, but is a disorder that is similarly caused by a hormone in the body - cortisol. When your body **produces too much cortisol**, or medication caused the overproduction of cortisol Cushing syndrome may be the outcome. With Cushing syndrome, fat may accumulate on your face, stomach, and **upper back**.

Weight gain is different for everyone, and in order to (Cont. on next page)



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## RAPID WEIGHT GAIN CAN BE YOUR BODY'S SIGNAL OF OTHER COMPLICATIONS!!! (Cont.)

determine a healthy weight for you, doctors recommend the **Body Mass Index (BMI)** which can calculate an ideal weight for your sex, height, and age. Society's perfect view of a person may not be the goal you should be aiming for. Being **healthy is more important than being thin.**

In my own healthy journey, I have struggled with my weight, **fluctuating in different points.** The various medications I was on caused rapid weight gain. Also, the chemical imbalances on my body triggered a **thyroid problem** that had weight come on and be momentarily impossible – no matter what my diet or amount of ex-

ercise – to remove. It took **numerous natural doctors,** working with me, to diagnose the source of it each time. Since I have always eaten well and exercised it was quiet stressful to have weight come on for no apparent reason. At each juncture in time through **cherishing my body** because of its imperfections and listening keenly to my body I was guided to the way to balance my body back out.

At times, it can be hard to stick to a certain weight goal you have set for yourself. Surrounding yourself with **loving, supporting people** can make it much easier to deal with your changing body! As we age, our bodies change and weight gain may

be something that happens. It is just important to know when weight gain is part of simply not attending to our diet and exercise vs. when there is a more **serious non-obvious** reason.

Weight gain has **many factors** that may affect it both obvious and non-obvious, and if you are in any doubt about the cause of a rapid weight gain, **visit a doctor, natural or conventional,** for a professional opinion. Learn about your body's limits and your health goals in advance so you can do your best to **maintain a healthy weight!**

## RAPID WEIGHT GAIN IS A SIGN OF AN UNBALANCED BODY!!!

Rapid weight gain may be a sign of a **deeper problem** in your body, such as thyroid problems, and not just the result of poor diet or exercise.

Rapid weight gain can cause an unsafe increase in **blood pressure.** When your body weight makes a significant and sudden increase, your heart must work harder to propel blood through the extra tissue. Additionally, the **extra body mass** can constrict blood vessels, further increasing blood pressure. The American Heart Association recognizes obesity as a contributing factor to coronary heart disease. Plus, rapid weight gain can result in an increase in **cholesterol and triglyceride** levels. Elevated LDL or "bad" cholesterol levels can cause blockage in blood vessels leading to heart attack and stroke. The AHA defines obesity as having a body mass index of over 30, or being 30 pounds overweight.

Putting on a lot of weight in a short amount of time may also **lead to other diseases** such as diabetes, which may commonly occur in overweight people. It could also lead to developing some forms of **cancer,** liver disease, cardiovascular disease, sleep apnea, or **osteoarthritis.**

**tis.** These disorders may grow more prominent as time goes by or as more weight is gained. When you rapidly gain weight, your skin is one of the most affected organs. As the **skin stretches,** it can become cracked and in some cases splits, creating dermal fissures on the skin. This can be painful and lead to infection on the skin if not properly cared for.

Weight gain may also be a sign of something else going on in your body, and **physical symptoms** that may be cause for further investigation can include constipation, hair loss, sensitivity to cold, swollen feet and shortness of breath, uncontrollable hunger coupled with palpitations, **tremors, and sweating,** and changes in vision. If you experience any of these along with rapid weight gain, a doctor may be able to diagnose a deeper problem.

