



The Campbell M Gold Newsletter

Vol. 07 - Issue 15

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 "Hair Loss Therapy".

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>

Hair Loss Therapy

Introduction

There is no single cause for hair loss; however, possible causes include:

- Stress
- Thyroxine deficiency (thyroid hormone)
- Anaemia
- Any lengthy and debilitating illness
- Use of contraceptive pills
- Steroid drugs
- Antibiotics
- Barbiturates
- Chemotherapy
- The taking of too much vitamin A

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Stress

Stress is often a major factor with hair loss. 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.

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Therapy

To counteract hair loss, a whole-food diet with a relatively high protein content can be therapeutic.

High protein sources include:

- liver
- wheat-germ
- beans and pulses
- tofu
- low-fat cheese
- skimmed milk
- eggs
- lean meat
- poultry
- fish

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Jojoba Extract

Natural hair products containing jojoba extract can also have therapeutic value.

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Almond Oil (pure)

Warm the pure almond oil, and gently massage into the scalp and very gently into the hair. Leave in place for an hour before shampooing with a natural, unscented, shampoo of the correct formulation for the person's type of hair.

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Supplements

- Vit C - 1 gram (timed release), 2 x daily, together with bioflavonoids
- Brewers' yeast tabs - 6 daily
- B-complex 100 - 1 tab, 2 x daily
- Choline - 1 gram daily
- Inositol - 1 gram daily
- Multi-mineral formulation containing 1 gram calcium and 500 mg magnesium - 1 tab/cap daily
- Kelp - 1 x tab, 2 x daily
- Zinc orotate - 100 mg, 1 x daily
- Desiccated Liver - follow manufacturer's directions and take the maximum dose
- Pollen - follow manufacturer's directions and take the maximum dose

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Raw Juice Therapy

Lettuce Juice, 140 ml, 2 x daily

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Reputed Remedy

The following remedy is reputed to be an excellent hair tonic.

Mix in equal parts and apply as a hair tonic:

- Best Brandy
- Coconut Oil
- 4711 Eau de Cologne

The author is not familiar with this remedy.

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Aromatherapy

Massage the scalp with 40° (proof) alcohol, containing 3% sage essential oil.

Homeopathy

It is said that the following are useful in "some cases of middle-age balding":

- Lycopodium
- Vinc.Minor

Conclusion

Try the various natural therapies, and see which one(s) work for you.

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

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Health Bite

Brain Food

The following supplements and minerals, daily (min to max dose noted), are believed to have a very positive influence on brain-tissue and functioning:

- Lecithin - 20 mg (preferred: Lecithin granules - 2 x tablespoons daily (can be taken in juice or sprinkled on food), plus safflower oil - 1 x tablespoon daily)
- Vit A - 10,000 iu
- Vit B-complex 100 - 100 mg, includes thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid (vitamin B5), pyridoxine (vitamin B6), biotin, folic acid and the cobalamins (vitamin B12).
- Pantothenic Acid - 12 mg
- Vit C - 100 to 1000 mg
- Vit D - 5 mcg
- Vit E - 60 mg
- Zinc - 15 to 50 mg
- Selenium - 200 mcg
- Omega 3 oil - 100 mg
- Co-enzyme Q10 - 6 to 120 mg
- Iron - 7 mg
- Manganese - 4 mg
- Copper - 1.5 mg
- Chromium - 50 mcg
- L-Arginine - 40 mcg
- L-Carnitine - 200 mg, 3 x daily; increasing after 1 week to 400 mg, 3 x daily
- Alpha-lipoic acid - 100 mg, 4 x daily
- Glutamine - 10 mg
- Glutathione - 5 mg
- Phosphatidylserine - 10 mg
- Phosphatidylcholine - 10 mg (derived from lecithin, and is a primary dietary source of choline)

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More Brain Food

- **Alfalfa** - Alfalfa contains some 300 natural nutrients and phytonutrients. Further, alfalfa is a good source of proteins as it is composed of 50% alfalfa protein. It is rich in vitamins, which include beta carotene, Vitamins A, B1, B2, B5, B6, C, E and K. Alfalfa is also a good source of minerals such as calcium, iron, copper, magnesium, potassium, phosphorus, and sulphur. It is also a natural source of amino acids, and provides rich sources of the *nine essential amino acids. Moreover, alfalfa also contains phytonutrients such as saponins, octasonols and isoflavones, which are responsible for some of the curative effects.
- **Apples** - Apples contain high levels of quercetin, an antioxidant that has been shown in recent studies to protect against Alzheimer's disease. Although it is also present in the flesh, the most quercetin is found in the skin. Red apples also contain anthocyanin in their skins.
- **Blueberries** - Blueberries have been shown in numerous studies to do wonderful things for memory and the brain in general. Old rats that were fed blueberries scored the same as young rats on memory tests. Blueberries contain anthocyanin, a known memory-boosting phytochemical. They also contain many other phytochemicals that may contribute to healthy brain function.
- **Broccoli** - Broccoli contains quercetin. It's also a good source of folic acid.
- **Cherries** - Another red food that is a good source of anthocyanin.
- **Eggplant** - Eggplant is a great source of anthocyanin. It also contains nasunin, an antioxidant that protects the lipids in brain cell membranes.
- **Grapes** - Red, purple, and black grapes all contain quercetin and anthocyanin. Red wine also contains good levels of these phytochemicals, but overindulging in red wine may negate the benefits so keeping consumption to one glass per day may be wise.
- **Onions** - Red onions contain anthocyanin and quercetin. Yellow and white onions also contain good levels of quercetin. In India, where onions are an important staple, onions have been used as a folk remedy to boost memory for centuries.
- **Red Beets** - Beets are a good source of anthocyanin and folic acid.
- **Rosemary** - Researchers have found that the carnosic acid in rosemary is neuroprotective and may play a role in the prevention of Alzheimer's disease and other neurodegenerative brain disorders. One study even found that just the scent of rosemary improved the memories of office workers.
- **Spinach** - One study found that feeding rats spinach prevented and even reversed memory loss. This may be due in part to its high folic acid content, a nutrient that is believed to be protective against Alzheimer's disease and age-related memory loss. Just a half-cup of cooked spinach provides two-thirds your daily requirement of folic acid.

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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

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Thank You

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