

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 411th Newsletter, I want to give us a chance to consider the benefits that **belly fat** can have on our health 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](#).

NOT ALL Belly FAT is CREATED EQUAL and BELLY FAT ... even a LITTLE is TOXIC and can be DEADLY !!!

No matter what your overall weight is, having fat accumulated around your belly **greatly increases** the risks of very serious concerns. This is because the fat in this area doesn't just lie **dormant**. Body fat is not an inert mass used only to store energy. Body fat can be seen as a "**distributed organ**", as it secretes a number of hormones into the bloodstream, emits chemicals called cytokines, which cause inflammation and can interfere with how your liver functions. This can lead to insulin resistance, which is the beginning of diabetes.

Not all **fat** is created equal. There are two types of fat, the subcutaneous fat that accumulates between your skin and muscle and visceral fat, which accumulates **around the organs**. You can see subcutaneous fat, it is what you can pinch between your fingers. Visceral fat, also called

Belly fat, however cannot be seen at all and is indicative of more than just an accumulation of fat around the mid-section, its **representative of a larger problem** below the surface. That problem is visceral fat, which is a potentially life threatening issue, is effecting (should it be effecting or affecting) people in staggering numbers that account for numerous **health concerns** and complications. Maybe you are thin and are thinking this doesn't apply to you ... please keep reading as we all have visceral fat.

Most people are aware that being overweight or obese has long-term **detrimental** effects on your health. The fat that is visible on overweight or obese people is called 'subcutaneous fat' which sits on the outside of the body. However, **everyone** has some visceral fat. Even if you have little excess subcutaneous fat, the kind you can pinch under your skin, you may still carry excess visceral fat, so don't be fooled! **Skinny** people can have unhealthy "hidden" belly fat too. Cases have been documented, in thin individuals, where 7 liters of fat were found in people who were considered UNDERWEIGHT. The great news is that the average cause of visceral fat can be **prevented** and regardless of the cause of visceral or belly fat all cases of can be **reversed** and healed. Reading this Newsletter from beginning to end could save you or someone you love from some of the health complications caused by visceral fat including:

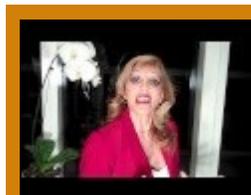
High blood pressure, stroke, chron-



CAROLINA ARAMBURO

ic **inflammation**, exaggerated symptoms of inflammatory conditions like autoimmune disorders, some types of **cancer such as colorectal cancer and breast cancer**, Type 2 diabetes, Insulin resistance, High triglycerides, **Low** levels of high-density lipoprotein (HDL), or "good," cholesterol, metabolic syndrome, **sleep apnea**, heart disease, asthma, dementia, Alzheimer's disease, osteoarthritis, gallbladder disease, fatty liver disease, Pregnancy complications, hypertension, and atherosclerosis.

Some causes of belly or visceral fat are outside of people's control such as **toxins** (both environmentally and in our foods and products), genetics, sex and aging. Aging is a major factor in gaining this type of fat, as people tend to lose (Cont. on next Page)



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muscle mass as they age, leaving them with a higher percentage of body fat in general and changing the way the body burns calories, hormonal changes and genetic predisposed to gaining it. In fact, a person may be within a healthy weight range, but still have too much fat around the internal organs.

Men have more visceral fat than women, although after menopause, women tend to gain more visceral fat than subcutaneous fat. Genetics can also play a role as some ethnic minorities like Hispanics and Native Americans are more prone to collecting visceral fat. Studies have shown that close to half of women and more than half the men with normal body mass index (BMI) scores (a measure of body fat, which has been proven to be very flawed, based on height and weight that applies to adult men and women) had excessive levels of internal fat deposited around the heart and liver, and streaked through under-used muscles.

Central obesity can also be a feature of lipodystrophies, a group of diseases that is either inherited, or due to secondary causes (often protease inhibitors, a group of medications against AIDS). Central obesity is a symptom of Cushing's syndrome and is also common in patients with polycystic ovary syndrome (PCOS). Central obesity is associated with glucose intolerance and dyslipidemia, once dyslipidemia becomes a severe problem.

The prevalence of abdominal obesity is increasing in western populations, possibly due to a combination of low physical activity and high-calorie diets, and

also in developing countries, where it is associated with the urbanization of populations. Most causes of visceral fat, as a matter of fact, can be completely prevented and controlled such as being sedentary, chronically stressed, yo-yo dieting or maintaining unhealthy, unbalanced diets.

Lack of sleep is not commonly thought of as a factor, but getting less than seven hours of sleep a night can cause changes in hormones that increase your appetite. You may also crave foods high in calories and carbohydrates to give you lost energy, which can contribute to weight gain. In women, pregnancy can also be a catalyst in becoming obese. During pregnancy, a woman's weight necessarily increases for development of a baby. Some women find this weight difficult to lose after the baby is born. This weight gain may contribute to the development of obesity in women.

