



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 issue we will take a look at "Homeopathic Self-prescribing for Common Ailments".

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:**

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HOMEOPATHIC PRESCRIBING GUIDE FOR COMMON AILMENTS (Coughs, Colds, and Sore Throats)

Introduction

The following material is a simple guide to some of the common homeopathic remedies most useful for coughs, colds, and sore throats.

Those marked with an asterisk (*) are the most commonly indicated, or most easily recognised and obtained.

Try and choose the closest match to the symptom.

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Common Homeopathic Remedies for Coughs, Colds, and Sore Throats

Useful For Coughs

Aconite* - Constant short, dry cough, feeling of suffocation. Or dry, hard, ringing cough, worse after exposure to cold, dry wind. Spasmodic, as in whooping cough, wakes patient from sleep. Anxiety, fear, and restlessness. Worse at night. Comes on suddenly after exposure to cold, dry, winds. Sensation of dryness in whole chest. No expectoration, except perhaps some watery mucus.

Ant Tart - Persistent cough with rattling respiration, great accumulation of sticky phlegm. Great difficulty in expectoration, sudden onset of suffocation, must sit up. Very restless with a pale face.

Ars Alb* - Wheezing respiration, much frothy phlegm. Cannot breathe freely or fully. Worse from midnight to 2 am. Very restless and anxious, utterly prostrated.

Belladonna - Dry, tickling cough in violent paroxysm, great dryness in the larynx. Cough seems to burst open head. Fit of coughing ends in sneezing or a whoop. Child begins to cry just before a coughing fit.

Bryonia* - Hard, dry spasmodic cough which shakes the whole body, associated with stitch/soreness in the chest. Bursting headache. Worse in cold, dry weather, worse for east winds, at night, after eating or last movement. Peevish, wants to be left alone, thirsty for cold drinks. Holds head and chest as coughing.

Causticum - Hard cough wracks the whole chest. Chest full of mucus which is very hard to expectorate. Rawness in throat and hoarseness of voice. Better for cold water. Coughs until exhausted.

Drosera* - Crawling in larynx which provokes coughing. Violent tickling in the larynx which wakes the patient. Spasmodic coughs until he retches and vomits. Coughs come from deep down in the chest which provokes pain - patient feels must hold chest until coughing stops. Oppression of the chest so

that breath cannot be expelled. Clutching, cramping, constricting, and burning of the larynx. Worse at night. Whooping cough.

Nux Vomica* - Dry, tearing cough, gagging/retching. Feverish but can't move or uncover without desperate chilliness. Bursting headaches after coughing.

Pulsatilla - Dry, tearing cough, possibly with spells of gagging and choking aggravated by taking breath. Worse in warm room, evening and lying down.

Sepia - Violent cough with retching and gagging. Thick, tenacious yellow expectoration. Severe coughing on rising with much expectoration. No expectoration in the evening or by day. Sepia is a good remedy for finishing lingering whooping cough.

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Useful for Colds

A cold is often a cleansing process, indicating that the body is ridding itself of non-functional organic matter; consequently it should never be suppressed. The patient should take plenty of rest, eat a light diet, fast gently if possible, and supplement with Vitamin C.

Nat Mur* - Runny, watery colds. Chilliness and a general feeling of discomfort. Loss of taste or smell and dryness of the skin.

Aconite* - In the early stage, in the first night. It will not help if the cold is further progressed: check other remedies.

Allium Cepa - When there is much sneezing/watering eyes.

Ars Alb* - Good for watery catarrh and sore nostrils.

Gelsemium* - When the onset is rapid, with chills running up and down the spine, aching in all the limbs of the body and typical flu-like symptoms.

Hepar Sulph* - In later stages when catarrh is thick and yellow.

Mercnrius - Use when there is much salivation, sweating, and thick catarrh.

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Useful For Sore Throats

Ferrum Phos* - Indicated by heat; pain, dryness. For inflammation and burning heat red throat with hoarseness and loss of voice.

Aconite* - Burning, smarting, dryness, tingling in throat - which is red. Sudden onset on exposure to cold wind. Swallowing water hurts.

Apis - Burning, stinging throat pains, and swollen, 'soggy' throat. Desire for cool, worse for heat.

Belladonna* - Typical fever throat - dry and burns like fire - tonsils inflamed and bright red. Red hot face and skin - no thirst.

Causticum - Burning pain in throat with soreness and rawness. Throat feels constricted. Must keep swallowing. Hoarseness relieved by coughing up mucus.

Gelsemium - Sore throat develops several days after exposure in warm, moist, relaxing weather, very shivery, no thirst.

Hepar Sulph - Purulent infection, splinter-like sensation in throat. High temperature, abscess forming. Low potencies accelerate suppuration. High potencies prevent it.

