



The Campbell M Gold Newsletter

Vol. 07 - Issue 13

Campbell M Gold

Consultant

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

Just the Facts...

Welcome

Welcome to this special newsletter...

In this issue, we take a look at "Artery Therapy".

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>

Artery Therapy

Introduction

Known as ischemic heart disease, or IHD, the basic disease process that affects the coronary arteries is atherosclerosis. The interiors of the vessels become increasingly clogged with fatty deposits; consequently, the blood supply carrying oxygen becomes greatly reduced, resulting in compromised health.

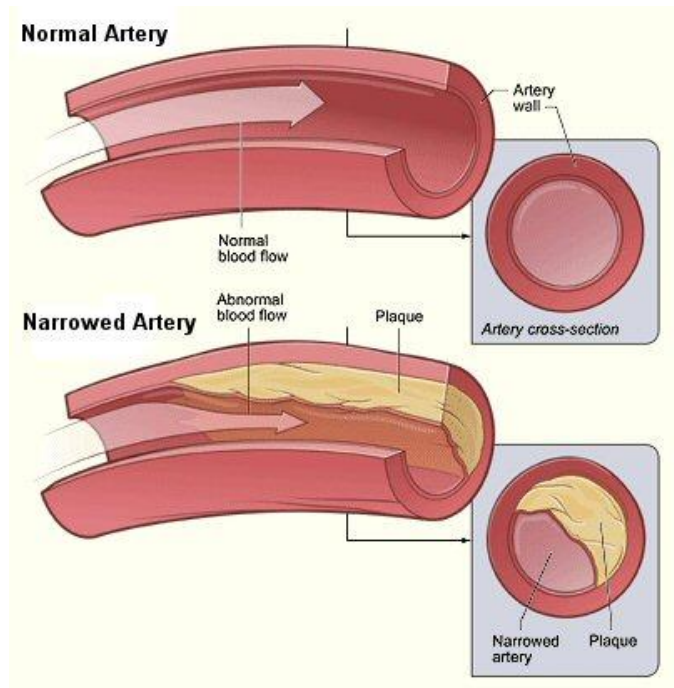
Stress and High Blood Pressure

Stress and High Blood Pressure often seriously exacerbates artery disease. Consequently, any stress elements should to be identified and countered by lifestyle changes or by learning and practising relaxation techniques.

Hypnosis and subliminal programs may also be of value in reducing stress levels.

Moderate aerobic exercise can also help with stress relief.

Take active steps to reduce blood pressure - visit the "Health Archive" on our website for more information:
<http://campbellmgold.com>



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Supplements

- Vit A - 10,000 iu daily
 - Vit B-complex - containing 100 mg of B1 and B6, daily
 - Vit B5 - 250 mg daily
 - Vit C - 3 to 5 grams daily (up to 10 grams if the condition is acute to chronic)
 - Vit E - 400 to 800 iu daily
 - Alfalfa - 1000 mg, 1 x tab, 3 x daily (take with a glass or warm water between meals)
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- Coenzyme Q10 - 120 mg daily
 - Zinc - 50 mg daily
 - Selenium - 200 mcg daily
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- L-Carnitine (amino acid) - 200 mg, 3 x daily; increasing after 1 week to 400 mg, 3 x daily
 - Alpha-lipoic acid (amino acid) - 100 mg, 4 x daily
 - Histidine (amino acid) - 1 gram, 3 x daily - take in conjunction with some of the daily Vit C
 - Taurine (amino acid) - 100 mg, 3 x daily

- EPA (eicosapentaenoic acid) - 2 to 3 grams daily (available as Maz-EPA caps from health-food stores)
 - Codliver oil - 20 ml daily
 - Bromelain (Ananase) - 2 x tabs daily
 - Salmon oil - 60 to 80 ml daily
 - Garlic oil - 25 mg daily
 - Oil of evening primrose (Efamol) - 2 - 4 grams daily
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- Lecithin granules - 2 x tablespoons daily (can be taken in juice or sprinkled on food), plus safflower oil - 1 x tablespoon daily
 - Octacosanol - 6,000 mcg daily (chewable form preferably)
 - Honey - 1 x tsp, 6 x daily
 - Propolis - 1 x cap daily
 - Cider Vinegar - 2 x tsp in a glass of spring water (not tap water), sipped through the day

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Avoid

- Stress
- Being overweight
- Smoking
- Tobacco in any form
- Alcohol
- Coffee
- Refined Sugar and foods containing high levels of refined sugar
- Salt
- Contraceptive pills

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Food to Lower Cholesterol

Include in the diet wherever possible:

- Aubergines
- Onion (raw and cooked)
- Garlic
- Yoghurt
- Pectin (apples, white pith of citrus fruit, etc)
- Soya beans

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Diet

Maintain a whole-food diet, with the emphasis on raw fruits and vegetables, and their juices.

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Raw Juice Therapy

Mix equal parts of:

- Carrot juice
- Beetroot juice

300 ml daily, of the above juice, is believed to be an excellent solvent for organic calcium deposits, and to act as an adjunct in high blood-pressure and heart disorders associated with "thickened" arteries.

Carrot juice is very therapeutic because of its high potassium content, which is necessary to the heart's functioning as well as to all other cells in the body. Drink carrot juice and you will have feelings of vigour and well-being.

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

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Health Bite

Artery Tips

The following tips will help you to keep your arteries and veins clear and let the blood flow freely to your heart.

According to research, and other evidence, the following self-care steps may help prevent artery blockage and reduce the risk of heart attack:

- **Raw Juice Therapy**
Mix equal parts of Carrot juice and Beetroot juice - drink 300 ml daily
- **Discover vitamins and minerals**
Vit A -10,000 iu daily, B Complex - 100 mg daily, C - 1-5 grams daily, and E 400-800 iu daily, Zinc - 50 mg daily, Selenium - 200 mcg daily
- **Discover Alfalfa** - 1000 mg, 1 x tab, 3 x daily (take with a glass of warm water between meals)
- **Discover garlic**
Garlic oil - 25 mg daily
- **Discover Lecithin**
Lecithin granules - 2 x tablespoons daily (can be taken in juice or sprinkled on food), plus safflower oil - 1 x tablespoon daily
- **Trim the unhealthy fat**
Protect your heart and its blood supply by cutting meat, dairy fats, and foods containing trans fats out of your diet; fuel up with nuts, olive oil, fish, and other sources of healthy fats instead
- **Choose risk-reducing foods**
Eat more whole grains, beans and other legumes, vegetables, and fruit
- **Consider aspirin**
Talk to your healthcare professional to determine if taking aspirin for heart-attack prevention, and reducing hypertension, is good for you
- **Discover CoQ10**
Reduce complications following a heart attack by taking 120 mg a day of coenzyme Q10, a powerful antioxidant

- **Add L-carnitine to your daily regimen**
Take 2 grams a day of this nutritional supplement to reduce damage and complications following a heart attack
- **Don't forget the fish oil**
Reduce the chances of having another heart attack by taking capsules that supply a total of 900 mg of omega-3 fatty acids per day
- **Don't Smoke**
- **Exercise and use stress release techniques**

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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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