Certain medication that a person takes can have side effects of gaining weight. These medications include some antidepressants, anti-seizure medications, diabetes medications, and steroids. Obesity can sometimes be traced to a medical cause, such as Cushing's syndrome and other diseases and conditions. Some medical problems, such as arthritis, can lead to the decrease in activity, which usually results in weight gain. A study suggests that low metabolism is unlikely to cause obesity, as is having low thyroid function. Another sets forth a close relationship between hypothyroidism, thermogenesis, lipid metabolism, and obesity.

Abdominal fat breaks down into fatty acids and when these excess fatty acids flow into the liver, (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important recommendations for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary Holistic Health/ Wellness Coach.

*In my second health proposal, I proposed that you can improve your health by listening to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a specific way that this needs to be done and to learn 'HOW' please watch my video by clicking HERE.

My 2nd recommendation is that you find an extraordinary Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create Top Wellness, with and for YOU, by designing completely customized nutritional, exercise plans that work for your unique body!

If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I never imagined possible!

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sometimes referred to as “fatty liver”, a chain of **reactions** occurs not only sending out inflammatory chemical messengers, but also increasing the production of LDL (bad cholesterol) and triglycerides. While this is happening **abdominal fat** also initiates a change in angiotensin, a **hormone** that control blood vessel constriction. This increases the risk of high blood pressure, stroke, and heart attack.

During this time when **insulin** is becoming less effective in regulating blood sugar in the body an imbalance is created, and fatty **acids** and clots get into the blood stream from abdominal fat. All of these health concerns are indicative metabolic syndrome and the **combination** of risks associated with these conditions greatly increases the risk of mortality from heart **disease**.

Men typically collect more belly fat that women **earlier** in life. It is also indicative of erectile dysfunction for men over 55. Women tend to be somewhat **protected** from belly fat before menopause and due to a higher level of **estrogen**, most often collect any excess fat around their hip and thighs. Once **menopause** hits, the risk for belly fat increases and so does the risk for cancer, specifically **colon cancer** in men and breast cancer in women. This is due to the fact that as the fat breaks down it releases cell proliferating agents that speed up cancer **development**.

Says Ernst Lengyel, a professor of obstetrics and gynecology at the University of Chicago, "**Cancer** cells can feed from visceral fat and," he adds, "there isn't necessarily a connection to obesity because **lean women** also get ovarian cancer." Other can-

cers such as breast, gastric, and colon, research shows, may also be fueled by visceral fat.

The real problem, created by visceral fat, is **inflammation**. Temporary inflammation is a necessary portion of the response to damage and disease by the **immune system**, but chronic, unremitting inflammation accelerates progress towards frailty and ill-health. It also shows up as a contributing factor in **degenerative aging** later in life as the immune system becomes increasingly damaged and erratic. This process is known as **inflammaging**.

Distinct from the aging of the immune system, fat tissue itself spurs chronic inflammation. This has been known for some time. You might look at the **connection** to macrophage behavior, for example, or **cytokine signaling**. The more visceral fat you have, the higher your level of chronic inflammation - and thus the more damage gets added per unit time to the state of your biology. Aging itself is nothing more than **damage and the reactions** of bodily systems to that damage.

Currently, there is a lot of research that suggests that **chronic** inflammation is at the bottom of a great many diseases that plague us today. Most people do not realize that 80% of the **immune system** resides in the intestinal tract or our guts. That is why is it so important to have a healthy microbiome of gut.

Every time an immune response is activated, chemicals called **cytokines** are released. These cytokines are purveyors of inflammation. Therefore, each time an immune response is initiated, inflammation occurs *under the ra-*

dar. If the person's immune response is unbalanced the response may be **inappropriate** and will create inflammation. Inflammation is destructive and chronic inflammation is the basis of all kinds of degenerative diseases.

These are possible **reasons** why your belly fat hasn't budged up until now:

- You're getting older
- You're doing the wrong workout
- You're eating an unbalanced diet or one filled with chemicals and toxins
- You're eating the wrong fats
- Your workout isn't challenging enough
- You're doing the wrong exercises
- You're stressed
- You're skimping on sleep
- You're sick
- You're unmotivated

However, regardless of your genetic makeup and **age**, there is something you can do about it! Most abdominal fat is a result of poor lifestyle choices. A **healthy lifestyle**, diet, exercise, and spiritual practice can greatly **reduce** your belly fat, and all of the staggering health **complications** that come along with it.

Belly fat has gotten a very **deserved** reputation as an unhealthy fat. "Understand that belly fat is both visceral and subcutaneous," says Kristen Gill Hairston, MD, MPH, an assistant professor of medicine at Wake Forest University School of Medicine, Winston-Salem, N.C. "We don't have a **perfect** way yet to (Cont. on next page)

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determine which [of belly fat] is subcutaneous or visceral, except by CT scan, but that's not cost-effective."

