

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 71st Newsletter, I want to talk to you about **Rapid Weight Loss** and it's impact on our bodies and 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 and go back and watch them. You can also read all of the articles in full **HERE**.

RAPID WEIGHT LOSS IS DANGEROUS NO MATTER WHAT THE CAUSE!!!!

At times, rapid weight loss may be intentional, but other times, it may not be. Either way, any rapid change in your body can have many **unintentional side-effects**. In this newsletter, I would like to discuss the effects of rapid weight loss, highlighting its physical, mental, emotional and spiritual impacts on your health and **well-being**.

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

Rapid weight loss **may be a desirable trait** in this day and age when many people's status is judged on their appearance and

"thin is in", so people may turn to strategies such as crash diets to attain the desired results of a slimmer figure, but these can leave the body **ravaged, unhealthy**, and susceptible to other diseases.

In the desperation for a thinner waist, it is very easy for people to also turn to weight loss pills, which can be **very dangerous and have many side effects**. As early as the 1950s, doctors began prescribing weight loss pills for patients, not all with good or desirable results. Less obvious is that many medications prescribed for other purposes may also be the cause of unintentional weight loss. Drugs such as **amphetamines, thyroid medications**, and chemotherapeutic medication may lead to unexpected and dangerous rapid weight loss.

Hypothyroidism may also be a **non-obvious cause** of rapid weight loss. I talked last week about hypothyroidism in rapid weight gain, but it can also be a factor in rapid weight loss also. Every person is different, and in some, stress may cause people to lose weight rather than gain it. The thyroid gland may become **hyperactive as a result of stress** and cause the body to burn more calories than it takes in, causing weight loss.

Other unsuspecting diseases such as HIV/AIDS may be the cause of rapid weight loss. Because the body **deteriorates**



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while AIDS is present, you may be susceptible to other illnesses that could cause weight loss, not to mention the stress put on your body by such an infliction. HIV may cause a **lessened appetite** while your body needs more energy to fight possible infections. Patients may need more nutrients than others in order to keep up their weight and health.

Diabetes may be another non-obvious factor in unintentional weight loss. If Type One diabetes is left untreated, it may lead to a loss of fat cells and loss of fluids in the body. This could also lead to **dehydration** and your body's deterioration.

What qualifies as rapid weight loss? According to the Institute of Medicine, rapid weight loss can be qualified as **loss of 5% of body mass in** (Cont. on next page)



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RAPID WEIGHT LOSS IS DANGEROUS NO MATTER WHAT THE CAUSE!!!! (Cont.)

a month or **10% in six months**. It may not seem like a lot, but it can significantly affect your body and your health.

In my own health journey I mentioned last week that I had dealt with rapid weight gain. On the flip side of that there were periods where I experienced rapid weight loss from **various medications**. I was also impacted with rapid weight loss when medications were adjusted from time to time throwing off the **delicate balance** of my body. Whether it was rapid weight loss or rapid weight gain it did not

work for my body and I listened to my **body to uncover** the source of it a.s.a.p. and quickly bring myself back to my natural balance. Thank God (my friends, family, natural and conventional healthcare providers) that I am **now healed** and rocking and rolling.

I have learned, unequivocally, that taking **care of my body** is one of the most important things I can do in my life in order to have my **body fully support** all that I am up to. I eat a balanced diet, exercise regularly and listen to my body to prevent any **drastic changes** to my

body of any kind. If anything alters rapidly I know it is important to **find the reason** for it.

Unintentional weight loss can **lead to other problems** in your body such as muscle loss, liver disease, heart problems, or **deterioration of other vitals organs**. It can leave you weak and unable for your body to keep you healthy on it's own. If you suspect a more serious problem, don't hesitate to visit your health care provider as **soon as possible!**

RAPID WEIGHT LOSS HAS MANY CAUSES AND CONSEQUENCES THAT POINT TO PHYSICAL COMPLICATIONS!!

Though rapid weight loss may be constantly **perpetuated by society**, it can be very harmful to your physical well-being causing a multitude of unforeseen complications. If someone is **obviously creating rapid weight** loss for himself or herself through dieting, etc. then knowing the impact of that is very important.

One of the non-obvious consequences of rapid weight loss may include the development of gallstones. **Gallstones** may be caused by the shift of production in bile salts and cholesterol which may occur when people stop eating suddenly. The **cholesterol may then form lumps** which become gallstones, a painful occurrence that may also cause inflammations in the liver, pancreas, or bladder.

Other consequences could include headache, irritability, fatigue, dizziness, constipation, menstrual irregularities, **hair loss, and muscle loss**. More serious side-effects can also include dehydration, malnutrition, and electrolyte imbalances. These can most often be remedied getting the **proper nutrition back** into your body as quickly as possible.

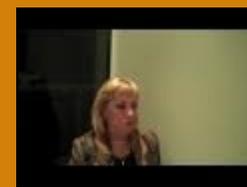
Dehydration in particular may be related to **loss of muscle mass**.

