



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 this special newsletter...

In this issue, we take a look at "Alternative Immune Enhancers".

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

Kind regards, and a Very Merry Christmas,

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>

Alternative Immune Enhancers

Now that we are in the cold and flu season, Following is a list of alternative immune enhancers:

- **Vitamin C** - This is the foundation enhancer which helps to prevent free radical damage and has antifungal and astringent properties. High doses of Vitamin C (up to 10 grams daily) throughout the cold and flu season can help tremendously to ward off infection.
- **Vitamin B-Complex 100** - 100 mg, up to 4 x daily, can enhance the immune system.
- **Garlic** - Has antibacterial, antiviral, antifungal, and antiseptic properties and has long been used to fight off and prevent colds and infections. Use 3-4 cloves on salad or crushed onto bread when your immune system is in a weakened state. Garlic Tabs - 1250 mg up to 4 x daily.
- **Olive Leaf Extract** - Fights all types of bacteria, viruses, fungi, and parasites and is good for virtually any infectious disease. Some believe that it is olive leaves which are being referenced in Revelation 22:2 that are used for the "healing of the nations".
- **Oregano Oil** - This natural wonder has been used for thousands of years as an antibacterial, antiviral, antifungal, and antiseptic agent. Many people have reported that regular use of this product during the cold and flu season has prevented them from getting sick.
- **Colostrum** - This is the first fluid secreted by the mammary glands of mammalian mothers in the first days after giving birth. Colostrum contains high levels of protein and growth factors, as well as immune factors. It's used around the world as one of the most powerful immune boosters known to man. The best colostrum on the market comes from New Zealand cows. Outside of New Zealand it's very hard to guarantee that the cows were grass fed and free of antibiotics, growth hormones, and steroids.
- **Propolis** - This is a resinous substance that bees derive from trees and mix with beeswax. Used as a health shield for the beehive, propolis has antibacterial, antiviral, antifungal, and antiseptic properties. Propolis has been used for thousands of years as an immune system booster.
- **Colloidal Silver** - This wonder product has been around for centuries and is reported to be one of the few things that helped protect people during the height of Bubonic plague.
- **Royal Jelly** - Fed only to queen bees. Contains over 100 nutritional properties and has long been known to strengthen the immune system. Take maximum dose as recommended by manufacturer
- **Bee Pollen** - Plant pollen that bees harvest and pre-digest. Excellent for people with allergies and also strengthens the immune system.
- **Propolis** - 1 x cap daily can enhance the immune system.
- **Aloe Vera** - Contains high amounts of mucopolysaccharides which enhance the immune modulators to fight off disease.
- **Homeopathic Remedies** - There are some excellent homeopathic remedies that help build immunity and ward off the cold and flu. You can find many good homeopathic formulas at your local health food store or you can seek out a homeopathic specialist in your area that can custom blend formulas specifically targeted for your immune system. Visit the CMG Archive on our website for specific homeopathic remedies: www.campbellmgold.com
- **Mushroom Extracts (Shiitake, Reishi, D-Fraction Maitake)** - Have excellent immune-boosting properties. Shiitake increases T-cell function, Reishi has anti-tumor properties, and Maitake enhances the activity of key immune cells known as T-helper cells or CD4 cells.
- **Echinacea** - Excellent herb for the immune system and the lymphatic system. Echinacea has been shown to be very effective when it is cycled for 1-2 week periods throughout the cold and flu season. Early use of Echinacea at the onset of a cold or flu could help drastically diminish the duration and severity of illness.

- **Cayenne Pepper** - Is used for a litany of health problems. Cayenne Pepper heats the body up, improves circulation, and helps ward off colds, sinus infections, and sore throats. This magical substance should be used on a daily basis during the cold and flu season.
- **Probiotics** - Help to maintain and rebuild intestinal flora. Flora plays a key role in keeping the immune system functioning optimally.
- **Essential Fatty Acids** - Good fats like Omega 3's (Codliver oil - 1000 mg daily) and Omega 6's (Oil of evening primrose (Efamol) - 2000 - 4000 mg daily) play a major role in cellular health. Good fats also help to bring nutrients into the cell and discard waste. EFA's also contain high amounts of antioxidants which help to protect your immune system.
- **Oxygen Supplements** - Virtually all microorganisms are anaerobic, meaning they survive predominantly in the absence of oxygen. When the body's blood oxygen is normal and the cells have adequate oxygen it's nearly impossible to get sick. There are many good products to choose from that can be added as drops to your water.
- **Essential Oils** - There are many essential oils like Frankincense, Myrrh, Spikenard, Rose Oil, Thieves, Lavender, Tee-Tree, etc, can provide tremendous immune system protection. Essential oils have been used for thousands of years and have much Biblical and historical support to back up their use. They can be inhaled, spread by a humidifier, diffused, or applied to the skin and feet (application to pulse points can be particularly effective).
- **Zinc** - An essential mineral (50 mg daily) that promotes a healthy immune system and fights free radicals. Zinc lozenges have been reported to be effective in relieving symptoms of the common cold and reducing duration of colds.
- **Selenium** - An essential mineral (200 mcg daily) that promotes a healthy immune system.
- **Alkaline Water** - It's very important to keep your body properly hydrated and your pH in balance. Make sure you consume at least half your bodyweight a day of water to adequately flush out toxins and hydrate your cells. Spring and mineral water is good; however, never drink tap water.
- **Rest** - It's especially important during the cold and flu season to keep from getting run down. Make sure you get at least 6-8 hours of quality sleep a night.
- **Stress** - Stress often seriously exacerbates attack on the immune system. Consequently, any stress elements should be identified and countered by lifestyle changes or by learning and practising relaxation techniques.
- **Hypnosis** - Hypnosis and subliminal programs may also be of value in reducing stress levels.
- **Moderate aerobic exercise** can also help with stress relief.

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

<http://campbellmgold.com>

Health Bite

Flu Remedy and General Immune Booster

Flu Remedy

- Multi-Vit - ABC or Equiv (1 x Tab, 1 x daily)
- Vit C - 1000 mg, once a day
- Cod liver oil cap - 1000 mg (1 cap, 1 x daily)

- Echinacea - 400 mg (2 x caps, 1 x daily)
- Garlic - 1250 mg (1 x tab, 2 x daily)

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General Tonic and Immune Booster

- Vit C (Timed Release) - 1000 mg (3 x tabs, 2 x daily)
- Cod liver oil cap - 1000 mg (1 cap, 1 x daily)
- Zinc - 15 mg (1 x tab, 1 x daily)
- Selenium - 200 ug (1 x tab, 1 x daily)
- Garlic cap (High Strength) - 1250 mg (1 x cap, 1 x daily)
- Echinacea caps - 400 mg (1 x cap, 3-6 x daily)
- Vit B 100 Complex - dosage as per supplier (urine will be bright yellow - this is normal)
- Vit E - 250 mg (1 x cap, 1 x daily)
- Co-Enzyme Q10 - 150 mg (1 x tab, 1 x daily)

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Other Advice

Avoid all products containing peppermint or spearmint

Do not drink any tea or coffee - instead, drink herbal teas (Rooibos tea or Fennel tea recommended)

Avoid any products containing fluoride (use natural toothpastes)

Do not drink tap-water unless it has been filtered through an active charcoal filter

Do a resting pulse test to determine any allergic reactions.

Consider having an allergy test, such as the ones carried out at good Health Stores.

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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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