

WHAT'S NEW @ CAROLINA ARAMBURO & FRIENDS

Hello Health Partners!

On this 3rd Newsletter we will look at applying the 1st & 2nd Health Proposal to "NON-OBVIOUS ADDICTIONS" and also we will start the conversation about "STRESS" (please remember the video has more content, this is more like a summary), finally there is an outline of the main topics of the week on our FanPage; which were "TIREDNESS, FATIGUE, CHRONIC FATIGUE" and "TOXIC CLEANSING"

The following paragraph, will put the rest of the Newsletter in context: This conversation makes more sense if you watched the First Health Proposal. So if you haven't, please pause and go back and watch the First Health Proposal. All of my videos are free, find them at <http://www.youtube.com/carolinaarambuoro>. If you have questions, I will be happy to answer, please Facebook message me. **I am not selling you on anything**; my biggest commitment is the exchange of information and the chance to make a difference. **I am committed to make a difference for you, through this information, and you can make a difference for me, by giving me your feedback.**

NON-OBVIOUS ADDICTIONS

I'm not talking about the addictions we all know: drugs, cigarettes, alcohol, not even the addictions that most people know such as; salt, sodas, etc. I'm talking about the non-obvious addictions like;

- The addiction to "stress".

Not necessarily direct stress but we are addicted to many **behaviors that lead to stress unavoidably**.... check these ones out;

- The addiction to "not admitting that we are incorrect", because it looks bad to be the person that was "wrong", lots of stress there...
- The addiction to "do" – we are addicted to do, do, do, do and never enjoy the huge benefit of the stillness that is so healthy for your body – like meditation & more rigorous "no-doing" practices like SELF-observation, not in a religious way but in a health and well being, kind of a way.
- The addiction to "being liked" - Someone asks us to do something that we know is going to be stressful but we will say "yes", because we don't want to look like an unlikable person. All kinds of things come out of trying to look good. And that leads to a lot of stress...
- The addiction to "stay awake" – we don't sleep enough. We even admire the people who can live on 5 hours of sleep. I use to be one of those people. Meanwhile it is completely unhealthy & leads to enormous stress on our bodies...

Now let's apply the 1st Health Proposal to it to the "non-obvious addiction to "sugar". I used to be addicted to sugar and my normal pattern was; doing an "almost no sugar diet" for weeks and then I would "end

up cheating", one day at least,



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before getting back to the "super diet". That obviously, wasn't healthy. Now, **applying the proposal; I finally came from "cherishing that addiction" – I know it is a radical view but you can actually cherish, love, embrace that addiction vs. trying to fix it.** I started thinking: what would be a healthy way that I can give myself sugar?? ..I researched and I am now drinking organic carrot juice, sometimes every day, and it takes care of all of my sugar addiction in a healthy way, with ZERO CRAVINGS!!!

Let's look at more massive non-obvious addictions like the addiction to "stress".....(continued in the video)



CLICK HERE FOR FULL VIDEO

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STRESS

I want to begin a conversation about **stress**, because it is a **big, big, big subject – bigger than most of us are aware of**, I've found. I'll share with you about my experience and even though, you may not have the same one – **this can make a difference if you customize it for yourself, in any stress level**: lots, medium, little and if you have no stress, you can use it to make a difference for people in your life, when they are dealing with stress.

I had to learn about stress in a very dramatic way, because, I am a little embarrassed to admit it, I thought I could always deal with any amount of stress successfully. Well, I got a wake up call 8 months ago when I got very ill and **almost died**. Now, one of the many aspects of my illness is: I have a "chronic posttraumatic stress disorder" (PTSD). I have 3 or 4 years of chronic PTSD undiscovered and untreated.

When you have a condition like mine there are 3 alternatives. As my doctor said: 1) take traditional medication; 2) conversational therapy; & 3) help yourself in MANY NATURAL ways, there are a lot out there. Maybe for you, will be 2 or 3, but the statistics says **"2 out of 3 people in America use all 3 of them"**.

We must follow doctor's orders. I had and did take medication. "Talk therapy", in my case, was hard to use, as there was "no traumatic event" to work through. Ironically, I've been practicing, (for 16 years) distinctions of "taking therapy". Thus I applied the distinctions to myself, with my doctor's supervision – and it made NOT MUCH of a difference, because there is **PHYSICAL DAMAGE** that the untreated PTSD caused – like shaking the entire night so I was not able to sleep, along with **MANY OTHER THINGS, that we won't**

get into.

Now after **8 months of applying my 1st & 2nd Health Proposals** to this condition (If you haven't watch those videos, they are free in my youtube channel). I was able to diminish the medication (for this aspect of my illness). I went from daily to zero. Even my doctor said that was pretty dramatic. But it wasn't just magic – it was intense exploration of what would make a difference. Like, what exercise makes a difference; what food, what music, what kind of meditation, what kind of herbal tea, the time to take tea during the day. **what kind of food not to eat and MANY MORE THINGS...**

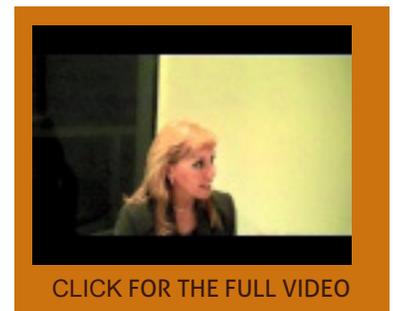
The following is ONE OF THE EXAMPLES IN THE VIDEO, that will give you a sense of applying the **2nd Health Proposal: taking the time to develop the creative art of "listening" to your body, with scientific precision**. That is the kind of communication where you can actually get what your body needs and you can start giving it to your body.