But if you've got an oversize belly, figuring out how much is visceral and how much is subcutaneous isn't as important as recognizing a big belly is unhealthy, she says. How big is too big? Women with a waist circumference more than **35 inches** and men with a waist circumference more than **40 inches** is a sign of excess visceral fat and are at increased disease risk.

While men, especially "apple shaped" men, tend to accumulate visceral fat in the belly, it's no secret that women, especially if "pear-shaped," accumulate subcutaneous fat in their thighs and buttocks. Unsightliness aside, emerging evidence suggests that pear-shaped women are protected from metabolic disease compared to big-bellied people, says Susan Fried, PhD, director of the Boston Obesity and Nutrition Research Center at Boston University and a long-time researcher in the field.

The good news is that visceral fat yields fairly easily to exercise and diet, with benefits ranging from lower blood pressure to more favorable cholesterol levels. Subcutaneous fat located at the waist — the pinchable stuff — can be frustratingly difficult to budge, but in normal-weight people, it's generally not considered as much of a health threat as visceral fat is. Even though excess subcutaneous body fat is more benign than excess visceral fat, excess body fat of any kind is not health-promoting.

There are several ways to

measure visceral fat without medical procedures such as CT scan or bioelectrical impedance. These ways to measure on your own are not as accurate as CT scan or bio-electrical impedance but can give you a relative idea and also do not have the radiation effects of the CT scans or costs of either procedures.

Due to the texture of visceral fat being so strong, there is a way to determine how much visceral fat you may have. Subcutaneous fat is soft and tends to move with the positions of the body. If you lay down subcutaneous will flatten and /or fall to the sides and when you stand it will maintain level until the next movement. This is not the case with visceral fat, so it makes it a bit easier to measure the severity before seeing a doctor about the issue.

First off, since the texture of visceral fat is extremely hard, it's important to take a reference measurement. All you need to do is to measure the comparison between the positions while you are standing up and again while you are lying down. Do not hold your tummy.

First stand against a wall and lie something that is flat across your tummy such as a cardboard or plastic board so as to make it as a point of reference. Then take a straight ruler and measure yourself right from the back to the front that is, the length from the wall to the cardboard. Note the length down and this time lay down on the floor. Repeat the steps again and note the length from the floor to the cardboard.

If the measurement of the depth of your tummy does not change at all or with only a very little change between these two positions, then

there is a high likelihood that you are carrying a fair amount of visceral fat in your body.

Waist to hip ratio is another of the easiest methods of visceral fat measurement. Waist to hip ratio works by measuring the waist circumference. To do this, stand in front of a mirror and bend to the side. Exactly where the crease forms is where your natural waist lies. It is this point that you will want to measure first. Then measure the hip circumference across the largest protrusion of the buttocks. Make sure that the tape measure is horizontal to the floor at all points. Divide the waist measurement by the hip measurement.

By obtaining this figure, one can estimate the amount of visceral fat that is present. Visceral fat levels are considered excessive if they are **1.0 or higher** in men and **0.85 or higher** in women. For example, if a man measured his waist at 36 inches and his hips at 40 inches, his waist-to-hip ratio is 36/40, or 0.9 a healthy level of visceral fat.

A 2004 study published in the *New England Journal of Medicine* showed that the removal of subcutaneous fat through liposuction —nearly 23 pounds of it—in obese women had no effect on their blood sugar, blood pressure, or cholesterol levels after three months. This indicates that liposuction, a cosmetic procedure, should not be undertaken as a procedure for improving health.

I have battled with belly fat my entire life since I was a teen model and a ballerina, given you MUST have an EXTREMELY (Cont. on next page)

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FLAT BELLY as both, so I have been forever exercising and dieting to maintain an extremely flat belly. Thus, I know what it takes to do so. I think it's the kind of fat that is the **hardest** to prevent, disappear and keep "under control". The one thing that most people don't know is that "regular exercise" and "**regular eating**" doesn't do it for a flat stomach, that the only way to have the flat belly that we all want is to have an **extra healthy** diet and exercise practice for life. If you want PROOF of what I am saying NOTICE the big number of people at the GYMS exercising a lot DAILY and 'eating kind of healthy' and regardless of how much muscle definition they have in the rest of

their bodies, most of them DON'T HAVE A FLAT BELLY.

So all of us that DO HAVE A FLAT belly it is because beyond daily exercise we also do an EXTRA Healthy DIET for the BELLY specifically.

But there is an even easier way, that I found 1.5 years ago which is committing to a RAW living **whole foods** plant based diet and minimalistic exercise, WHAT A CONCEPT!!!

I found since I have taken on this diet it's **soooooeasy** that with 20 minutes of exercise a day and this DELICIOUS diet I can even eat daily CHOCOLATE and main-

tain a flat belly.

