

# ELIXIRS

OF

LIFE

by

**Campbell M Gold**

(2008)

CMG Archives

<http://campbellmgold.com>

--()--

## IMPORTANT

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.**

--()--

## CONTENTS

Introduction.....	1
The Elixirs.....	2
Diuretic and Detox, Juice.....	2
Cell Replacement, Juice (One).....	2
Cell Replacement, Juice (Two).....	2
Cell Cleansing, Juice .....	2

--()--

## INTRODUCTION

The following elixirs have been noted to promote the body's ability to 'replace a bad cell with a good cell'. Consequently, they can be used to promote general health or to combat pathology.

### **Do they work?**

Yes.

### **Can their efficacy be increased?**

Yes, by employing the 'Oil-drawing Technique', the efficacy of the elixirs will be significantly augmented. See *'The Amazing Dr Sunflower'* for Oil-drawing information and procedure.

### **Is there any specific diet that will also help?**

Yes, a diet of predominantly living food (90% live, and 10% non-live - especially when serious

pathology is present), and as close to a 'vegetarian regimen' as possible, has been noted to greatly augment the 'Elixirs' and the Oil-drawing Technique'.

--()--

## **THE ELIXIRS**

### **DIRURETIC and DETOX, JUICE**

3 x Parts Carrot Juice  
1 x Part Cucumber Juice

Take daily, 250 ml to 500 ml, 20 minutes prior to main meal.

**Note:** Ingredients must be 'juiced' not 'liquidised'.

--()--

### **CELL REPLACEMENT, JUICE (ONE)**

3 x Parts Carrot Juice  
1 x Part Cucumber Juice

Take daily, 250 ml to 500 ml, 20 minutes prior to main meal.

**Note:** Ingredients must be 'juiced' not 'liquidised'.

--()--

### **CELL REPLACEMENT, JUICE (TWO)**

3 x Parts Carrot Juice  
1 x Part Cucumber Juice  
1 x Celery Stalk  
1/2 x Small Beetroot  
1/8 x Small Heart of Cabbage

Take daily, 250 ml to 500 ml, 20 minutes prior to main meal.

**Note:** Ingredients must be 'juiced' not 'liquidised'.

This juice has been known to help with chronic conditions.

--()--

### **CELL CLEANSING, JUICE**

2 x Oranges  
1 x Tangerine  
1 x Lemon  
1 x Peach  
Sparkling Spring Water (Still Spring Water may be substituted)

When peeling the citrus fruits, leave as much white pith intact as possible.

Mix the juice with the Sparkling Spring Water (Still Spring Water may be substituted) to taste.

Never mix with tap water, even if it is filtered.

Take daily, 250 ml to 500 ml, 20 minutes prior to main meal.

**Note:** Ingredients must be 'juiced not liquidised'.

End

--()--

<http://campbellmgold.com>

21102008/1