

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 112th Newsletter, I want to talk to you about **weight loss** and it's impact on lives 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](#).

WEIGHT LOSS CAN SAVE YOUR LIFE!!!

It is **estimated** by the Food and Drug Administration that nearly \$60 billion is spent each year on the weight loss and diet industry. You would think that with all of that money being spent, **weight loss** would not be such a plaguing concern for most. However, 95% people who attempt a diet either fail or lose the weight and gain it **back** with additional weight gain as well. Excess weight is more than just a cosmetic problem. **Health risks** associated with excess weight are the leading preventable causes of death.

These health complications are serious, common, and **extremely** costly. More than 1/3 of the US population over 20 years of age is obese. Another 1/3 of the **population** is overweight. About 16% of children 2 years of age are overweight or obese. Yearly, **medical costs** linked to obesity and health complications associated with being overweight reach an **estimate** of \$150 billion or more. Some of these health compli-

cations include; heart disease, stroke, heart attack, brain aneurisms, edema, sleep apnea, arthritis, diabetes, and certain **types of cancer**.

There are many contributing factors to our population's expanding waistlines. **Inactivity**, large portions, unhealthy food choices, and lack of knowledge around the correct food and exercise selections for one's body are just a few. The massive amount of **conflicting** misinformation and options for weight loss can also be very overwhelming. It is important to work hard to find out the exact combination that works for your body to **lose weight** in a healthy way that lasts.

Strict dieting, restrictive calorie cutting, and food group eliminations are some of the main methods people use to lose weight that **set you up** for failure. Our bodies are built with certain survival mechanisms. **Fighting against** those with "will power" can only work for so long. This is one of the main reasons why people can stick to a strict diet for a little, but then **completely** revert back to their old way of eating or even worse, binge.

There are a certain amount of nutrients, and certain fuel that our bodies need to **function optimally**. You can keep this optimal functioning and still lose weight if done correctly for your body. When **restricting** this fuel that your body uses to function at some of its most fundamental levels, it leaves your body in a **state of starvation**.

Due to the fact that your body is always trying to maintain homeostasis, it will look to **alternative** sources for fuel. One pound of muscle uses about 70 calories of fuel, and one pound of fat uses about 7. In the



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case of self-preservation, your body will naturally be drawn to burn the muscle **before** fat since it uses more energy.

This is also true for eliminating entire food groups such as carbohydrates. Due to the fact that your body's and brain's main **source of fuel** is carbohydrates, eliminating them will create a similar effect. You may get a bit of immediate gratification on the scale when cutting carbohydrates, but that is primarily due to the water weight loss that is associated with excess protein and **reduced carbohydrate** intake, not actual fat loss.

After a restrictive diet, even if you have experienced a dramatic weight loss, you are **left with cravings**, imbalances, fatigue, and lean muscle loss. This slows the metabolism and sets you up for failure when you attempt to return to "**normal**" eating. There is a healthy lifestyle approach to burning fat and **preserving** or building lean muscle that leaves you with **lasting energy** (Cont. on next page)



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WEIGHT LOSS CAN SAVE YOUR LIFE!!! (Cont.)

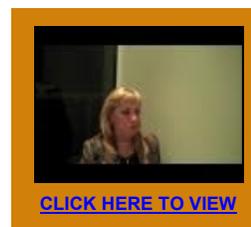
and optimal health and wellness!

Through out my life, for over 3 decades since an early teen, I have battled with weight loss. I was a ballet dancer; therefore I learned the wrong way with an obsession of being way under the medically healthy weight. I learned to live on unhealthy diets and over exercised. To top it off, I used to model as a teen and that added even more to the obsession and unhealthy habits. When I was about 16 years old, the crazy unhealthy diets and over exercise almost cost me my ability to become a mother forever. I ended up in a clinic dealing with being way

under the medical healthy weight, being anemic and with my reproductive system at a very dangerous level of malfunction. I half learned the lesson. I proceeded to spend the next 2 decades obsessing and trying to always lose or maintain my weight. I was always crossing the line of what is healthy to do, just to be able to be "thin". Long story short, I never had a healthy, peaceful, natural relationship to food, my weight or exercise.

But, thanks to almost dying 3 years ago because of sleep deprivation and an excess of stress for 1/2 a decade, I ended up trying, for the

first time in my life, a whole food plant based plan design to deal with all my illnesses and critical conditions. I discovered, as a bonus, the miracle of the benefits of this whole food, plant based plan. The major miracle was that I healed 99.2% of all my illnesses and the bonus miracle is that I no longer battle with my weight. My weight is stable, healthy and easy to maintain. I have no cravings. I have, for the first time in my life, no battle with food, my weight or excess of exercise. Try it, you will never regret it nor go back! It's a lifesaving transformation!!!



THE CORRECT EXERCISE AND NUTRITION ARE KEY FOR WEIGHT LOSS!!!