A Raw VEGAN Living Foods DIET including plenty of **Leafy GREENs** tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out, not just and INCLUDING a flat belly. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself and feel better than you EVER did your ENTIRE LIFE!!!**

Not the TYPE of NUTRITION, but yes a LIVING Food NUTRITIONAL Plan and EXERCISE are part of the Main ANSWER for LOSING Dangerous BELLY FAT!!!

So now you know you have visceral fat. No matter is you are thin or if your belly is on the wider side, don't **stress out** about it - for one thing, anxiety could elevate visceral fat levels even more, says Harvard. And for another thing, visceral fat is **easier to shed** than subcutaneous fat, so making some lifestyle changes now can help prevent and reverse any health issues that can be caused by belly fat.

Nutrition and exercise **both** play a huge role in preventing and combatting abdominal fat. Due to the fact that **belly fat** affects your body's ability to manage blood sugar and also contributes to inflammation, which is a **leading cause** of disease, it is very important eat a diet compromised by foods to stabilize both of these. It is also **imperative to** watch your portion size of calorie-laden food, and increase your portion size of **nutrient dense** and fiber rich foods. A plant-based, whole-foods diet can

do just that.

Here are some **basic** nutritional visceral **fat fighting** tips (we will go into more details below):

- **Avoid all processed foods** (including vegan processed food)
- **Avoid food chemicals** (particularly found in meats and dairy products)
- Consume a **high plant-based diet**
- Include plenty of **raw vegetables**
- Consume healthy fats
- Consume essential fatty acids
- Eat whole grains (quinoa and sprouted brown rice are excellent)
- Have a good **plant protein source** with each meal
- Consume natural fiber (abundant in fruits and vegetables)
- Eliminate sugars – including amounts of sweet smoothies & juices)
- **Eliminate gluten**

- Eliminate table salt
- Drink tons of LIVE Filtered water
- Consume iodine rich sea vegetables
- Spice your food (particularly hot spices)
- **Exercise**
- Avoid alcohol
- Lose weight
- **Reduce stress**

Nutrient density of **certain** foods is one of the best methods for weight loss. By nutrient density, we are referring to the **proportion** of calories to the (Cont. on next page)

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amount of nutrients you get from the food. Fruits and vegetables, and in particular RAW vegetables, are the **most** nutrient dense of any food group.

Here is an example of how this could work for you: If you were to eat 300 calories of chicken **versus** 300 calories of vegetables and protein rich legumes, the nutrients you would receive from the **vegetables** and legumes would be dramatically higher than the chicken. Not to mention the excess toxins you are pouring into your body from the chicken. Filling your plate with foods like these that are high in **nutrients** and fiber help to stabilize blood sugar, fight inflammation, keep you fuller longer, and keep cravings away. Simply put, the more nutrients your **body** receives, the **fewer cravings** you will have, and the fewer calories your body will need to satisfy your nutrient demands.

Foods to **focus** on when trying to increase nutrient density are:

- All **vegetables**, especially RAW leafy green vegetables
- **Fruits**, especially those containing a large amount of skin on them because this is where most of the fiber is found. Some include berries, cherries, grapefruit, peaches, apples, pears and plums
- **Whole grains**, especially sprouted brown rice and quinoa
- **Root vegetables**, especially beets
- **Legumes and beans**

All of these foods are also very **anti-inflammatory** for the

body as well. Small portions of food rich in omega-3 fatty acids also **help** to fight inflammation. Some of these include; almonds, walnuts, hemp seed, chia seed, and flax seed. Watch the portion size on these though because they are **very high** in calories.

When speaking of calories, it is imperative that you do not let your calories drop below a **certain** point when trying to lose weight. You want to be sure to maintain all of your muscle possible so your **metabolic** rate does not drop. Legumes are especially great for this because they are very **filling** and give your body the necessary protein it needs during weight loss. A health coach can help you figure out the **perfect** combination of foods to burn fat and build muscle for your specific body!

VITAMIN and MINERALS

Vitamins are necessary to support and enhance the many metabolic reactions in the body. They help the body burn fat more efficiently instead of storing it as calories. They also boost energy levels. The body requires **essential** vitamins in the diet to help burn fat, transport oxygen, produce energy and synthesize DNA, cells and nerves. Many vitamins function as co-factors or co-enzymes to speed metabolism and other **important** body processes.

Vitamin B2 - According to the Linus Pauling Institute, the body uses vitamin B2, also called riboflavin, to help transport oxygen and to metabolize, proteins, fats and carbohydrates. This essential vitamin also helps to absorb and **activate** other B-complex vitamins and minerals, such as iron. Vitamin B2 is important in red blood cell (erythrocyte) formation, antibody production and cell respiration.

