

WHAT'S NEW @ CAROLINA ARAMBURO & FRIENDS

Hello Health, Fun and Well Being, partners!

On this 6th Newsletter we are honored to be able to summarize several articles written by **Michael Forman** on Nutrition, Best Foods to Eat & Exercise. Michael is one of the doctors who contributes to our Health, Fun & Well-Being Community. You can find Michael's full articles posted **HERE** (<http://www.facebook.com/CarolinaAramburoAndFriends>)

In order to 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. You can do that by **CLICKING HERE.**

NUTRITION

As we continue utilizing Health Proposal 1: cherishing our bodies because it's imperfections and Health Proposal 2: listening to our bodies you will see that if you listen and cherish your body, YOU WILL TOTALLY EMPOWER the **interaction between the foods you eat and how they interact with the systems.**

Let's get right to a topic that affects many of us. Did you know that it is much easier to lose weight than people proclaim it to be? According to Michael **losing weight is the simple.**

The body is meant to be an **efficient, effective machine** designed to run on the food that we put into it. The liver is the organ in the body that is responsible for breaking down the food(s) which we eat into their component vitamins, minerals, nutrients, proteins,

carbohydrates and fats, etc (P.S. fat is not an evil word, there has been too much hype on how fat is the source of us becoming fat and **I will show you exactly what is causing us to gain weight.**)

The **liver can easily break down foods that it recognizes.** This is very similar to how a car that runs on gasoline can easily use any form of non-diesel gasoline for fuel. But when a car that is not equipped for running on diesel fuel is given a little bit of diesel fuel then the car will not run properly. This is the same concept with the liver. When the liver **encounters foods that it's meant to encounter** those foods are easily broken down into their component nutrients, vitamins, minerals, proteins, fats, carbohydrates, etc.

Now you may be asking yourself, well what types of foods does the liver recognize? Well the **liver recognizes foods that come from nature a.k.a. all natural foods.** All-natural foods are not necessarily vegetarian or vegan, which is a common misconception.

All-natural foods are just that, foods that come from nature, **foods that are not man made.** Beef comes from cows, cows are not man-made, hence a steak w/ nothing added to it is all-natural. Chickens are not man-made so a chicken breast with nothing added (when I say nothing I mean **no hormones, no antibiotics, no chemicals, no cooking sauces or breeding with artificial ingredients**) to it is all-natural.

The liver easily breaks down a plain piece of steak, a plain piece of chicken and it easily breaks down **anything that comes from nature** (fruits, vegetables, beans,



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lamb, milk products, etc.). Things that the liver can easily breakdown are used by the muscles, ligaments, organs, tendons, skin, etc., of the body, **for growth, regeneration, fuel, storage and other natural processes.**

According to Michael, unfortunately, most of us are not eating all-natural foods. Many of the foods that we buy in supermarkets have artificial ingredients added to them and **the liver cannot break down these artificial ingredients.** Things that the liver cannot breakdown are sent to a system in the liver known as the **Liver BioTransformation Pathway.** The Liver BioTransformation Pathway is as efficient as it gets and it always does it's job, which is to make sure that things that our



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NUTRITION (cont.)

body does not recognize (**things which are harmful and poisonous to our body**) do not get into our bloodstream and damage the body. The Liver BioTransformation pathway will take foods that it does not recognize and **capture them in a cell of fat**, every time, all the time.

Fat cells are extremely hard for the body to break down in our day-to-day processes. Sitting at your desk at work, going to a movie, having coffee with friends - these things will not break the chemical structure of a fat and release the fat cell from the body. So when one eats an all-natural and organic foods diet, we **naturally lose weight and we naturally maintain**

EXERCISE

In Michael's above articles on Nutrition he shares the all important concept of nutrition as an answer to losing weight. So now it's on to exercise. **Aerobic exercise is the other half of the equation of losing weight**. AND as always I propose you LISTEN TO YOUR BODY

According to Michael the body cannot break stored fat cells on its' own and **low impact, steady-state aerobic exercise** can do that and does that efficiently. There are so many new exercise phenomena, fat-blasting moves, zumba, yoga, etc. Even though all those types of exercise are great for various purposes, they are not the most effective way to lose weight at all, contrary to popular belief. None are as effective or as sustainable as low impact, steady-state exercise. Low impact, steady-state aerobic exercise is just that. **This does not mean pushing ourselves until we feel the burn**, this does not mean going to the max, this does not mean going further and harder than we've gone before.

What this does mean is **getting the heart rate up to a moderate level** that has the heart pump

a healthy weight once our body gets to what it determines to be our healthy weight. It's that simple, eat an all-natural and organic foods diet and you're guaranteed to lose weight.

