

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 26th Newsletter, I want to give us a chance to consider if juicing our fruits and vegetables has more of an impact on our health than eating them traditionally.

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](#).

MAKE THE JUICY CHOICE OF GIVING YOUR BODY THE NUTRIENTS FOR POWER, VIBRANCE AND HEALTH!!!

Juicing can be a simple and effective way to improve our health and contribute to our well-being. A perfect way to help your body absorb all of the nutrients it needs from fruits and vegetables is found in juicing. In this newsletter, I want to focus on how juicing is a magical answer to retaining more of the natural health benefits of fruits and vegetables so that we can give our body everything it needs to keep us feeling amazing.

On our Fan Page, this week, we have articles that will dive into the physical, mental, emotional and spiritual benefits of juicing. We give you a perspective on various combinations and different blends of fruits and vegetables that will give you surprisingly different results. If you read through the full articles you can create the most delectable and healthy beverages you have ever

had while taking your health and well-being up a notch.

I strongly believe that juicing is the most delicious way to give you radiant, energetic life, and optimal well-being. When we cook foods we are destroying the nutrients in them. Juicing is the least "nutrient destroying" and easiest way to help us reach our daily requirements of fruits and vegetables. Juicing helps our body pre-digest so that we get ALL the phenomenal benefits of the fruits and vegetables we put in our body.

Juicing has been a very important key in my healing process. I have used it to both detoxify and clean out my body and to add the appropriate nutrients to my body. I began with simple combinations like carrots and apples. As I listened to my various natural healthcare doctors and my body, I began to change what I juiced. There were things that worked for my body at different times. For example, at one point my liver and kidneys had begun to shut down and I had to stop using carrots because my system could not process it. There are times when I use both fruits and vegetables and then times when my body cannot handle the sugar in the fruits so I stick with just vegetables. Right now my daily juice consists of spinach, dandelions, wheatgrass, beets, and various berries (raspberries, blueberries, blackberries and goji berries). Each ingredient has been selected based on what my body needs. I have found, by testing different times of day to juice, that my body craves and then benefits most from me juicing around mid-day each day. It leaves me with the energy I need and deserve through the afternoon (a time when my body otherwise seems to lack energy).

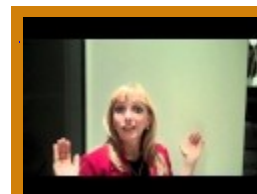


CAROLINA ARAMBURO

There are hundreds of varieties of fruits and vegetables and they all have numerous benefits, which affect our body differently. I invite you to do the research on the benefits of all of them and experiment with them. You don't need a recipe; all you need is a daring spirit and a willingness to improve the way you feel. Here are a few benefits of some fruits and vegetables:

- **Cucumbers**: great for skin care, cleaning your kidneys, and lowering blood pressure.
- **Beets**: fantastic for cleaning the blood and strengthening the gall bladder and liver.
- **Apples**: incredible for softening gallstones.
- **Cranberries**: fabulous because they are great for their anti-bacterial, inflammatory, and tumor properties.

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MAKE THE JUICY CHOICE OF GIVING YOUR BODY THE NUTRIENTS FOR POWER, VIBRANCE AND HEALTH!!!! (Cont.)

- **Cayenne:** wonderful for a boost of energy and for stopping bleeding.
- **Nutritional yeast:** awesome food for the brain, peripheral nerves, and spinal cord.

Also, if you try to keep the pulp you can use it in blended drinks and it will not only provide you with healthy fiber but it can fill you up.

A drawback of juicing is that the juices break down easily. So, it is very important to **drink your juices immediately after you prepare them** because they can develop many harmful bacteria. Store bought juices are heat treated to kill germs so that we can store them longer, but at the same time, it lowers their nutritional value. This applies even to the **organic juices** you can find in your nearby health

JUICE UP YOUR BODY...POWERFULLY!!!!

Juicing has a whole range of physical health benefits. There are **four main reasons** to add juicing to your diet:

- Juicing allows us to consume an **optimal amount** of fruits and vegetables in the most efficient way possible. Drinking the juice is more practical than eating the fruits and vegetables contained in it.
- Juicing helps to **absorb all the nutrients** of the fruits and vegetables we eat.
- Juicing is a **perfect detoxifier**. Dr. Joseph Mercola recommended diets based exclusively on fruit juices/smoothies and vegetables to detox. Fasting programs are only useful in detox for a certain time. Always be supported by an expert nutritionist.

Lemon, grapefruit and any sour fruit are excellent to **remove toxins** from the liver and kidneys; the toxins are produced by the food we eat daily, such as red meat and white sugar. Citrus fruits are good to **lose weight** too! For breakfast, squeeze three oranges, a couple of tangerines and

food store. It is a payoff: to get all of the nutritional value and avoid breakdown you must make it and use it.

Juicing is **not an alternative to eating**. I found that there is very little protein and pretty much no fat in the juices I make. I need to make sure that I balance that out in my other meals for the day or I can add oil and blend it in. If you don't enjoy eating fresh fruits and vegetables, then **juicing may be a fun way to add them to your diet** or to try to eat fruits and vegetables you would normally stay away from. If you decide to drink mostly fruit juices, you will be consuming **high levels of sugar** and not as much fiber as your body needs. This is especially a big deal if you are diabetic or are struggling with your weight. Balance is always a key in juicing.

half of a red grapefruit, and begin to notice the results.