Vitamin B6 - According to Health Canada, vitamin B6 or pyridoxine helps to burn fats, as well as proteins and carbohydrates that can also be stored as fats, usually in the abdomen and stomach area. This **water-soluble** vitamin helps to balance hormones that can change the rate of metabolism and help in red blood cell production.

Vitamin B12 - Vitamin B12 is the most important of all the B vitamins in unlocking the body's metabolism to burn fat and produce energy at an optimum level. According to the National Institutes of Health, vitamin B12 helps to transform fats into **energy** and works with folic acid to help the body produce healthy red blood cells. This essential water-soluble vitamin also is important for neurological health because it maintains the protective sheath around the nerve cells.

Vitamin C - Vitamin C is a potent antioxidant that helps the body transform fats from food into energy instead of storing it in the body. According to research from the University of Colorado at Boulder, the **antioxidant** activity of vitamin C boosts metabolism and burning fats. That's because vitamin C can increase the resting metabolic rate in an older adult, increasing fat burning by the body and decreasing age-associated weight gain. Vitamin C also is **necessary** for the body to absorb the mineral iron from foods. This improves oxygen levels and metabolism because iron is required to form the red blood cells and hemoglobin complex that transports oxygen from the lungs to the body.

Vitamin D - Vitamin D is a fat soluble vitamin that is naturally

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sent in a few foods such as sprouts. However, most people meet their vitamin D needs through exposure to **sunlight**, which triggers the body to synthesize its own vitamin D. A deficiency of vitamin D has been associated with increased fat accumulation and obesity.

Vitamin E - Vitamin E is a powerful antioxidant that improves the fat burning rate. Antioxidants are important for muscle health, and muscles burn calories even when at rest. Vitamin E and other antioxidant vitamins help remove wastes from the muscles and body to make the **metabolism** more efficient.

Also make sure you include the following **minerals**: Calcium, Zinc, Iodine, Chromium, Magnesium. It is best to get these from vegetables and fruits and they are more plentiful in raw vegetables and in particular in sprouts.

Get rid of bad fats and include good fats

It is important not to completely **eliminate** all fats from diet. **Essential fatty acids** (EFAs) are absolutely necessary for the proper functioning of the body. These fats cannot be synthesized by the body and must therefore be obtained through diet. Some of these foods are: avocado, olives, dark chocolate/cacao. Research shows that people whose diets contain **polyunsaturated** fats in place of saturated fats have less visceral fat. Polyunsaturated fats are found in: flaxseed, pumpkin seeds,, chia seeds, hemp seeds, soaked nuts (walnuts, almonds, macadamia, pecans, cashews, hazel nuts, Brazil nuts, pistachios and pine nuts), sunflower oil and seeds (ground flaxseed, poppy, hemp & chia seeds. These **nut oils and seed oils** provide a

good source good fats: Olive oil, Flaxseed oil, Almond oil, Cashew oil, Coconut oil, Extra virgin olive oil.

In contrast, saturated fats — found in foods from animal sources like meat and dairy, **should be avoided**. These fats have been shown to promote fat accumulation and weight gain more than the unsaturated EFAs. The body does need saturated fats in very **small amounts** for some particular purposes, but the body is able to synthesize its own saturated fatty acids when needed.

Trans fats, yet another type of fat, should be completely **eliminated from diet**. These fats are formed in a chemical process that food manufacturers use to turn liquid oils into solid fats and to increase the shelf life of foods. They are most often found in fried foods, vegetable shortenings, hard margarine, cookies, crackers, chips, and baked goods. In addition to their other **detrimental** effects on health, trans fats can lead to a higher overall body weight, even when the total caloric intake is controlled.

Probiotics are important for a healthy gut

Fix your gut health and support digestion by eating plenty of probiotic foods to lose fat, have more energy, and feel better. Probiotics are the tiny bacteria that naturally occur in the **gastrointestinal** tract and are commonly found in fermented foods such as sauerkraut and kim chi.

It's very difficult to lose fat if you don't have a healthy gut for two interrelated reasons. First, more than half of the **neurotransmitters** that send messages from the brain to cells and hormone recep-

tors throughout the body are made in the gastrointestinal lining.

If your gut is not healthy, it will **negatively** affect the production of the neurotransmitters, leading to poor cognitive function, low mood, feelings of depression, and low motivation. A bad outlook and lack of drive will make you **less motivated** to exercise and take the action necessary for you to make progress toward reaching your goals.

The second reason gut health is essential is that it will **improve digestion** and help you feel better. You will actually feel more energetic because your neurotransmitters will be firing at optimal levels, and your metabolism will be supported so that nutrients and energy sources are getting broken down, **absorbed**, and used by the body in the most effective manner.

