

WHAT'S NEW @ CAROLINA ARAMBURO & FRIENDS

Hello Health, Fun and Well Being, partners!

On this 4th Newsletter we will look at applying the 1st & 2nd Health Proposal to specific "NON- OBVIOUS ADDICTIONS": "the addiction to food" and "the addiction to do" (please remember the video has more content, this text is more like a summary).

The following paragraph, will put the rest of the Newsletter in context: This conversation makes more sense if you watched the 1st & 2nd Health Proposal. So if you haven't, please pause and go back and watch them. All of my videos are free, find them at <http://www.youtube.com/carolinaaramburo>. 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: FOOD

Let's look at the non-obvious addiction to food. I really got the perspective of all the natural doctors that are talking about that "you can heal yourself with your food". It is good news, but, before we do that, most of us need to deal with the addiction aspect, to food. By the way - Coming Attractions - we are going to have a couple of videos talking about how to heal your body with food.

We just are addicted to food. Think about it – when somebody is addicted to something they can't stop themselves. Some of us can't stop ourselves from eating. And some people are addicted to specific things, such as: cookies, chips, ETC.. But, people dealing with an addiction triumph, because they are willing to face it first.

About 20 years ago – I really got that I am addicted to food. Now, here is the first problem; If you are addicted to alcohol you just get yourself out of every possible situation that could have alcohol. But, if you are addicted to food how can you get away from food? It's like a catch-22, right? . Now, let's see...

We need water, of course, and food – but we don't really need everything we eat. Seriously: I've never seen somebody having a deficiency of pizza. We are not addicted to water. It is not like; we fantasize about water, we start drinking water and we cannot stop ourselves from drinking more water than what we need.

Now, once you start dealing with it there are things that can make a major difference. You can test it out; first try getting away from that thing you are addicted to for a while. Like, I was addicted to chocolate and I stopped eating chocolate for six to eight months (don't worry it's not like stopping chocolate forever). And in that time, I got, and you will get, to the point that my/your body does not crave chocolate at all. And surpris

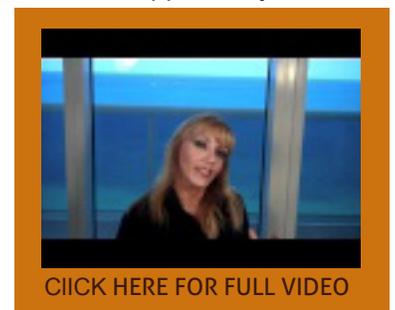


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ingly when I started eating a little bit of chocolate, it didn't taste as amazing as before. It is good, but now it has become "an addiction that is healthy".

In the 1st Health Proposal – I was suggesting that we can cherish our body because of our addictions rather than in spite of our addictions. Now, if you applied that proposal you would cherish your body with your addictions and you would... more in the video

Please give me your feedback – I love feedback – under the video there is place where you can put all of your comments. I will really appreciate it. Thank you for this opportunity.



CLICK HERE FOR FULL VIDEO

CLICK HERE to VISIT CAROLINA ARAMBURO & FRIENDS NOW

NON-OBVIOUS ADDICTIONS: DOING

You know we are “doers”, especially these days. **We are addicted to not rest enough.** Most people know that when we sleep our body is restoring itself. Well, it is the same thing for our minds during the day and night. If you read a little bit and investigate – the optimal way to keep using your brain is NOT to keep doing more and more, it is actually to pause enough. Most doctors agree, even **seminars and classes are not designed to “take care of our brain enough”.** There are not enough breaks and when there are, they don't send you to do nothing....they send you to think more (which is no break for your brain). I have been so guilty, in the past about this.

It is admired to be a “doer”. If you say, “I have an addiction to food,” people don't admire you, of course. **But a “workaholic” for many; is “a good addiction”.** If you share with someone, “I worked so many hours” people admire you. Now, if you say; “I restored my body, I relaxed, did absolutely NOTHING, meditated, etc”; people will say things like, “Lucky you that you can do that.” with a little bit of an attitude.