**Physical consequences** of rapid weight gain may also affect your daily life. When you gain weight suddenly, especially in the **abdominal area,** your back is put under additional stress to maintain posture. When the weight gain is sudden, your back muscles are unable to adapt to the extra load before soreness and pain set in. Rapid weight gain can also be **hard on your joints,** especially if you attempt to exercise regularly. (Cont. on next page)



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**When weight begins to suddenly and rapidly go up** it is time to look for other non-obvious complications. **Various diseases and disorders** can shoot weight up very quickly and then create a new spiral of other health problems. For example, because of a series of **medications, which created chemical** reactions in my body, my thyroid glands completely **shut down.** This led to high blood pressure and heart problems that I has never experienced before. Through all of the testing I went through it was not caught and it was only when the heart problems became very serious that through my **own carefully listening** to my body that I was able to lead my doctors to the discovery. Because of me listening to myself am healed and the **weight disappeared** and has muscle in it's place now.

**As with any health issue - cherish your body** for its imperfections and listen closely to it. This will allow you to manage better and give you more ability to **connect with and hear the voice of your soul** so that you can deal with the situation in a way that aligns with your higher self.

## RAPID WEIGHT GAIN IS THE SIGN OF AN UNBALANCED BODY!!! (Cont.)

In order to discover the cause of rapid weight gain, you can ask yourself **several questions** regarding diet and lifestyle to help diagnose if the gain is due simply to an inadequate diet, over-eating, or not exercising enough. Some questions to ask may include:

- When did the weight gain begin? Did **anything emotionally** jarring happen around the same time?
- Did you change your diet?
- Are you **anxious**, depressed, or under stress?

- What **medications** are you taking?
- Do you use **alcohol, drugs**, or smoke?
- Have you recently stopped any normal habits?
- Are your sleep patterns normal?

Weight gain may be able to be **countered by changing** eating habits and physical activity, but at times, the signs may indicate an underlying problem, whether physical or mental,

and having a doctor check it out may be recommended if **weight gain persists** despite altering your lifestyle habits.

Rapid weight gain could cause more **physical harm** than it may seem on the surface, affecting your lifestyle for many years afterwards. It may be important to **monitor** your body and don't hesitate to contact a professional if you feel your physical symptoms are **worsening**.

## 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"**.

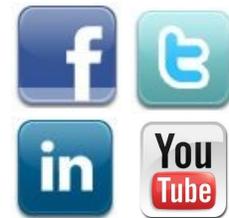
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

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

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## YOU ARE IMPACTED MENTALLY, EMOTIONALLY & SPIRITUALLY BY RAPID WEIGHT GAIN!!!!

Rapid weight gain can cause a lot of emotional **stress on your body**, whether intentional or not. It can also be brought on by changes in your emotions in a sort of **vicious circle**.

Commonly, you may experience depression, anxiety, and stress with rapid weight gain. You may experience dismay with your **body's appearance** or distortion. You may experience a dip in self-esteem, and as society can be judgmental about others' appearances, the **depression** may worsen over time. On the flip side depression may cause rapid weight gain and medications for depression may also have that impact.

Anxiety may also be an **emotional response** to gaining a lot of weight in a short amount of time. It can make you feel tired and worried all the time, fretting over your weight constantly, which might only **increase** your weight gain.

Stress, as always, can be a **big factor** in gaining weight and how you feel. It may be the cause but it may also be a result. The

pressure can build from the outside and from within to be **thin in a world** where a six is now considered plus size in women. Creating extra stress for yourself may only worsen things.

Weight gain may be able to be countered by **keeping your stress levels down** and not allowing your anxiety to over take you. Worrying can sometimes make people tired and less likely to continue regular **exercise routines**, which might be crucial to keeping weight down in some cases.

Keeping in touch with your body may be a crucial aspect of **maintaining** a healthy weight and preventing overreaction to any one thing. Anxiety and stress can lead to depression which ultimately may cause **more weight gain**, so it's important to maintain your emotional health as well as physical.

While weight gain itself may not impact the ability for you to **connect with the quiet** voice of your soul if it is a result of some other disease or sickness that may be one

of the results. When you body is sick or diseased it **become more difficult** for you to hear and connect and if there are mental and emotional impacts that accompany the rapid weight gain then there is a downward **spiral** that makes it less and less possible for you to do so. At the onset of rapid weight gain is the right time to use your own connection with your soul to guide you to health **before it progresses**.

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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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