Everybody says **exercise supports people in dealing with stress**. I have done exercise my entire life and I love it. I'm an exercise fanatic. Doctors say that; 1 to 1 1/2 hours of exercise a day is plenty. **But it didn't work for me** so I kept **"listening to my body"** until I got, (in the beginning of the illness) that I needed about 3 hours of exercise a day to reach a "plateau" for a lot of the symptoms I had. And it wasn't just "exercise" because I tried them all – I tried Yoga, martial arts, swimming, plyometrics, weight lifting & more.. it was a specific type of exercise. And it was not just the kind of exercise, **it is also a particular heart rate**. I discovered what heart rate I needed and **FOR HOW LONG...**not just 1 or 2

hours, sometimes 3+ hours a day. I just keep going until my body became stable (I have learned to know exactly how my body behaves through chronic stress and also **how it behaves when it is stable**).

I think our bodies are such an unbelievably perfect gift. They can help us with our health challenges if we take the time to discover - even if it is funny or absurd - what our body needs. It may not be like mine. But, **if you take the time you will discover precisely what your body is "asking you for"**. I even discovered the exact kind of conversations and music that makes a difference....

I totally invite you to take the journey and give yourself permission to develop one of the **most important relationship you can develop – the relationship with your body**. Thank you for this opportunity.



MASTERFUL BUSINESS & PERSONAL COACHING

Given the urgency of the need for medicine, water, food and shelter for the **thousands of children in Japan**, I'll take on a few more business/personal coaching clients and **50% of my fee will go to Japan.**

Why have a coach? It works exactly the same way with your performance at work, as in your relationships, etc. You always do your best, of course, but you occasionally get extraordinary result, mostly good results and sometimes not good

results. Overall most people do not get a total abundance of extraordinary results. **You can't keep yourself, by yourself, on your peak performance** .. most people can't. It's not a lack of ability, it's simply that **you can't see your blind spots.** There are some of us, however, that are experts on human performance and can show you little changes you could make, here and there. If you made those little changes, that are hiding in your blind spots, you would have

way better results with way less work! That is why people get a coach! **People that are committed to the highest possible level of performance always have a coach.** I have it that every human being really deserves to live their life to the fullest so I have it that **every-body deserves a coach.**



CLICK FOR THE FULL VIDEO

TOPIC ONE: TIREDNESS, FATIGUE & CHRONIC FATIGUE

Now, just a quick update on the topics of the week on our Community FanPage. **We covered a variety of topics**, between them, the most important ones: "tiredness ...all the way to chronic fatigue" and "toxic cleansing" (see the full articles at <http://www.facebook.com/CarolinaAramburoAndFriends>).

We learned a lot from many articles and also from our Doctors, my special acknowledgement to Drew Karp & Raschid Guardia, IN SUMMARY what they **recommend** is:

Tiredness...all the way to chronic

fatigue;

- Search and heal the underlying **imbalances** within the body that are contributing to your level of tiredness or fatigue, even chronic fatigue.... **(they maybe organs not working properly** or ill, usually the liver, thyroid, etc)
- **Most important is a restful nights sleep.**
- Gentle... stretching, journaling and simple meditation before sleep.
- Breathing techniques when done in the AM gets the body energized. Look up Kundalini yoga breathing.

- Stop eating at 8:00 pm so your body can truly rest overnight.
- **Exercise even when fatigue is an issue**, it gets the adrenals, liver and endocrine system going.
- Ensure optimal environmental surroundings.
- Reduce negative factors on **care, communication and motivation.**
- Seek breaks or rest periods suitable.
- Make sure to have the **healthiest and most appropriate diet for your body.**
- Do a toxic cleansing, the most suitable for your body.

TOPIC TWO: TOXIC CLEANSING

NOTE: This is just the first cut at this hugely important topic.

Many of today's health challenges have a **common underlying cause - toxins.** Toxins that have gotten in to the body and "landed" in a particular organs. These toxins very often go below the radar and are **not picked up by traditional means.**

Yet, the body KNOWS they are there. They interfere with normal function,... say in the thyroid, liver, lungs etc. and cause dysfunction. To start cleaning the toxins, yourself; **start** by drinking pure and **"energized" water** - 2-4 ounces hourly, eat organic as often as possible, and find a good holistic doctor, near where you live, who is

familiar with gentle, effective, body friendly detoxification and balancing techniques.

ABOVE ALL rigorously **"listen" to your body** as specified on our 2nd Health Proposal, read books, get in touch with your body, it KNOWS, learn from it what to **provide for it, so it CAN HEAL ITSELF!!**

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