

# SKIN

## SENSITIVITY AND ALLERGY

Compiled by

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CMG Archives  
<http://www.campbellmgold.com>

(2011)

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### 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.

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### Introduction

Here is an overview of suggestions that have been effective in the treatment of Skin Sensitivity and Allergies:

**MSM (Methylsulfonylmethane)** - to combat skin allergy and to augment skin cell regeneration: 1000 mg - up to 6 to 8 daily. Start at 1 x daily and then increase by an extra one daily until improvement in the skin is noted. It is said that the skin will feel like that of a new-born baby.

Typically the improvement is noted by a dose of 6 to 8 x daily. Continue at this dose until condition is completely resolved.

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**L-Glutamine** - to augment skin response - 1000 mg, 1 to 6 tabs daily. Start at 1 x daily and then increase by an extra one daily until improvement in the skin is noted. Continue at this dose until condition is completely resolved.

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### Biochemic Tissue Salts:

**Silica** (No 12) - for skin and connective tissue.

**Ferr Phos** (No 4) - for blood and cell oxygenation.

Alternate, 4 x tabs (under the tongue), 4 x daily.

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## Supplements

Vit C - 1,000 mg, 3 x daily  
Vit B-Complex - 100 mg daily  
Vit E - 400 iu daily

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**Activated Charcoal caps/tabs** - to entrap and eliminate toxins and bacteria: 2 caps/tabs, 3 x daily, between meals with a glass of room temperature filtered/spring water.

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## In the Morning:

Drink 1/2 lemon squeezed in a glass of warm filtered/spring water.

Soak overnight 1 x desert spoon of linseeds in 1/4 cup of filtered/spring water. Mix with the water and drink down.

Take 2 x teaspoons of Extra Virgin olive oil.

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## Swedish Bitters

Some authorities recommend Swedish Bitters to cleanse and calm.

Take 20 ml, 4 x daily (before or after meals)

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## Oil Drawing

Use Oil drawing, to eliminate bad cells and toxins, while showering or bathing. See "*The Amazing Dr Sunflower*" in the CMG Health Archive (<http://www.campbellmgold.com> "Archives" navigation at top of page) for details.

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## Extra Virgin Olive Oil

Extra Virgin Olive Oil - 2 x tsp daily

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**H2O2 - Hydrogen Peroxide** - as a cellular rejuvenator and as an eliminator of "bad" cells.

Basic treatment: 8 x drops in 1/2 glass/mug of cool beverage (milk, fruit juice, herbal tea, spring water, drinking yoghurt, etc.

This should be done 4 x daily between meals.

Do not take within 20 minutes prior to, or after, eating.

See "*Hydrogen Peroxide Therapy CG*" in the CMG Health Archive (<http://www.campbellmgold.com> "Archives" navigation at top of page) for details.

## **IMPORTANT**

### **NEVER EXCEED RECOMMENDED DOSAGE**

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#### **Milk Treatment**

Soak a clean soft face cloth in cool milk and gently apply to the affected areas.

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#### **Chamomile Tea Treatment**

Splash the face with cold water three to four times, and then very gently pat dry with a towel.

Cold water will calm the skin before beginning the chamomile tea treatment.

Dip two to four cotton balls into cool chamomile tea and gently apply to affected areas. Lightly dab the skin with the cotton balls when applying and do not rub. Rubbing the face will further redden and irritate the skin. Chamomile contains volatile and essential oils that act as anti-inflammatory, and anti-oxidant agents that calm agitated skin, reduce redness, and restore the skin's ph levels to promote free radical tissue healing.

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#### **Relaxation and Hypnosis Techniques**

It is believed that much might be gained if the individual uses relaxation and hypnosis techniques as soon as any complaint is diagnosed. Hypnosis and autosuggestion with positive visualisation of the healing process at work is thought to retard development of symptoms, and to greatly augment the repairing of inflamed and damaged tissues. Visit <http://www.campbellmgold.com> for possible programs.

#### **Lavender Aromatherapy Oil**

Put 2 x drops of Lavender Aromatherapy Oil on a tissue, and place it where it can be comfortably inhaled during relaxation and visualisation.

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#### **Exercise**

Gentle aerobic exercise, on a daily basis, is strongly recommended.

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