As I have been on my intensive health journey I have been listening to my body every step along the way and am a **new student of listening to my liver**. Various medications have impacted my liver over the 10 months I have been under doctor's care and I have, as Michael indicates, I have seen my weight "behave" illogically; like gain a pound the day I only drink 1 glass of juiced veggie or lose a pound, the day I eat every 2 hours (differ-

more blood and has the body take in more oxygen. The key to aerobic exercise is **taking in more oxygen**. Fat cells are chemically held together with a carbon molecule and the carbon molecule must be broken in order for the fat cell to be released and put to use by the body. **Carbon molecules can be broken by one and only one process** and that process is adding a high volume of oxygen, which cannot be achieved in most people's day-to-day work or social activities. Completing three to four 20-minute sessions of non-stop aerobic exercise, per week, provides a high enough volume of oxygen to help us **rapidly burn fat molecules**.

Michael uses the words low impact, steady-state over and over again and you may be wondered what he means by those words. Low impact means just that, things that do not include **excessive pounding or strain on the body**. An example is taking a 20 minute walk without stopping, 20 consecutive minutes of swimming easily in the pool or ocean or lake (for those of us who live near warm water), biking for **20 minutes**, taking a 20 minute hike without stopping, dancing for 20

ent parts of my illness presented different food/no food regimens). My liver is a key partner in my physical recovery. Honoring Health Proposal 1 & 2 I am **cherishing my liver and it's perfect imperfections and listening to my body** everyday as it instructs me on what my liver can handle. Time for you to pay attention to your liver weather it is for weight loss or other health issues. **Nutrition is the answer** to your partnership with your liver and to a healthier overall Well Being.



minutes consecutively, jazzercise classes that do not involve stopping, etc.

You have likely also noticed that Michael keeps using the words non-stop; **without stopping and consecutive** and there is a distinct and important reason why he use those words. Michael says that 14 – 17 minutes of consecutive exercise will be enough to burn all of your bodies' carbohydrate stores, but will not be enough to burn fat. When you hit your **individual carbohydrate threshold**, which is typically between 14 and 17 minutes then the body starts to burn fat and when (cont. next page)



EXERCISE (cont.)

you hit 20 minutes the body starts to burn fat in rapid succession. And the key here is that it takes **20 consecutive minutes of exercise to burn fat**, non-stop

MASTERFUL BUSINESS & PERSONAL COACHING

I started a new Facebook Page for Free -Coaching. For those of you that don't know me from before; **coaching people in large groups and one on one, is what I have done**, in one methodology or another (including but not limited to: Silva, that of J. Rohn of Herbalife and my own) since 1991.

In 1999 I began coaching people in Landmark Education inside of various leadership roles. Using their methodology; Ontology In

BEST FOODS TO EAT

Michael's theory is **all-inclusive**. He says that there is no one vitamin, mineral, supplement, etc. that can cause great health. He gives a perfect example: lycopene. Lycopene has received much press over the years as a **powerful mineral that helps to fight heart-disease and prostate cancer**. But lycopene extracted from a tomato is not as powerful and is actually ineffective in fighting any type of disease.

The reason for this is that the lycopene in a tomato is **effective because it is mixing** with many other phyto and micro nutrients that help to allow the body to use the lycopene. Without these **phyto and micro nutrients** that aid the lycopene in being used by the body, lycopene is ineffective. The way the body works is that it responds to whole foods and the vitamins and minerals found in **whole foods to create a powerful formula** that provide unending health benefits to the body. There are specific whole foods that Michael says takes the prize.

Dark, leafy greens:

- contain almost **100% of the daily vitamin and mineral contents** that our body needs to utilize to live.

movement also known as steady-state. You don't need to do anymore, in fact doing exercise that strains the body can be **harmful and is typically not sustainable**

the years that I was leading the L. Forum I both coached **entire rooms of 150+ upto 1200 people** and individual people who came to the microphone. In addition to this I did both group and individual coaching of the teams of people who worked with me, mostly managers plus various other individuals. This coaching was on **both personal and business** topics.

My experience, training and un-speakable privilege of coaching

- do not, unfortunately, include lettuce, lettuce has no nutritional content in it what so ever.
- are not overly common in the American diet, so some of these foods may be new to you.
- include all types of kale, broccoli, spinach (actual spinach and not spinach lettuce), brussel sprouts, cabbage, bok choy, all types of chard, escarole, broccolini, asparagus, collard greens and **anything that has a dark green color and is leafy**.
- **have the highest vitamin, mineral and nutrient content of any food that exists**.

There are also **powerful anti-oxidant rich foods** which include acai berries, goji berries, maca powder and mangosteen.

Michael says to add these foods to your diet, daily and reduce processed, unnatural foods to be **on your way to greater health**, less disease and for your body to look, feel and act younger. I say learn from Michael, and our vast group of generous doctors, nutritionist, etc, and above all learn to listen and trust your body, so you can treasure it in the best possible way.... you deserve it!!

Inmense gratitude to you Michael!

unless you have consistently built up to being able to handle the fuel loads, muscle glycogen depletion, musculo-skeletal loads and organ demands of higher-level exercise.

people prior to and since leading the L. Forum has allowed for me to have access to the **utmost training and practice for years**. It also absolutely gives me the **confidence** to coach **anyone in anything**, under any circumstance and have his or her **success from my coaching a forgone conclusion**.

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