Because muscles store most of the water in your body, losing the muscle mass will result in losing a lot of water in your body and possibly causing you to become dehydrated as a result. **Drinking plenty of fluids** may help to counteract this problem.

However, oftentimes, rapid weight loss is **not intentional** and can be caused by other, more non-obvious, serious, health issues. Of these, two that may be found to be very dangerous are eating disorders such as anorexia and bulimia. These diseases can stem from psychological problems and can cause **irreparable damage** to the body such as liver damage and heart damage.

Cancer may also be a cause of rapid weight loss in some individuals. Some of the possible cancers it may indicate include **prostate, pancreatic cancer**, ovarian, hematologic or lung malignancies, or gastrointestinal.

Gastrointestinal diseases may be the most common non-obvious cause of unintentional weight loss outside of cancers. There are many different types of gastrointestinal diseases (diseases of the stomach, rectum, intestinal, and esophagus among others), and these can in (Cont. on next page)



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Rapid weight loss is **not natural** for human bodies. Our bodies are designed to be **balanced** and any rapid changes **stresses and impacts every system** in the body. Whether the loss is caused by obvious intentional dieting or a series of underlying **non-obvious causes** such as gastrointestinal diseases, cancer, thyroid problems, etc. it is very important that you take actions to keep the loss from spiraling faster downward. Your weight is a very easy **indicator of the balance of your body**. Unlike many indicators that something is off, your weight is measurable and visible. In my health journey, when my weight has gone down rapidly due to **medications, thyroid problems**, etc. I have searched out and corrected it a.s.a.p.

Cherish your body with all of its imperfections. Treat it with care, maintain it and keep it as healthy as possible throughout your life. **Listen to your body** to guide you to take care of your well being for the best performance as possible throughout your life. **I honor you** and request you honor your body and all of it's beautifully designed systems!

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RAPID WEIGHT LOSS HAS MANY CAUSES AND CONSEQUENCES THAT POINT TO PHYSICAL COMPLICATIONS!! (Cont.)

clude celiac disease, peptic ulcer, **inflammatory bowel** disease (crohns disease and ulcerative colitis), pancreatitis, gastritis, and diarrhea.

Other **physical consequences** or side-effects of rapid weight loss can include unattractive hanging skin on your body. Skin takes a while to re-tighten and if not

given enough time, it can become unsightly not to mention the dryness, cracking and in worse cases where there is significant excess skin the **danger of infections**.

An indicator that you have begun to lose weight too rapidly may be as simple as your **experience of temperatures**. As the fat cells in your body provide insula-

tion, losing them rapidly may cause a heat loss in your body. You may find yourself **shivering or excessively** cold when your weight drops too fast as your body needs time to adjust to weight loss. Usually this is only a temporary side effect and will usually go away with time but it a great way to notice that **weight is coming off too fast**.

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 **FULLFILLING ADVENTURE!!**

RAPID EMOTIONAL, MENTAL AND SPIRITUAL CHANGES HAPPEN WITH RAPID WEIGHT LOSS!!!!

Rapid weight loss can have both positive and **negative affects on your emotions**. Depending on the cause of the weight loss, you may feel happy with the results or you may feel depressed.

Since weight loss may be a desired characteristic of a **"good-looking" person**, as deemed by society, you may feel satisfied by the weight loss, but if a crash diet was used, it may be very likely that the weight will come right back which could lead to greater emotional strain. Crash diets can be very bad for your body, and emotionally can leave you feeling **tired and possibly depressed**.

Anxiety may also occur with rapid weight loss as the cause may not always be known or desirable. Anxiety may cause other physical problems as well such as hair loss or other physical problems that **stress may bring on**.

Irritability could be an effect of rapid loss,

especially if the weight loss is caused by dieting. Your body may tell you its hungry and **denying it can affect your moods**. Rapid weight loss may also lead to an eating disorder which may be considered a neurological disorder. **Getting help** from professionals may be a way to counter this developing and helping if it already has.

Losing weight affects your **hormone levels**, which in turn can affect your psychological disposition. Rapid weight loss can cause an extreme hormonal imbalance that can lead to **mood swings, difficulty concentrating**, stress and anxiety. Whether intention or non-intentional rapid weight loss, when allowed to continue, will continue to threaten your hormone levels more and more and can lead to very **toxic chemical imbalances** in your body.

Naturally when your body is going through **physical danger** you will begin

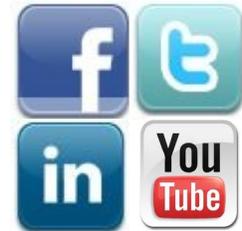
to lose your connection with that quiet voice of your soul. As the physical impact **exculpates into mental and emotional** issues then the connection is lessened even more. People who cherish their personal connection with their soul have the opportunity to listen to their bodies and know when they **hear the on-set of any issue** that will strip them too rapidly of weight.

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