



# 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 natural "Ovarian Cyst 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:**

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# Ovarian Cyst Therapy

## Introduction

A cyst is a fluid filled sac, which can develop in various places in the body. Depending on the cyst type, the fluid within the cyst can range from thin and watery to thick and paste-like. Some cysts have a thicker, solid outer part with some fluid within.

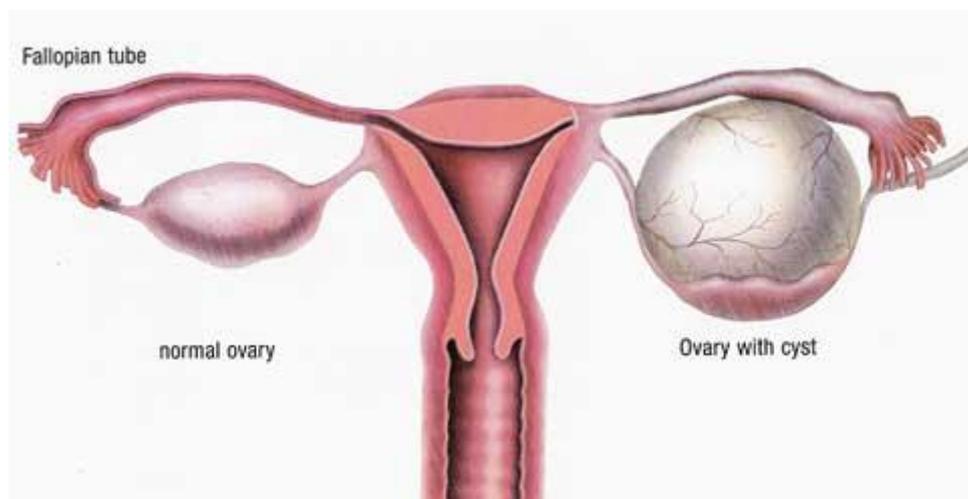
Cysts on the ovary are very common, and most ovarian cysts are small and benign, and do not produce any symptoms. Larger cysts may produce any of the following symptoms:

- Pain and discomfort low down in the abdomen. This may come and go, or be more lasting.
- Pain during bowel movements
- Changes to your periods. They may become irregular, or be heavier or lighter than normal.
- Sex may be uncomfortable or painful.
- Depending on the cyst's location and size, it may put pressure on the bladder or bowels, making the individual need to go to the toilet more often.
- In rare cases, ovarian cysts can cause abnormal amounts of hormones to be produced. This can affect periods, and speed up or change the way the individual's breasts and body hair grow.
- Pelvic pain, with a constant, dull aching

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## Cause

Ovarian cysts may occur during ovulation (the process in which an egg is released from the ovary). During the days before ovulation, a follicle grows. However, when ovulation is supposed to occur, the follicle fails to break open and release an egg. Consequently, the fluid stays in the follicle and forms a cyst.



Hormone Imbalance can also be causal in Ovarian Cysts.

Oestrogen dominant conditions include:

- Ovarian Cysts
- Endometriosis,
- Polycystic Ovarian Syndrome (PCOS)

Hormone imbalance symptoms include:

- PMS
- Cramps
- Fibroids
- Endometriosis
- Heavy bleeding
- Ovarian cysts
- Recurrent Miscarriage
- Lack of ovulation

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## Natural Therapies

### Castor Oil Therapy

Castor oil has been used for centuries for helping with cysts:

- 1) Apply castor oil to a suitable cloth and place it on lower abdomen
- 2) Cover the cloth with a towel, and then apply a heating source (microwaveable pad, hot water bottle, etc).
- 3) Re-apply the castor oil cloth daily, eventually reducing to 2 x weekly while not on menses.

The cloth can be reused for several applications.

**Recommended** - add several drops of TeaTree and Lavender aromatherapy oils to the castor oil, on the cloth, to increase efficacy.