Lachesis* - Left side is worse on waking, pain is worse on swallowing. The throat tends to be blue/purple. Can't bear constrictions around the throat.

Mercurius* - Painful ulcerated throat, fetid breath, stinging throat pains and marked sweating with raised temperature. Do not repeat too often.

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Health Bite

Heart Rate for Aerobic Exercise

and

General Exercise Guidelines

Optimal intensity for Aerobic exercise is a training heart rate range (bpm - beats per minutes), for at least 20 minutes, of:

$(220 - \text{your age}) \times 0.65$ (bpm) for burning fat

$(220 - \text{your age}) \times 0.75$ (bpm) for a good general balance

$(220 - \text{your age}) \times 0.85$ (bpm) for cardiovascular conditioning

The average aerobic pulse ranges for various ages are:

<u>Age</u>	<u>Pulse (Heart) Rate</u>
20-29	145-164
30-39	138-156
40-49	130-148
50-59	122-140
60-69	116-132

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IMPORTANT

BEFORE EMBARKING UPON ANY NEW DIET OR EXERCISE PROGRAM, IT IS IMPORTANT TO CONSULT YOUR DOCTOR REGARDING YOUR PERSONAL HEALTH CONCERNS. THIS IS ESPECIALLY TRUE FOR PERSONS 40 YEARS OR OLDER

General Exercise Guidelines

- Approach exercise gradually. Set limited goals at the outset and sensibly work up.
- Give yourself a 1 month trial period.

Benefits of aerobic exercise are noticeable after 3 weeks.

And system changes are developed after 3 months.

The effects of aerobic exercising begin to fade after 40 hours of inactivity.

- Keep a record of your daily exercise activities.
- Expect some initial discomfort. There will be some aches and pains, especially if you have been out of shape. However, these will pass.
- Try to focus on the process of exercise rather than the product. Get into the inherently enjoyable aspects of the exercise itself.
- Reward yourself for maintaining a commitment to your exercise program.
- It is important to warm up with stretching exercises before starting your main exercise routine.
- Always cool down after completing your exercise program.
- Avoid exercising within 90 minutes of a meal.
- Avoid eating within 1 hour of exercising.
- Avoid exercising when you feel ill or over-stressed (use a deep relaxation technique instead).
- Stop exercising if you experience any sudden, unexplained bodily symptoms.
- If you find yourself getting bored with your exercise program, change it.
- Use every opportunity to exercise. Use stairs in buildings rather than lifts or escalators. When using car parks, do not park close to the building's entrance, and enjoy the walk.

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Aerobic Exercise Benefits

Aerobic exercise is relatively low-intensity exercise, which undertaken for a long duration (e.g. brisk walking for 30 mins). Aerobic means 'with oxygen', and it specifically refers to the use of oxygen in the body's muscle energy-generating process.

Thus aerobics is system of physical conditioning designed to enhance circulatory and respiratory efficiency that involves vigorous sustained exercise, such as jogging, swimming, or cycling.

Regular aerobic exercise has a direct effect upon both psychological and physiological factors. This includes:

- Reduced skeletal muscle tension, resulting in reduced feelings of tension or feeling 'uptight'.
- More rapid metabolism of excess adrenaline and thyroxin, resulting reduced negative arousal and vigilance.

- Discharges pent-up frustration, resulting in reduced phobic or panic reactions.
- Increased subjective feelings of well being.
- Reduced dependence upon alcohol and drugs.
- Reduced insomnia.
- Improved concentration and memory.
- Reduced depression.
- Increased self-esteem.
- Greater sense of control over anxiety.
- Enhanced oxygenation of the blood and brain, resulting in increased alertness and concentration.
- Stimulation of the production of endorphins, natural substances which resemble morphine, resulting in an increased sense of wellbeing.
- Lowered pH (increased acidity) of the blood, resulting in increased energy level.
- Improved circulation.
- Improved lung capacity and action.
- Improved digestion and utilization of food.
- Improved elimination from skin, lungs, lymphatics, kidneys, and bowels.
- Decreased cholesterol levels.
- Decreased blood pressure.
- Weight loss as well as possible appetite suppression.
- Improved blood sugar regulation (important in the case of hypoglycaemia - low blood sugar).

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The Body's Response to Aerobic Exercise

Within about three months of aerobic exercise, positive changes have taken place within the body, which collectively produce the 'Training Effect'.

These changes include:

- Increased heart size and capacity.
- Increased stroke volume of the heart.
- Lower resting heart rate.
- The body uses oxygen more efficiently by developing its aerobic (oxygen) metabolism capability.
- Decrease in use of lactic acid system.
- The body increases its stores of ATP (Adenosine triphosphate) and phosphagens.
- Increased number of capillaries.
- Increased volume of blood.
- The ratio of fat to muscle shifts in a positive direction.
- The body burns calories more efficiently.
- Exercise can help with psychological and emotional coping.

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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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