



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 "aneurysm 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>

Aneurysm Therapy

Introduction

Aneurysm, aneurism - an excessive localized swelling of the wall of an artery/blood vessel.

An aneurysm (or aneurism) is a bulge in a weakened artery wall, similar to the bulge that results from "over-inflating" an inner tube. The concern is that aneurysms may burst or rupture, and thus cause internal bleeding.

There are a number of different types of aneurysms, which are basically divided into three categories: 1) brain aneurysms, 2) aortic aneurysms, and 3) peripheral aneurysms.

Aortic aneurysms are further subdivided into two categories: 1) thoracic aortic aneurysms, and 2) abdominal aortic aneurysms.

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Brain Aneurysm

If a brain aneurysm presses on nerves in the brain, it can cause signs and symptoms. These can include:

- A droopy eyelid
- Double vision or other changes in vision
- Pain above or behind the eye
- A dilated pupil
- Numbness or weakness on one side of the face or body

If a cerebral aneurysm ruptures, symptoms can include a sudden, severe headache, nausea and vomiting, stiff neck, loss of consciousness, and signs of a stroke. Signs of a stroke are similar to those listed above for cerebral aneurysm; however, they usually appear suddenly and are more severe.

Brain aneurysms often develop without any recognizable symptoms.

Thoracic Aortic Aneurysm

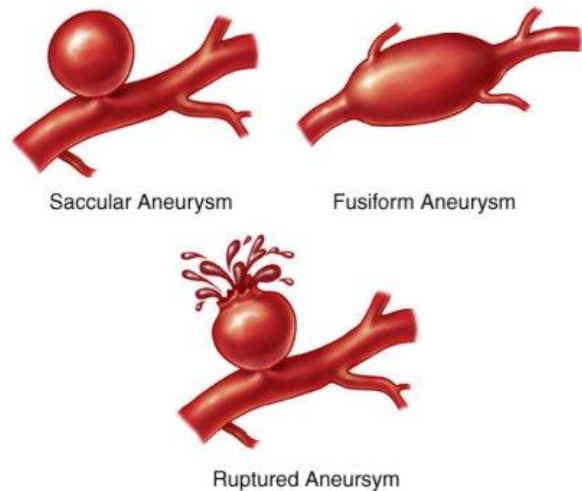
A thoracic (chest) aortic aneurysm may have no symptoms until the aneurysm begins to leak or grow significantly. When symptoms are present, they can include:

- Pain in the jaw, neck, upper back (or other part of the back), or chest
- Coughing, hoarseness, or trouble with breathing

Abdominal Aortic Aneurysm

Most abdominal aortic aneurysms develop slowly over years, and they have no signs or symptoms until they actually rupture. Sometimes, a pulsating mass can be felt in the abdomen. When symptoms are present, they can include:

- Deep penetrating pain in the back or the side of the abdomen
- Steady gnawing pain in the abdomen that lasts for hours or days at a time



- Coldness, numbness, or tingling in the feet because of blocked blood flow in the legs

If an abdominal aortic aneurysm ruptures, symptoms can include sudden, severe pain in the lower abdomen and back; nausea and vomiting; clammy, sweaty skin; light-headedness; and a rapid heart rate when standing up. Internal bleeding from a ruptured abdominal aortic aneurysm can send the individual into shock. (Shock is a life-threatening condition in which the organs of the body do not get sufficient blood flow.

Peripheral Aneurysm

Signs and symptoms of peripheral aneurysm may include:

- A pulsating lump that can be felt in the neck, arm, or leg
- Leg or arm pain, or cramping with exercise
- Painful sores on toes or fingers
- Gangrene (tissue death) from severely blocked blood flow in the limbs

An aneurysm in the artery behind the knee (popliteal) can compress nerves and cause pain, weakness, and numbness in the knee and leg.

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Stress

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.

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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 is 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

- 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
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- EPA (eicosapentaenoic acid) - 2 to 3 grams daily (available as Maz-EPA caps from health-food stores)
 - Codliver oil - 20 ml daily
 - Bromelaine (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.

<http://campbellmgold.com>

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 or 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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