



The Campbell M Gold Newsletter

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Campbell M Gold

Consultant

**Self-Help and personal Development through
New Thinking, and Hypnosis and Subliminal
Programs**

Just the Facts...

Welcome

Welcome to another newsletter...

In this series, we move to a health related theme, and I will be reviewing some of the alternative therapies that have been presented in the past.

In this issue we will take a look at what I believe to be one of the most important therapies - the "Amazing Dr Sunflower".

As always, no hugs, just the facts... So let's jump right in...

Kind regards,

Campbell M Gold

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Keep Up-to-Date

**The Health Information reflected in this Newsletter is subject to change.
Please visit the "Health Archive" on our website for the latest updates to
the various subjects:**

<http://campbellmgold.com>

The Amazing Dr Sunflower

Introduction

Several years ago (in the mid '90s), while consulting in South Africa, I encountered an 'amazing cure' for 'all disease'. It all started at the All-Ukraine Unit of specialists for Tumour Diseases and Bacteriologists in the Academy of Science of the USSR, where Dr. Karach had discovered an unusual, but simple, healing process using cold-pressed sunflower or peanut oil.

The process, called 'oil drawing', invokes such a health response, that it may be possible to reverse serious pathological conditions without the use of surgery, drugs, or damaging chemical therapies.

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The Therapy

The therapy is self-administered, and consists of sucking and chewing raw cold-pressed sunflower oil in the mouth. This triggers the body's own healing mechanism, and all tissue and organs are rehabilitated simultaneously. Following the chewing and drawing, the oil is spat out and discarded.

Conditions believed to respond to the therapy include headaches, bronchitis, toothache, thrombosis, chronic blood diseases, heart diseases, gynaecological conditions, tumours (prevention and healing), paralysis, nervous diseases, stomach conditions and diseases, pulmonary diseases, and liver diseases. It is believed that all pathological conditions will positively respond to the oil drawing process.

Further, the therapy is inexpensive, there are no negative side effects, and it can be carried out for an indefinite period.

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How to Do It?

To carry out 'oil drawing', take one tablespoon of cold pressed sunflower or peanut oil - first thing in the morning or before a meal is a good time.

IMPORTANT

DO NOT SWALLOW THE OIL - NEVER SWALLOW THE OIL!

For twenty minutes, suck, swish, chew, and draw the oil through the teeth. By this action, 'poisonous substances' are drawn out from the body through the mucus membranes of the mouth.

After the drawing period, spit out the oil. When done correctly, the discarded oil will be white, and full of toxins.

Rinse out your mouth with water, and give your teeth a good brushing.

Ensure whatever the oil was spat into is cleaned and sanitised (remember that the oil is full of bacteria and poisonous substances).

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How often should I carry out the therapy?

The therapy can be carried out three or more times a day, and preferably it should be carried out before meals. However, use your intuition to tell you how many treatments per day, you need.

Are there any side effects?

No.

Can I 'oil draw' while taking other medication or undergoing other therapies?

Yes; however, you should discuss what you want to do with the therapists, etc, involved in your case.

Can oil drawing cause me any harm?

No.

How soon will I see results?

Acute sickness responds in two to four days. Chronic and serious diseases take up to a year to respond, so don't give up.

During the treatment, what can I expect?

Sometimes, during the early stages of therapy, a change for the worse may be noted. This is normal; especially when there is multiple pathologies. The treatment should not be stopped - the change for the worse indicates that the disease is being attacked.

How long should the therapy last?

Until you return to optimum strength and health, and are experiencing a calm and refreshing sleep. On awakening in the morning, you should not feel any tiredness, and should feel relaxed. There should not be any bags under your eyes, and you should have a healthy appetite. A good sleep rhythm and an undisturbed memory should also be present.

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Summary

In summary, oil drawing is a simple, economic, and safe process that can be effective in combating disease. In addition, it has been suggested that the long-term use of 'oil drawing' could increase an individual's life expectancy to between one-hundred-and-forty and one-hundred-and-fifty years. So, why not just suck it, and see for yourself.

WARNING

The oils noted in this material must be 'pure', and of the 'cold-pressed' type. Typically, they are only available from specialist health stores. The commercial sunflower 'cooking oils', found in supermarkets, are not suitable for the 'oil drawing' process, and must not be used under any circumstances. Further, no guarantee is given regarding the effectiveness or safety of any element or procedure described in this article.

Important

Always consult a qualified practitioner, or your doctor, before embarking on any new or alternative course of treatment.

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Please visit the "Health Archive" on our website for the latest Health Items.

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Health Bite

Golden Rules

Here are some 'Golden Rules of Health...

- Stop putting poisons into your body
- It takes five to seven times more nutrition to rebuild and repair the body than it takes to maintain a healthy body
- Nothing heals in the human body in less than three months. To those three months, add one additional month for every year that the condition has existed
- Observe moderation in all things
- Be in harmony with nature
- Synchronise with the unfolding universal energy
- Take responsibility for yourself and for your health.
- Eat as much raw food as possible
- Exercise regularly for the rest of your life
- Practice and learn to completely understand Herrings Law of Cure: '*All cure starts from within and works outward, from the head down, and in the reverse order as that in which the symptoms have appeared.*'

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IMPORTANT

Any health information contained in this Newsletter is not meant as a substitute for advice from your physician, or other health professional. The presented 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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Thank You

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