Now, I am not saying doing is bad – doing is great BUT nothing in excess is good. The addiction to do has gotten us in a lot of trouble, **many doctors say. Lots of health problems derive from it.**

I can tell you, inside my illness I learned; there is a whole chain reaction of consequences for being a person who was addicted to “do” and to be as productive as I could be. **There is at least 4 components of my illness that come strickly from this.**

In the 1st Health Proposal we said to cherish you body; love your body because of the imperfections

– not in spite of the imperfections. Well, I am inviting you to apply this same theory to this addiction to “do”. **Thus, instead of criticizing yourself for this addiction to “doing” try on “just observing yourself”.** Like, “ Well, there I go again. Gotta' do, gotta' do, gotta' do. Let me breathe for 20 minutes – just breathe.” Start to check with your body. What is really the balance for your body? **The miracle happens when you apply the 2nd Health Proposal;** start listening to your body, it really knows how much to do and when to rest. I know it seems like it is going to be upside down and you are really not going to be productive but it is quite the opposite. If you restore yourself to the fullest when you go back you will be operating to the highest of your capacities, **thus produce more in less time.**

Try it on; intentionally schedule yourself with periods of doing nothing, I don't mean watch TV (and I am not saying it's bad at all), I don't mean just chat (even though all those things are good), I don't mean take a break from the office and go to “think” in the garden. **I ACTUALLY MEAN DO NOTHING, literally.** When you try it, you will see revealed your addiction to do....at first it is challenging “do actually nothing”, not only with your body, but with your mind also. This is because thinking still is “being mentally active”. I actually mean just **observe your thoughts, don't think about resolving something**.....just do nothing, think of nothing. Observe your thoughts....it's like a mental “cleansing”....Many disciplines teach us to meditate, and it's great, but in this case, if you try “un-directed, no mantra, no visualization, just nothing, peace, quiet, observe thoughts go by, kind of meditation”....just “be” there for 20 minutes or so.

YOU DESERVE BREAKS, many BREAKS! Please gift yourself with them!!.

You know I love your feedback. Please, go to <http://www.CarolinaAramburo.com> now to post any feedback you may have.



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 **everybody deserves a coach.**



TOPIC ONE: CHOCOLATE

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: "chocolate and "drama" (see the full articles at <http://www.facebook.com/CarolinaAramburoAndFriends>).

IN SUMMARY:

Chocolate has gotten a bad rap. There is in fact a growing body of credible scientific evidence that chocolate contains a host of heart-healthy and **mood-enhancing phytochemicals, with benefits to both body and mind.**

These benefits include:

- Dark chocolate is a plentiful source of antioxidants – which

reduce ongoing cellular and arterial damage. One antioxidant found in chocolate called polyphenols **protects against heart disease just like it does in red wine & green tea.**

- Dark chocolate can reduce blood pressure in people with mild hypertension
- Dark chocolate thins the blood & performs the **same anti-clotting activity as aspirin.**

How much do you need? Adding **only half an ounce of dark chocolate** is enough to increase total antioxidant capacity 4 percent, and lessen oxidation of LDL cholesterol.

Chocolate is also the richest

known source of a theobromine (like caffeine), phenethylamine, (which triggers the release of **pleasurable endorphins** and potentiates the action of dopamine, a neurochemical associated with sexual arousal and pleasure), and anandamide (which binds to the same receptor sites in the brain as cannabinoids, and produces feelings of **elation and exhilaration**). Finally chocolate boosts brain levels of serotonin. (women with PMS, menstruation and people who are depressed have low levels of serotonin - it also is responsible for **sleeping well**).

TOPIC TWO: NON-OBVIOUS ADDICTION: DRAMA

SIX Sure Signs You Suffer from the Non-Obvious Addiction to Drama

1. You Love To Gossip.
2. **You Are Always In The Middle of a Crisis.**
3. You're Glued to the News, Magazines And Stories About X Y & Z.
4. You Have a Tendency Toward **Over Reacting** versus Rational Behavior

5. Everything is a Bigger Deal than it Actually is
6. You're a Pot Stirrer

The hardest part in letting go and releasing from the addiction to drama is that like any addiction, **most people actually get some form of pleasure** from these very things that are not good for them. The reality is that in life,

drama will always be around, but you can choose not to let it consume you.

You can control the meaning you give it and that's when drama can actually **become powerful and productive.** because sometimes it is exactly what you needed to happen to change your course for the better.

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