

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 114h Newsletter, I want to talk to you about **detoxing** 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**.

DETOXING CAN HEAL YOUR BODY!!!

If you're feeling sluggish or **out of balance**, experiencing acne or digestive problems, having trouble losing weight, or you've been **consistently** straying from healthy habits it may be a good idea to give your body a break and detoxify. **Millions** of people weigh down their system with **processed foods**, alcohol, coffee, and other things that your **body** simply can't digest efficiently. We also are faced with numerous **toxins and pollutants** from the air, household chemicals, cosmetics, and more. **Every day** your body absorbs thousands of **things** that are detrimental to your health. Luckily you've been equipped with an astonishing body that can **adapt and protect** you from these harmful substances, but after a while the **body** gets worn out and needs some assistance. That is where a **body detox** can be beneficial. One of the **best ways** to do this is naturally is through nutrition, light

exercise, and meditation.

Detoxification is about resting, cleaning, and **restoring the body**. Even though we have our own natural cleaning system, **detoxification** helps the process. It is practiced in many **different methodologies** throughout the world including Ayurvedic and Chinese **medicine** systems. By cleansing impurities, and removing **toxins**, then replenishing it with nutrients, detoxification can help to **prevent** against disease, heal the body, and keep the body in **optimal health**.

Detoxification works through a **number** of pathways but one of the **main ways** it aids the body is by cleansing the **blood and liver**. The natural detoxification process of the body takes **place** in the liver mainly, but is also supported by the **kidneys**, intestines, lungs, and skin. When these systems are compromised, impurities are not **properly filtered**, and it can create problems like fatigue, hormonal imbalances, adrenal fatigue, thyroid dysfunction, **nutritional** deficiencies, hair loss, wrinkles, cellulite, irritated skin, dark circles or bags **under the eyes**, distended stomach, mental confusion, or other serious health complications. If you're experiencing any of these **symptoms**, it is a good idea to do a body detox.

A **detox program** will aid your body's natural cleansing system by:

- **Activating** the liver to drive toxins from the body



CAROLINA ARAMBURO

- Allowing these organs to **rest**
- Encouraging **elimination** through the skin, kidneys, and digestive tract
- Replenishing the body with healthy **nutrients**
- Improving **circulation** of the blood
- **Removing** impurities from the blood

It is recommended to help your body detox at least **once per year**. A great time for this is in the spring or early summer, when fruits and **vegetables** are plentiful and warmer weather **provides** a great space for light and healthy foods. **Nursing mothers**, children, or those with chronic degenerative **diseases**, cancer, or tuberculosis should use caution when **detoxing**.

When you **eliminate** or cut back on certain foods, and replenish your body with **nutrients**, you may go (Cont. on next page)



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DETOXING CAN HEAL YOUR BODY!!! (Cont.)

through a slight withdraw period. During this time **your body** will focus on expelling toxins from your liver in any way possible, usually done through **bowel movements** and the skin. You may experience some discomfort when **detoxing**, such as headaches, fatigue, skin irritation, cravings, **trouble sleeping**, nightmares, irritability, and **congestion**. Once the toxins are out this will pass and you can expect to **experience**; weight loss, increased energy, brighter and better skin, lower blood **pressure**, regular bowel movements, improved mental state, improved health and **well-being**.

PROPER NUTRITION CAN DETOX THE BODY NATURALLY!!!

There are many ways to **detox the body**. The first way is to focus on decreasing your **toxic load** via what you consume on a daily basis. Smoking, **alcohol**, and caffeine must be the first things to go. Others to focus on **eliminating** are processed foods, sugar, **gluten**, dairy, meat, contaminated water, and any junk food.

There are a few **different** methods of detoxification. It should be made clear that **detoxing** is not a diet method! It should not be used for rapid **weight loss**. It should be done gradually and naturally through supporting your body's natural **detoxification systems**.

One of the most extreme measure of detoxification is through a **juice cleanse**. This is done by drinking only fruit and vegetable juices for a certain **period of time**. We do not recommend doing juice cleanse longer than **5 days**. While on a juice cleanse, it is important to let your **body** rest and drink plenty of water.

Sweating for short period of time in a **sauna** or steam room is encouraged, but exercise could deplete your body's **energy stores**, cause intense cravings, and potentially be very **dangerous**.