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## Supplements

**Multivitamin and Mineral** - A good quality multivitamin and mineral supplement provides a good foundation.

**Antioxidants** - Take a good antioxidant formula - this should include vitamins A ,E, and selenium (extra E and selenium should be taken as noted). Antioxidants helps to protect the body's cells against damage and any abnormal cell changes.

**Vitamin C** - 1,000 mg, 3 x daily - This is an important nutrient for boosting immune activity. If the immune system is working efficiently, it can destroy abnormal cells, which is important to prevent abnormal cysts.

**B-Complex 100** - 100 mg daily. B-complex vitamins are needed by the liver to convert excess oestrogen into weaker and less dangerous forms. B vitamins are essential when balancing the hormone levels.

**Vit E** - 600 IU at bedtime.

**Magnesium** - 300 mg daily.

**Zinc - 50 mg daily** - Zinc is crucial for the immune system, but it plays an additional role in the reproductive system. Zinc is needed for normal cell development and reproduction; and it can also protect the body against free radical damage. Free radicals cause cell damage (inc. the DNA).

**Selenium** - 200 mcg daily.

**Garlic Tabs** - 1250 mg up to 4 x daily.

**Linseed oil** - 1,000 mg daily.

**Pollen** - 1 x cap daily.

**Kelp** - Take max dose as recommended by manufacturer.

**DIM** - Diindolylmethane is believed to be helpful in ovarian cyst cases. The recommended therapeutic dose is typically 200 mg daily.

**May be of Benefit:**

**Vit D3** - 800 to 2,000 IU, daily (1,200 IU is a typical daily dose (2 x 600 IU caps)).

**Supplemental calcium** - 1,000 to 1,500 mg daily (1,000 mg is a typical daily dose).

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**Herbs**

**Echinacea (Echinacea purpurea)** - Take max dose as recommended by manufacturer. Take for 10 days, take a three-day break, and then repeat for another 10 days, etc. Echinacea is useful for boosting immune system function as it can increase white blood cell count and activity. Consequently, these increased levels can help the body to engulf abnormal cells.

**Milk thistle (Silymarin marianum)** - 3 x caps daily. This is an important herb for the liver, acting as a tonic. It can encourage the detoxification process, which means that abnormal cells will be destroyed and excess hormones excreted.

**Caution** - the above herbs should not taken if the individual is taking, "The Pill", Fertility drugs, Hormone Replacement Therapy or any other hormonal treatment or other medication unless they are recommended by their health professional.

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

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## Health Bite

### Health Benefit of DIM - Diindolylmethane

#### Introduction

Diindolylmethane, or DIM for short, is a plant indole, which is a plant compound with health-promoting properties. DIM and other plant indoles are found in all cruciferous vegetables, including cabbage, broccoli, Brussels sprouts, and cauliflower.

Several years ago, researchers discovered that when broccoli was added to the diets of study animals, it could prevent certain forms of cancer. In more recent studies, this same cancer protection was shown to result from simply adding supplemental DIM or related plant indoles to the animals' diets in place of the broccoli.

DIM stimulates more efficient oestrogen metabolism. Supplementing the diet with DIM and eating cruciferous vegetables increases the specific aerobic metabolism for oestrogen, multiplying the chance for oestrogen to be broken down into its beneficial, or "good" oestrogen metabolites. These "good" oestrogen metabolites are known as the 2-hydroxy estrogens. Many of the benefits that are attributed to oestrogen, which include its ability to protect the heart and brain with its antioxidant activity, are now known to come from these "good" metabolites.

Regular use of supplementary DIM and its indole relatives has shown that many of these health-promoting effects arise from a beneficial shift in the balance of the sex hormones, oestrogen and testosterone.

In order to get 10-30 mg of DIM, an individual would have to eat one-and-a-half pounds of cruciferous vegetables. However, the recommended therapeutic dose is typically 200 mg daily; consequently a good DIM Supplement is recommended.

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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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