HCL Supports Visceral Fat loss

Another trick for **supporting** digestion and fat loss is to make sure you have healthy levels of stomach acid to break down food. Adequate stomach acid (also known as HCL or **hydrochloric acid**) will allow your body to completely digest food, improving the absorption of protein, calcium, vitamin B, mag (Cont. on next page)

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nesium, zinc, iron, and other basic nutrients.

Better digestion and **absorption** of protein and nutrients will support protein synthesis and the development of lean body mass, while helping you avoid deficiencies that can cause poor health and hinder weight loss attempts.

Meat and fat take **more stomach acid** to properly digest as opposed to vegetables and fruits. In fact, raw diets are rich in **digestive enzymes**, which help break down food particles to be used for our bodies and support HCL.

VEGETABLES THAT PREVENT and ELIMINATE BELLY FAT:

- Bottle Gourd
- Cucumber
- Celery
- Asparagus
- Tomatoes
- Spinach
- Cruciferous Vegetables
- Broccoli
- Kale
- Cabbage
- Cauliflower
- Brussels sprouts
- Collard greens
- Fennel
- Sweet Potatoes

SPROUTS

It's not the food in your life; it's the life in your food. Sprouts are in the form of **live enzymes**, vitamins, amino acids, trace minerals, RNA, DNA, oxygen and other **secret** elements about which only nature knows. Here are the benefits of eating fresh raw sprouts, which all aid in the prevention and removal of visceral fats:

- The greatest enzyme activity is from germination up to 7 days and is 100 times greater than the enzyme content of fruits or vegetables which helps to replenish our own body's reserve of enzymes.
- Their **carbohydrates** become easier to assimilate as the starches are changed to simple sugars.
- Their fats are changed to fatty acids which are an easily digested soluble compound.
- Their complex **protein** is converted into simple amino acids, which essentially means that it is "predigested".
- **Vitamin** production is increased three to twelve times more.
- **Minerals** are chelated in sprouts, a natural state where they are chemically bonded to amino acids and easily assimilated by the body.
- They have delicate cell walls so they can release nourishment easily.
- They contain **photo chemicals**, which are plant compounds that protect against disease.
- They contain highly active **anti-oxidants** that prevent DNA destruction and the effects of aging.
- They contain both **increased fiber** (up to 300%) and water.

FRUITS THAT PREVENT and ELIMINATE BELLY FAT:

- Apples
- Avocados
- Grapes
- Berries
- Litchi
- Apples
- Watermelons
- Bananas
- Pineapple
- Pears

- Tart Cherries
- Cruciferous Fruits
 - Grapefruit
 - Oranges
 - Lemon
 - Papaya
 - Mango
- Berries – Particularly Blueberries, Raspberries

WHOLE GRAINS – These are rich in insoluble fiber help you feel full longer, so you won't give in to unhealthy temptations. They also help stabilize your **blood sugar**. Replace refined carbs like white rice and white bread with whole grains like oats, quinoa and brown rice, and you can decrease your belly fat over time.

BEANS - The soluble fiber in beans, vegetables and fruits actually helps decrease visceral fat, which is the fat stored inside your body cavity around your organs. They also **develop muscles** and improve the digestive process. Beans contain proteins that help to provide the sufficient amount of energy to the body. They also suppress your appetite by making you feel full for a longer time and so they keep you away from overeating.

HERBS and SPICES

There are many herbs that are easily available in the kitchen that **effectively cut down** the belly fat. Use these herbs daily. Ginger, cucumber and mint are considered as the some of such herbs used to lose tummy fat. Remember that when these herbs combined with any excellent fat burner like lemon can do **wonders** in getting rid of the belly fat. Cucumber contains water and other dietary fiber that it will cleanse the body from deep (Cont. on next page)

Not the TYPE of NUTRITION, but yes a LIVING Food NUTRITIONAL Plan and EXERCISE are part of the Main ANSWER for LOSING Dangerous BELLY FAT!!! (Cont.)

and helps to lose weight. Ginger is another **effective fat burner** that allows your blood vessels to expand leading to the better blood circulation. This also **boosts** up the metabolism and it was proved by a study that the people who take ginger in their diet will lose about 20% more weight than the people who don't eat it. Mint, when taken regularly, will not only calm down your craving but also **soothes** the tummy after you indulge in foods. Finally, lemon has rich content of vitamin C and anti-oxidants that boosts up the energy apart of burning the fat. Here are some other key spices and herbs that will help you cut down visceral fat: **cinnamon**, garlic, hot peppers, mustard seed, black pepper and cayenne pepper.

DRINK UP

- **Lemon Water** – start your day with room temperature fresh lemon water to alkalize your system for the day.
- Several **types of tea** are great for your digestion and to help with belly fat: Ginger Tea, Dandelion Tea and Green Tea
- In addition, **Cranberry Juice and Organic Raw Apple Cider Vinegar** will strengthen your gut and help flush out toxins that contribute to holding onto visceral fat.

