



The Campbell M Gold Newsletter

Vol. 07 - Issue 27

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 "Natural Painkillers".

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>

Natural Painkillers

Natural Painkillers

- **Olive Oil** - Olive oil has more uses than just inside the kitchen, scientists have revealed. The oil contains a natural chemical which acts like the anti-inflammatory pain killer ibuprofen. It is believed that a 50 gram dose of extra-virgin olive oil is equivalent to about 10 per cent of the ibuprofen dose recommended for adult pain relief.
- **Turmeric** - Turmeric is a natural painkiller and *Cox-2 inhibitor.

(*Cox-2 inhibitors are newly developed drugs for inflammation that selectively block the Cox-2 enzyme. Blocking this enzyme impedes the production of the chemical messengers (prostaglandins) that cause the pain and swelling of arthritis inflammation, etc.)

- **Pineapple** - Pineapple is being used to treat conditions like arthritis and multiple sclerosis. The secret ingredient is an active substance known as bromelain, found in extracts from the stem of pineapple. Studies have shown that this active ingredient is a fantastic breakthrough for people suffering the pain and discomfort brought on by arthritis due to the anti-inflammatory and painkilling effect it has on your body.

This is actually an old remedy used by locals on the tropical islands in the Pacific Ocean. Early explorers visiting these islands noticed that the natives had an unusual treatment for muscle aches and joint pains. The treatment was pineapple - drinking the juice of crushed pineapple, or applying the mashed fruit directly onto a sore limb, had a miraculous effect - the pain and inflammation improved, and the joint was able to move freely again.

Because bromelain has anti-inflammatory benefits, it can be used in conditions where inflammation is the underlying cause. For example, it has been used with patients suffering from multiple sclerosis. Thus bromelain is used in an attempt to slow down the inflammation of the nerves which is characteristic of the condition

Bromelain is available as a supplement and the typical dosage is 400 mg to 500 mg taken two to three times a day.

Warning - Do not take bromelain supplements if you are allergic to pineapple.

- **Cherries/Cherry Juice** - The Chemicals that give tart cherries their red colour may relieve pain better than aspirin, and may provide antioxidant protection comparable to supplements such as vitamin E (Michigan State University). Results suggest that a person eating about 20 tart cherries could realize antioxidant or anti-inflammatory benefits. That number of cherries contains 12-25 milligrams of the active compounds, called anthocyanins. Thus, daily consumption of cherries has the potential to reduce pain related to inflammation, arthritis, and gout, etc; and also may reduce cardiovascular and other chronic diseases.
- **White Willow Bark** (from which aspirin was derived) - White willow bark was originally used by Native American Indians and boiled to make a tea which was drunk to alleviate pain. It was also used 2,500 years ago by Chinese physicians, who also used the bark of the willow tree to treat pain and fever. useful for arthritis, rheumatism, period pain, etc.

In the 19th century, western scientists discovered the active ingredient in willow bark was salicin, a natural chemical which the body first converts into saligenin and then into salicylic acid.

- **Hypnosis** - Hypnosis can be a useful adjunct in pain management. See our website for more information: <http://campbellmgold.com>.

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Endorphins

There has been a lot of interest in the body's ability to produce endorphins, which are natural painkillers.

Question - what are endorphins and how can they be released?

Answer - Endorphins are any of a group of hormones secreted within the brain and nervous system that cause an analgesic (pain relief) effect. Endorphins are classified among the brain chemicals known as "neurotransmitters", which function to transmit electrochemical signals within the nervous system. At least 20 types of endorphins have been identified in humans. Endorphins can be found in the pituitary gland, in other parts of the brain, and distributed throughout the nervous system.

Stress and pain are the two main factors which cause the release of endorphins. Endorphins interact with the opiate receptors in the brain, which reduce the individual's perception of pain. They act similarly to drugs such as morphine and codeine. However, in contrast to opiate drugs, activation of the opiate receptors by the body's endorphins does not lead to dependence or addiction.

In addition to decreased feelings of pain, the secretion of endorphins leads to feelings of euphoria, modulation of appetite, release of sex hormones, and enhancement of the immune response.

With high endorphin levels, the individual feels less pain, and experiences fewer negative effects of stress.

Endorphins have been suggested as modulators of the so-called "runner's high" that athletes achieve with prolonged exercise. While the role of endorphins and other compounds as potential triggers of this euphoric response have been debated extensively by researchers, it is at least known that the body does produce endorphins in response to prolonged, continuous exercise.

Endorphin release varies among individuals; and this means that two individuals who suffer the same degree of pain, or exercise level, will not necessarily produce comparable levels of endorphins. Further, certain foods, such as chilli peppers or chocolate can also lead to the secretion of endorphins. In the case of chilli peppers, the "hotter" the peppers, the more endorphins that are secreted.

The release of endorphins upon ingestion of chocolate likely explains the comforting feelings that many people associate with chocolate and the craving for it in times of stress.

Even if an individual does not participate in strenuous athletics or exercise, they can try other activities to increase the body's endorphin levels. Studies of acupuncture and massage therapy have shown that both of these techniques can stimulate endorphin secretion. Sexual stimulation is also a trigger for endorphin release. Also, the hypnosis and meditation can increase the amount of endorphins released in the body.

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Question - Is there any easy way for an individual to control the release of endorphins?

Answer - No.

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Health Bite

Apple Tips

Introduction

It is said that, "an apple a day keeps the doctor away"; but what are the health benefits of apples - if any?

Health Benefits of Apples

The health benefits of apples include:

- **Bone Protection** - French researchers found that a flavanoid called phloridzin that is found only in apples may protect post-menopausal women from osteoporosis and may also increase bone density. Boron, another ingredient in apples, also strengthens bones.
- **Asthma Help** - One recent study shows that children with asthma who drank apple juice on a daily basis suffered from less wheezing than children who drank apple juice only once per month. Another study showed that children born to women who eat a lot of apples during pregnancy have lower rates of asthma than children whose mothers ate few apples.
- **Alzheimer's Prevention** - A study on mice at Cornell University found that the quercetin in apples may protect brain cells from the kind of free radical damage that may lead to Alzheimer's disease.
- **Lower Cholesterol** - The pectin in apples lowers LDL (bad) cholesterol. People who eat two apples per day may lower their cholesterol by as much as 16 percent.
- **Lung Cancer Prevention** - According to a study of 10,000 people, those who ate the most apples had a 50 percent lower risk of developing lung cancer. Researchers believe this is due to the high levels of the flavonoids quercetin and naringin in apples.
- **Breast Cancer Prevention** - A Cornell University study found that rats who ate one apple per day reduced their risk of breast cancer by 17 percent. Rats fed three apples per day reduced their risk by 39 percent and those fed six apples per day reduced their risk by 44 percent.
- **Colon Cancer Prevention** - One study found that rats fed an extract from apple skins had a 43 percent lower risk of colon cancer. Other research shows that the pectin in apples reduces the risk of colon cancer and helps maintain a healthy digestive tract.
- **Liver Cancer Prevention** - Research found that rats fed an extract from apple skins had a 57 percent lower risk of liver cancer.
- **Diabetes Management** - The pectin in apples supplies galacturonic acid to the body which lowers the body's need for insulin and may help in the management of diabetes.
- **Weight Loss** - A Brazilian study found that women who ate three apples or pears per day lost more weight while dieting than women who did not eat fruit while dieting.

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IMPORTANT

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Thank You

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