



# 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...**

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## **Welcome**

Welcome to this special newsletter...

In this issue, we take a look at "The Amazing Alfalfa".

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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# The Amazing Alfalfa

## Introduction

Alfalfa is an herbaceous legume that grows perennially; and with its roots penetrating to 20 feet or more into the ground, Alfalfa is fortified with a rich source of nutrients which may not be found near the ground's surface.

Centuries ago, the Arabs used alfalfa as feed for their horses, because they claimed that it made the animals "swift and strong". In time, they discovered the benefits in their own lives, and consequently they named the grass Al Fal Fa - "Father of Foods".

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## Nutrition

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.

(\* There are nine essential amino acids, namely: Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan and Valine)

The good news is that the full benefits of alfalfa can be achieved by the intake of alfalfa supplements.

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## Health Benefits

Intake of alfalfa supplements offers a wide range of health benefits, including:

- Specific Medicinal Use (see below)
- Reducing of bad cholesterol
- Promoting liver health
- Detoxifying the body of harmful toxins in the blood
- Reduction of blood sugar levels
- Relieving muscle and joint pains
- Alleviating menopausal symptoms and side effects
- Increasing energy levels
- Reducing fatigue due to vitamin and mineral deficiencies

Alfalfa is one of the richest sources of calcium, magnesium, potassium, beta-carotene, and vitamin K.

Traditionally used as a springtime tonic, alfalfa is good for promoting health all year.

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## Medicinal Use

The medicinal uses of alfalfa have existed for many years, and uses based on tradition or theory includes:

- Allergies (Food)
- Anaemia
- Aneurysm
- Anorexia
- Antioxidant
- Appetite (deficient)
- Appetite Stimulant
- Arthritis
- Asthma
- Bell's Palsy
- Bladder Disorders
- Blood Clotting Disorders
- Blood Clots (prevention of)
- Boils
- Breast Cancer
- Breast Milk (increases)
- Bursitis
- Cancer (natural therapy)
- Cervical Cancer
- Cholesterol (high)
- Colon (general remedies for)
- Cough
- Convalescence
- Cystic Fibrosis
- Diuresis (Increasing Urination)
- Dyspepsia
- Endometriosis
- Gastrointestinal Tract Disorders
- Glandular Problems (general)
- Gout
- Gum Healing After Dental Procedures
- Hay Fever
- Increasing Breast Milk
- Indigestion
- Inflammation
- Inflammatory Bowel Disorders (Colitis, IBS)
- Insect Bites
- Jaundice (adults)
- Kidney Disorders
- Menopausal Symptoms
- Morning Sickness
- Nutritional Support
- Oestrogen Replacement
- Over acidity
- Osteoporosis
- Pregnancy (Herbs and supplements for)
- Prostate Disorders
- Rheumatoid Arthritis
- Scurvy
- Skin Damage from Radiation
- Stomach Ulcers

- Thrombocytopenic Purpura (a purplish discoloration of the skin produced by small bleeding vessels near the surface)
- Uterine Stimulant
- Vitamin Supplementation (Contains Vitamins A, C, E, K)
- Wound Healing

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### **Supplement Forms**

Alfalfa supplements come in many forms - there are dried leaves available, and there are alfalfa extracts in liquid form. However, alfalfa supplements typically come as 250 milligram to 1000 milligram tablets or capsules.

Dried alfalfa leaves can also be steeped into one pint of spring water (not tap water) for 20 minutes to make alfalfa tea.

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### **Dosage**

There is no standard alfalfa dosage that has to be strictly followed.

The recommended dosage depends particularly on the purpose for taking the supplement. Alfalfa supplements are typically taken 2 to 3 times daily, after meals, for lowering cholesterol. Drinking two cups of alfalfa tea achieves the same results.

When using alfalfa seriously, 1000 mg, 3 x daily with meals is a typical dosage.

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### **Contra Indications**

There have been isolated reports regarding allergic reactions to alfalfa supplements. There have also been reports that mention that alfalfa seeds and alfalfa sprouts contain amino acids and other components that can be harmful for people with autoimmune diseases. Consequently, if an individual is taking oestrogens, immune-suppressing drugs, diabetes agents, or diuretics, their health care professional should be consulted prior to taking alfalfa supplements.

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

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## **Health Bite**

### **The Health Benefits of Cinnamon**

#### **Introduction**

The medicinal properties of cinnamon have been causing interest in recent years.

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### **Health Benefits of cinnamon**

The health benefits of cinnamon include:

- Studies have shown that just 1/2 teaspoon of cinnamon per day can lower LDL (bad) cholesterol.
- Several studies suggest that cinnamon may have a regulatory effect on blood sugar; thus making it especially beneficial for people with Type 2 diabetes.
- In some studies, cinnamon has shown an amazing ability to stop medication-resistant yeast infections.
- In a study published by researchers at the U.S. Department of Agriculture in Maryland, cinnamon reduced the proliferation of leukaemia and lymphoma cancer cells.
- Cinnamon has an anti-clotting effect on the blood.
- In a study at Copenhagen University, patients given half a teaspoon of cinnamon powder combined with one tablespoon of honey every morning before breakfast had significant relief in arthritis pain after one week; and they could walk without pain within one month.
- When added to food, cinnamon inhibits bacterial growth and food spoilage, making it a natural food preservative.
- One study found that smelling cinnamon boosts cognitive function and memory.
- Researchers at Kansas State University found that cinnamon fights the E. coli bacteria in unpasteurized juices.
- Cinnamon is a great source of manganese, fibre, iron, and calcium.

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### **Homemade Cinnamon Tea**

1 cinnamon stick  
1 cup of boiling water

Break cinnamon stick into pieces and place in a cup.

Add boiling water - cover and steep for 10 minutes.

You can keep adding hot water to the cup to enjoy all day long.

Use more or less cinnamon depending on the strength you prefer.

You can also place a cinnamon stick in any tea while it steeps to add flavour and the health benefits.

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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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