WATER

Drink **LIVE Filtered water** as much as you can throughout the day. This helps to lead more active metabolism, flushes out the toxins or wastes from the body, metabolizes fat and finally improves the overall health. If we do not drink sufficient, we may impair every sin-

gle aspect of our bodily functions. Our kidneys remove **self-generated wastes** such as uric acid, urea and lactic acid. In order to be eliminated in our bodies these wastes must be dissolved in water.

If we do not drink enough water, these wastes cannot be **eliminated** efficiently. A 2% loss of extra cellular water may decrease your energy as much as 20 percent. The minimal suggested amount of a daily intake is ½ ounce of water per pound of body weight for inactive people and 2/3 ounce per pound of body weight for athletes and other active people. Use **coconut water** as a hydrating drink when working out as is filled with nutrients, including electrolytes.

The “RIGHT” Nutrition Plan to eliminate Belly fat

A successful eating plan will **concentrate** on whole foods and predominantly organic fruits and vegetables. Fruits and vegetables are rich in health supporting plant nutrients called phytonutrients. Other benefits of diet rich in **plant foods** are of course they are low calorie and high in fiber. Fruits are used as energy and vegetables are used to give you your source of minerals. Not only that but both fruits and vegetables are packed full of **anti-oxidants** which help to rid your body of toxins and therefore rid your body of fat that are storing those toxins, particularly around the abdomen!

But remember, the fruits and the vegetables need to be **RAW**, or at worst steamed. Otherwise you are **destroying** all the goodness, all the life giving enzymes, which is why a lot of vegans who cook their food can end up very sick down the road. Fruits and vegetables can also be juiced and deliver a healthy concentrated glass of the

best **liquid vitamins** ever. If consuming a whole food diet, the need for vitamin supplements should be minimal. If supplements are desired choose concentrated whole food supplements such as additive free aloe vera juice.

Since your **liver** is very important to be able to process the elimination of fat, here are a few recommendations to **unburden** your liver:

Consume antioxidants - For every molecule of toxin metabolized, you generate one free radical molecule. Free radicals damage DNA and accelerate wear and tear in the body creating disease in the body. Taking vitamins C and E, flavonoids, carotenoids, and reduced glutathione helps neutralize the **free radicals** you're making each day in phase Here are a few of the foods that are rich in **flavonoids**: berries, parsley, onions, green and black tea, citrus, and dark chocolate. Carotenoids can be found in carrots, pumpkin, squash, plantains, spinach, and sweet potato.

Grow and eat broccoli sprouts -

The sulforaphane in broccoli sprouts strongly supports liver detoxification. Broccoli sprouts contain a particular sequence of potent anti-cancer elements even though it actually has a lower nutritional content than the full sized broccoli. The sulforaphane, in the sprouts, work as a catalyst to **boost enzymes** in the body and these detoxification enzymes trigger ongoing antioxidant action for at least 72 hours. By the way, this antioxidant activity last significantly longer than vitamin C, E, and beta carotene – while boosting the effectiveness of these vitamins.

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Not the TYPE of NUTRITION, but yes a LIVING Food NUTRITIONAL Plan and EXERCISE are part of the Main ANSWER for LOSING Dangerous BELLY FAT!!! (Cont.)

Eat 3 servings per day of cruciferous vegetables - Broccoli, cabbage, Brussels sprouts help you reduce estrogen dominance and support detoxification. These vegetables help eliminate inflammation, support oxidation and also provide lots of fiber along with many vitamins, minerals and enzymes.

EXERCISE

Exercise also plays an **imperative** role in burning fat and building muscle. Healthy eating is not enough if not combined with good training. Studies have shown that visceral fat is the first kind of fat to be lost when one is losing weight through exercise. As the body favors the burning of visceral fat with each **increased physical activity** compared to other fat types such as subcutaneous fat, the type of fat found right under the skin, losing visceral fat is possible with visceral fat exercise.

Most people refer to cardio to lose weight, but it is **equally** as important to lift weights or use some type of resistance exercise to maintain or **build** muscle during this process. The more muscle you have, the more calories you burn, and the more fat you will **lose**. Contrary to popular belief, a million crunches a day will not burn belly-fat. Spot reduction does not work, but a focus on overall fat reduction will. Weight or some type of **resistance** training 2-3 days a week, combined with 30 minutes of cardio for 6 days a week is a great amount of exercise for **preventing and reducing** belly fat, as well as optimal health and wellness!