In my **personal journey** I have learned the huge importance of **detoxing**. I am not proud to admit that my **entire life**, since I used to eat "relatively healthy" always, I use to think that I did not need to ever do **anything** extra to "detox". But, when I got **deathly sick** and the Doctors let me know that my kidney and liver **failure** was very much so due to the **accumulation of toxins** in my organs. This was from the **medication** that they, themselves, gave me, from the toxins in the **environment** and from the food that I was **eating**. I learned (in a forceful way) that I

needed to detox and detox, as a **habit**, periodically versus as an event that I just did once because I was **very sick**.

The great news, after my **complete healing**, is that having a whole food plant based diet **provides me** (and can provide you) with ongoing **natural detox** without having to do additional "dramatic detox diets". It is the **most pleasant** way and very **effective!!!** I have been enjoying this **benefits** already for a year and I hiiiiighly recommend it, for **you!!!**



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Our bodies **collect and store** a lot of toxins from the food we eat, the environment and products we utilize. These toxins are at the source of many health problems that can be **deadly** to us. We would never dream of letting build-up occur in any fine machinery we use (such as our cars) but we do not necessarily think to **cleanse our bodies** of any toxic build-up. A miracle gift that I really want to give you is the gift of knowing that with a planet based whole food diet your body will **automatically** cleanse itself naturally and on-goingly. Your body is designed **perfectly** and when you treat it with care and give it what it needs then it WILL maintain itself for you.

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 customized a detoxification plan for 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!!**

- Drink ½ - ¾ of your body weight in ounces of **purified water** daily depending on your activity and sweat level. 2 quarts at a **minimum**.
 - 1 TBSP of Liquid **Chlorophyll** daily
 - Focus on Raw foods, especially berries, **leafy greens**, and seeds like chia and hemp
 - Focus on **fiber**. Whole grains, root vegetables, greens, and other vegetables are great for this.
 - Include these **detoxifying foods** daily: beets, goji berries, strawberries, artichokes, kale, cabbage, broccoli, radishes, seaweed, spirulina, and chlorella
 - Include these detoxifying **herbs**
- (Cont. on next page)

PROPER NUTRITION CAN DETOX THE BODY NATURALLY!!! (Cont.)

- daily: turmeric, cinnamon, cumin, dandelion root, milk thistle
- Eat a 100% raw breakfast and dinner
- Stop eating early enough to not consume any foods for 12 hours from night to morning
- Sleep at least 8-9 hours each

- night
 - Dry brush your skin, and use detoxifying foot baths
 - Use natural cosmetic and household products that do not contain harmful chemicals
- Combing all of these methods and

being very diligent about them will help your body heal and prevent illness in the best way possible! Taking care of your body from the inside out is imperative for optimal health and wellness!!!

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

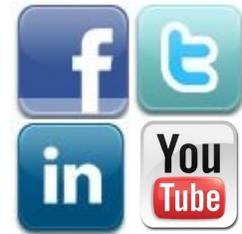
PRECEDENTED transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included managers, supervisors and leaders. This coaching/consulting was mostly on business performance 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!!

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DETOXING CAN HAVE AMAZING EMOTIONAL, INTELLECTUAL AND SPIRITUAL IMPACTS !!!

There is a huge emotional, spiritual, and intellectual component to detoxification. Detoxifying your body is all about letting go, and this includes letting go of pent up emotions, anger, fear, resentment or anything else you've been holding onto. Energetic blockages like these can manifest into serious health complications.

One emotion that is critical to release while detoxing, and throughout your life, is stress. Stress can literally be one of the most harmful things on the human body, as well as your emotional, spiritual, and intellectual well-being. When the body is in a state of stress, you will produce toxins and harmful chemicals that pollute your system. A detox is never truly efficient without focusing on releasing stress as well. A great way to support your detox and healing jour-

ney is through methodologies that support the release of these emotional blockages such as acupuncture, journaling, or Reiki.

Detoxification not only heals your physical body, but it brings about a certain balance to your entire system. As the body cleanses, things that cause mental sluggishness or emotional upset are slowly stripped away from the body. You'll experience more clarity and a chance to connect with parts of yourself that have been hidden for quite some time.

After detoxification, people report increased mental clarity, less fear, and ease in connecting with their higher self or intuition without all the toxins holding them back. This allows you to make decisions more efficiently and really tap into a new realm of awareness.

Ways to increase the speed of connection with your higher self and tap into awareness is by supporting the body's detoxification through yoga and meditation. Keeping the mind clear through this process will help you on every level. As you detox you'll notice the ease at which you can meditate will greatly increase!!

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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

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