



The Campbell M Gold Newsletter

Vol. 07 - Issue 02

Campbell M Gold

Consultant

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

Just the Facts...

Welcome

Welcome to another newsletter...

In this issue, we take a look at the amazing "Elixirs of Life"; and I have included a health/lifestyle evaluation for your consideration.

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>

The Amazing Elixirs of Life

Introduction

The following elixirs have been noted to promote the body's ability to 'replace a bad cell with a good cell'. Consequently, they can be used to promote general health or to combat pathology.

Do they work?

Yes.

Can their efficacy be increased?

Yes, by employing the 'Oil-drawing Technique', the efficacy of the elixirs will be significantly augmented. See *'The Amazing Dr Sunflower'* for Oil-drawing information and procedure.

Is there any specific diet that will also help?

Yes, a diet of predominantly living food (90% live, and 10% non-live - especially when serious pathology is present), and as close to a 'vegetarian regimen' as possible, has been noted to greatly augment the 'Elixirs' and the Oil-drawing Technique'.

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The Elixirs

Diuretic And Detox, Juice

- 3 x Parts Carrot Juice
- 1 x Part Cucumber Juice

Take daily, 250 ml to 500 ml, 20 minutes prior to main meal.

Note: Ingredients must be 'juiced' not 'liquidised'.

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Cell Replacement, Juice (One)

- 3 x Parts Carrot Juice
- 1 x Part Cucumber Juice

Take daily, 250 ml to 500 ml, 20 minutes prior to main meal.

Note: Ingredients must be 'juiced' not 'liquidised'.

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Cell Replacement, Juice (Two)

- 3 x Parts Carrot Juice
- 1 x Part Cucumber Juice
- 1 x Celery Stalk
- 1/2 x Small Beetroot
- 1/8 x Small Heart of Cabbage

Take daily, 250 ml to 500 ml, 20 minutes prior to main meal.

Note: Ingredients must be 'juiced' not 'liquidised'.

This juice has been known to help with chronic conditions.

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Cell Cleansing, Juice

- 2 x Oranges
- 1 x Tangerine
- 1 x Lemon
- 1 x Peach

Sparkling Spring Water (Still Spring Water may be substituted)

When peeling the citrus fruits, leave as much white pith intact as possible.

Mix the juice with the Sparkling Spring Water (Still Spring Water may be substituted) to taste.

Never mix with tap water, even if it is filtered.

Take daily, 250 ml to 500 ml, 20 minutes prior to main meal.

Note: Ingredients must be 'juiced not liquidised'.

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

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Health Bite

Fitness-Level Evaluation

Use the following evaluation to determine your current fitness level.

FITNESS-LEVEL EVALUATION		
(a) Intensity	(b) Frequency	(c) Duration
How strenuous is your exercise?	How many times do you exercise per week?	How long do you exercise each time?
Heavy = 5 points (fast cycling, running, aerobic dancing, etc)	3 or more times = 5 points	21 minutes to 1 hour = 5 points
Moderate = 3 points (jogging, cycling, brisk walking, etc)	1 to 2 times = 2 points	11 to 20 minutes = 3 points
Light = 1 point (golf, strolling, housework, etc)	Not at all = 0 points	10 minutes or less = 1 point

Total your Score (a) _____ + (b) _____ + (c) = Total _____		
EVALUATION		
Total Score	Fitness Level	Recommended Action
13 to 15	Very Good	Congratulations, maintain your present level of activity
8 to 12	Average	You are moderately sedentary and should increase your level of activity
7 or less	Poor	You are sedentary, and you need to consider an exercise program now

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Lifestyle Evaluation

To attain health and well being it is necessary to balance many areas of your life. These areas include: nutrition, relaxation, exercise, creativity, appropriate sleep, avoiding overindulgence, trust and communication, decision making, personal responsibility, and worthiness.

Use the following quiz to assess your current life habits and attitudes. It is important for you to consider your current lifestyle, and to evaluate if/where it can be improved.

LIFESTYLE EVALUATION QUIZ	
Tick or circle the appropriate box: [A] [B] [C] [D] [E]	
[A] = Almost Never, [B] = Infrequently, [C] = Sometimes, [D] = Frequently, [E] = Almost Always	
1) Nutrition - I eat regular nutritious meals, and I am aware of their ingredients and how they affect me	[A] [B] [C] [D] [E]
2) Relaxation - I allow some time, each day, for creative relaxation	[A] [B] [C] [D] [E]
3) Exercise - I understand the benefits of aerobic exercise, and I participate at least 20 minutes, 3 times a week	[A] [B] [C] [D] [E]
4) Creativity - I feel enthusiastic about my own unique abilities, and I use them daily	[A] [B] [C] [D] [E]
5) Appropriate Sleep - I sleep soundly, and I awake feeling refreshed and invigorated	[A] [B] [C] [D] [E]
6) Avoiding Overindulgence - I avoid overindulgence, and I do not abuse food, alcohol, tobacco, or any other drug	[A] [B] [C] [D] [E]
7) Trust and Communication - I have at least one significant person whom I trust, and with whom I can communicate, whether I am in a high or low mood	[A] [B] [C] [D] [E]
8) Decision Making - I gain wisdom from the opinions of others, however, ultimately I make my own	

LIFESTYLE EVALUATION QUIZ

Tick or circle the appropriate box: [A] [B] [C] [D] [E]

[A] = Almost Never, [B] = Infrequently, [C] = Sometimes, [D] = Frequently, [E] = Almost Always

decisions [A] [B] [C] [D] [E]

9) **Personal Responsibility** - I take full responsibility for my own behaviour, and I do not blame others for my actions or my results [A] [B] [C] [D] [E]

10) **Worthiness** - I believe that I am an important person in this world, and I am worthy to love and to be loved [A] [B] [C] [D] [E]

Now take your answers and shade in each item on the 'Lifestyle Summary Chart' (next page).

For each response, shade up to, and including, the relevant blocks (A to E).

e.g. [A] [B] [C] [D] [E]

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LIFESTYLE SUMMARY CHART

Take your answers, from the previous page,
and shade up to, and including,
the relevant blocks A - E that correspond to your responses

e.g. [A] [B] [C] [D] [E]

1) Nutrition	A	B	C	D	E
2) Relaxation	A	B	C	D	E
3) Exercise	A	B	C	D	E
4) Creativity	A	B	C	D	E
5) Appropriate Sleep	A	B	C	D	E
6) Avoiding Overindulgence	A	B	C	D	E
7) Trust and Communication	A	B	C	D	E
8) Decision Making	A	B	C	D	E
9) Personal Responsibility	A	B	C	D	E
10) Worthiness	A	B	C	D	E

EVALUATION

Look at the shaded blocks. Are the horizontal blocks full or empty? Is the total shaded area balanced or unbalanced? Which areas require attention? Which areas indicate your strengths? Are you living in a balanced manner? What do you need to do to achieve balance?

Legends: [A] [B] [C] [D] [E]

[A] = Almost Never

[B] = Infrequently

[C] = Sometimes

[D] = Frequently

[E] = Almost Always

NAME: _____

DATE: _____

COMMENTS: _____

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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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Website: <http://campbellmgold.com>

Email: veritas@campbellmgold.com

Thank You

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