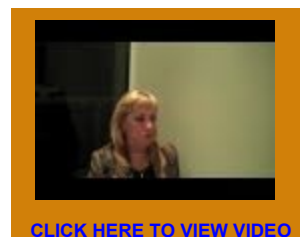
- Juicing is also **good for strengthening the immune system**. According to a study by scientists Mira Rosenblat and Michael Aviram, the regular consumption of pomegranate protects macrophages from the accumulation of triglycerides, meaning that the **immune system can respond** more aggressively to the threat of invading bacteria and viruses. A delicious option to the pomegranate is to blend half a glass of mango juice, an equal proportion of apple juice and kiwi, a tablespoon of sunflower seeds and a few blanched almonds. **Each fruit and vegetable has its particular healing quality** – read the articles on our Fan Page this week for specifics.

Start juicing slowly as your body is probably not used to receiving such pure nutrients. In the beginning, you can use cucumber, celery and anise because they are easy to digest. **Then you can proceed** with varieties of lettuce, celery, endive, and chard.

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Fruits and vegetables have also given me access to clearing my mind as they nurtured my body. A body that is clogged up or spending all of its time processing food simply will not contribute to your mental or spiritual clarity. This **mental and spiritual clarity** has been another key factor in my healing journey. I want you to embark on this journey with me and try every combination of fruits and vegetables that you can think of so that you too can discover the benefits natural juices have to offer.

Before you make any changes to your diet please always **talk to your doctor or healthcare providers, do your research** and **cherish your body** enough to listen to it. Your body will never steer you wrong if you learn how to hear everything it is telling you.



The **Second Health Proposal** is about listening to your body. I am suggesting that there is a way to tune into or become aware of your body's ability to take exactly what it needs from what you give it! During my health journey, I used the amazing healing energy of juiced fruits and vegetables. It made a major difference in helping me get better. By **listening to my body**, I was able to choose which juiced combinations had the most healing energy at that moment. It varied over time but my body would let me know what it needed. Listen to your body to tell you how **juicing can support you physically, mentally, emotionally and spiritually**. When you want a mood booster or some healing energy, create a drink that gives you exactly that. You will see the difference in your state of mind, your emotions, your physical health and maybe even your spiritually.... **Are you daring enough** to tap into the unbelievable fruits and vegetables that nature can give you through juicing???

JUICE UP YOUR BODY...POWERFULLY!!!! (Cont.)

Continue on with cabbage and finish by adding garnishes, such as cilantro, parsley and dandelion (just one or two leaves because they are bitter).

As always, we suggest that you use organic fruits and vegetables! Plants to **pay more attention** to for pesticides are lettuce, cabbage, carrots, spinach and celery. Cucumber has the advan-

tage of thick skin, so it is **recommended** to peel it off.

It is important to notice that juices have virtually no fat and little protein, so it is a good idea to use them to **supplement your daily diet** rather than replace it, unless you have special needs that would have you use juicing as a complete diet. In that

case, you will want to **add natural organic fats** like coconut oil. The physical impact that juicing can have on our body is really **huge and extremely positive**; using what Mother Nature provides is easy... and yummy!

MASTERFUL BUSINESS & PERSONAL COACHING

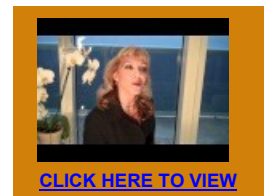
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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 **UNPRECEDENTED** transformational shift", for every group no mat-

ter 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 **FULFILLING ADVENTURE!!**

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CLARITY, HAPPINESS, AND A CLEVER ACCESS TO YOUR HIGHER SELF..... WHAT NEW HEIGHTS WILL YOU REACH WITH JUICING???

Through a process of juicing, you can experience mental, emotional and spiritual health changes that can be felt with every passing day.

For starters, **juicing is an answer to mental clarity**. All foods that contribute phosphorus, calcium, silicon, manganese and other trace elements, are ideal to generate amino acids, phospholipids and other substances that provide "clarity" to our mind, **improve** the neural connections and **rebuild** parts of the brain's nervous system. A juice made from lettuce, oats, soybeans, nuts, apples and spinach is especially useful.

Juicing has been known to produce **incredible results** in patients with depression and other emotional and mental cases. Foods rich in complex carbohydrates are a **natural** source of glu-

cose, which the body can process slowly and smoothly. They are also **necessary to maintain stable levels** of glucose, which provide stability to all of your mental and emotional processes. A juice made with soy, banana, pineapple, avocado, Brazil nuts, cereals and brewer's yeast is **ideal for achieving this goal**. Taxo juice is great for those of you who get nervous.

The healthier your body is, the easier it is to reach high levels of concentration. A key to spiritual practices, such as meditation, is in juicing and completely **avoiding heavy foods** like meat, white sugar and any food that is hard to digest. To give you **higher access** to your higher self, a perfect juicing combination consists of lettuce, honey, spinach and avocado,

due to its contribution of potassium, vitamin E, vitamin A, and vitamin B complex.

I dare you to let the delicious combinations of fruits and vegetables enter your life with a bang!

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com)

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 your contribution. Thank you so much for the opportunity to learn together.

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