Exercise is a key component for healthy weight loss. Not only does it have significant health and mood benefits, but it will help you get your desired results more efficiently. The more muscle you have, the faster your metabolism and the more efficiently you'll burn fat. This is why weight training is so crucial during weight loss. It is possible to burn fat and build muscle at the same time as long as you're exercising correctly and eating appropriately for your body. Regardless, even if you are not building muscle, simply preserving it while you are focused on fat burning can help you sustain weight loss in the future. Some type of resistance or body weight training at least three times per week is recommended.

Cardio is also important for efficient weight loss. High Intensity Interval training is the best cardio for burning fat and building muscle. Many people think that long grueling miles or an hour of steady state cardio is the best for weight loss but this is not true. Pushing yourself to close to your max for 15 to 30 seconds, followed by a 30 second to one minute recovery, and repeating for

around 20 minutes, with a 5 minute warm-up and 5 minute cool-down is extremely efficient and perfect for weight loss.

This is due to EPOC, or the exercise post oxygen consumption created from high intensity interval training. Even if you may burn more calories during your moderate steady state cardio, your body isn't craving as much oxygen after so your metabolism will quickly return to normal. After high-intensity interval training, your EPOC rate is increased long after your work-out and your calorie burning throughout the remainder of your day is greatly elevated.

Nutrition is one of the most crucial ingredients for healthy weight loss. By eating a whole-food, plant based diet many unhealthy fats are naturally eliminated from your diet which can aid in weight loss without even trying. There is also a significant amount of fiber in this way of eating, which helps the body feel full and assists with digestion and detoxification.

Plant foods are naturally very detoxifying, especially dark leafy greens, vegetables, and fruits. As (Cont. on next page)

Weight loss is an enormous topic and is often approached purely from the perspective of looking better without any focus at all on health or at best with not enough focus on health in 99% of the cases. I have learned so much about the dangers of improper weight loss. Interestingly enough, when the body is at optimal natural health there is no need for constantly working too intensely and stripping down your nutrition to remain at an optimal weight. Instead your body will naturally balance itself for you. My vegan whole food, plant based diet and proper exercise has completely balanced my weight and has removed all the struggle for me in addition to having me be at optimal health.

Cherish your body with all of its imperfections. NOT DISPIE THEM BUT BECAUSE OF THEM as I speak about on my Health Proposal # 1. Listen to your body and find the appropriate healthcare providers, nutritionists and health coaches to guide you to take on balanced health for weight loss in your body in order to honor your body. I honor you and request you honor your whole body as it is all a part of your precious SELF!!

THE CORRECT EXERCISE AND NUTRITION ARE KEY FOR WEIGHT LOSS!!! (Cont.)

our body releases weight, toxins are also released. Flushing these out of the body with these crucial **components** will help the body adjust and **drop weight** quicker. Eliminating processed foods, sugars, white grains and pastas, and dairy and replacing them whole

grains, root **vegetables**, legumes, nuts, and seeds as well as drinking around $\frac{3}{4}$ of your body weight in ounces of water each day will also help.

Everyone's body is very different, so it is important to figure out

your body's needs or work with someone who can assist you in this. Listening to your body through this process is **imperative!**

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 **UN**

PRECEDENTED 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!!**

WEIGHT LOSS AND EMOTIONAL, INTELLECTUAL AND SPIRITUAL IMBALANCE!!

The effects of **weight loss** go far beyond the physical. There are many emotional, intellectual, and spiritual components to losing weight. Oftentimes, the weight is just a **physical expression** of something that is going on at a deeper level. Excess weight is simply fat that our body is holding onto and storing. This can be associated with repressed and stored **emotions**.

Overeating can be used as a way to block you from fully feeling emotions. The **chemical** reactions created by excess consumption of certain foods can create a sedating or numbing affect that can be somewhat addicting. This may seem like a **solution** in the short term, but will only lead to excess weight and occasionally feelings of remorse. It is **very important** to master the art of fully feeling your emotions and letting them pass rather than repressing them with food or other **measures**.

Finding ways to release these emotional **blockages** can lead to the release of weight. This can be done through different energy works such as acupuncture or Reiki. It can also be **accomplished** through journaling, dancing, or any other form activity that allows for release and **self-expression**.

Controlling stress is also a very imperative component of weight loss. Chronic stress can be as detrimental to your body as a **poor diet and inactivity**. The unhealthy hormones and chemical reactions triggered by stress lead to poor health, fat storage, and **diminished** digestive function and nutrient assimilation. Stress can also lead to cravings and **overeating**.

One of the most important components to losing weight and reaching **optimal health** is living your life as if you are already at your ideal weight. It's easy to put things off until you are a **certain** size but this will only keep

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you stuck where you are at. By pushing out of your **comfort zone**, and bringing confidence into each and every situation, your **ideal physique** will catch up to your new found **outlook**. Know that regardless of your weight, you are **beautiful and perfect**. Learning to love yourself and your body with all of your flaws instead of in spite of them is the key to lasting **weight loss**, and optimal health on all **levels!**

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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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