If you want to increase the intensity of your cardiovascular workouts then you should try using **'interval training'** which involves running, jogging and walking for short bursts. This increases the cardiovascular activity and increases your production of growth hormone thereby burning more fat and im-

proving your metabolism. ☐☐
SLEEP

Make sleep a **priority**. Not getting an adequate amount of rest may slow down your metabolism and lead to weight gain. Sleep deprivation can lead to lower testosterone levels, which is a **disadvantage** if you want to gain muscle and burn fat. Have an adequate sleep or else lack of proper sleep can also cause belly fat by craving more sugar and fatty foods. This also spikes on the **cortisol** hormone that in turn makes insensitive to insulin and lose the body's biorhythm. So sleep well to get rid of the belly fat. Find a **sleeping rhythm** that gets you falling asleep at the same time, and waking up at the same time. Getting into a rhythm with sleep is just as important as with food. Your body responds extremely well to routine, and the **metabolism** becomes more effective when these two are in sync. Get at least eight – ten hours of sleep a night.

There is a Vicious Cycle involved between BELLY FAT and PHYSICAL, EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE!!

Though **physical aspects** of your well-being play a huge role in preventing and reducing belly fat, your emotional, spiritual, and intellectual well-being is equally important. Stress is a major contribution to visceral fat. **Chronic stress** puts your body in "fight or flight" mode, thus reducing your metabolism and increasing the amount of fat your body stores.

There are a number of studies to discuss this. Epel, et al. showed that women who store excess **adipose tissue** [fat] in their abdominal area had maintained "a higher cortisol level and reported more lifestyle stress than women who stored

fat primarily in the hips." This study dealt **specifically** with lean women. The main aspect studied of these women was the cortisol level **after** mental stress. The determiner of how high that stress level would go was a waist to hip ratio measured in inches. Therefore, their preliminary conclusion was, the bigger the difference between your hip widths versus your waist width the higher the level of cortisol. High cortisol levels can **increase** appetite leading to weight gain and high cortisol levels also can lead to putting fat on to the abdomen rather than the hips.

To lose fat, then it's essential that you minimize stress to lower your

cortisol levels. **Chronically** high cortisol is associated with higher body fat, particularly around the middle. This means that no matter how much you exercise or eat healthy, you're unlikely to lose fat if your cortisol is elevated because of how cortisol makes the body insensitive to insulin. Researchers suggest both external stress and **internal physiological** stress (in the form of chronic inflammation in the gastrointestinal tract) are the cause of the elevated cortisol.

Find ways to relieve stress and tension. **Mind-body activities** that bring you into the moment and (Cont. on next page)

There is a Vicious Cycle involved between BELLY FAT and PHYSICAL, EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE!! (Cont.)

help you connect with what really matters such as yoga, meditation, and deep breathing can all be protective.

Research also suggests that visceral fat affects mood by increasing production of the stress hormone, cortisol, and reducing levels of **feel-good endorphins**. So, along with slowly killing you, visceral fat, will also affect your mood.

In **traditional** Chinese medicine, there are certain energy systems and centers in the body. When there are complications in this energetic system that fuels your body, or **blockages** in certain areas due to a disruption of your emotional, spiritual, and/or intellectual state then physical symptoms such as belly fat can manifest.

Have **you** ever made a decision based off of what is referred to as a "gut" feeling? That is because the energetic area located in the **abdominal** region is responsible for anything referring to the self: self-discipline, self-love, self-awareness, self-worth, self-respect, self-will and so on.

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: 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 their methodology: Ontology. In the years that I was leading the Landmark Forum I both coached **entire rooms of 150+ to 1200 people** and individual people who came to the microphone. In addition to this, I coached teams of people who worked with me in

When this area is out of **balance**, many issues can come up like a poor body image, negative thoughts about yourself, eating disorders, or an accumulation of belly fat. It **also** can account for poor decisions around your diet and lifestyle. This is why it is so crucial that regardless of where you are at on your journey to health and wellness, that you **love** yourself the entire way through your journey.

This does **not** mean that you love yourself despite of your imperfections, but rather because of your imperfections. Physical conditions like **excess** weight don't always have to be a bad thing. It can be used as a learning experience, or a window to view your life through that is **symptomatic** of an underlying concern. It could be your body's way of calling out to you because you have been neglecting yourself emotionally, physically, intellectually, or spiritually for far too long.

A way to practice **self-love** is through setting up time for yourself in your day where you honor your body. Ways to **honor** your body can be achieved through

anything that you enjoy or helps you in reconnecting with the quiet voice of your soul for **guidance** and inspiration This can be done through meditation, yoga, a skin care or beauty ritual, essential oils, dry brushing or hot towel body scrub, or a **soothing** bath.

It is also important to not isolate yourself when trying to lose weight and improve your health. **Feelings** of embarrassment, shame, or not feeling ready to step out into the world until you lose the weight can be a vicious **cycle** that leads to unhappiness and overeating. Instead, be sure to step out of your comfort zone and try new **experiences** that excite you. Your body will always catch up to the positive emotional, intellectual, and spiritual state you create for yourself! Taking time for yourself, **learning** to love yourself with all of your imperfections, and taking care of yourself physically, emotionally, spiritually, and intellectually are all crucial for **optimal health** and well-being!

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