



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 "The Amazing Skin Combination", and at "L-Glutathione".

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 Skin Combination

Introduction

It has often been asked if there is some natural way of reducing wrinkles, skin blemishes, and age spots, etc. The answer is yes, there is - a simple combination of common antioxidant supplements, which can produce significant skin results.

What are the Common Antioxidants in the Combination?

The common antioxidants are Vit C, Vit E, Grapeseed extract, and L-Glutathione

- Vitamin C is a water-soluble vitamin which many believe is the single most important supplement that the individual needs. It is an antioxidant which protects the body from free radicals, which may cause heart disease, and cancer, etc. Moreover, in this combination, vitamin C helps to recycle the oxidized glutathione back to its reduced form so that it can continue to act as an additional free radical quencher. Glutathione becomes oxidized and loses its antioxidant properties as it absorbs free radicals in the body.
- Vitamin E - acts as an antioxidant, a skin anti wrinkle agent, and a general cell rejuvenator. Regarding the skin, vitamin E makes it softer and younger looking. However, in this combination, vitamin E's main role is cell regeneration.
- Grapeseed Extract contains powerful antioxidant components and, in this combination, it is a natural purifier that helps to deep cleanse, lighten, and refine the skin.
- Alpha-Lipoic Acid metabolizes excess sugar and carbohydrates; and in this combination it increases the Glutathion level in the body, regulates sebum production (oil gland activity), and firms the skin
- L-Glutathione is the reduced form of glutathione, and is considered more effective in skin augmentation (cleansing, purifying, whitening, etc). Research suggests that L-Glutathione is the only active form that can react to foreign toxins and remove them from the body. Consequently, in this combination, L-Glutathione helps to stimulate the skin and to augment lightening, to reducing skin blemishes, and to reduce age spots, etc.

Effecting Skin Lightening

How long does it take, using the combination, to see visible effects on the skin?

The response to the combination varies from individual to individual; however, researchers have noted the following time scales of noticeable lightening:

- Medium Brown Skin : 1 - 3 Months
- Dark Brown Skin : 3 - 6 Months
- Very Dark Skin : 6 - 12 Months
- Black Skin : 2 - 3 Yrs or More

Skin Benefits Using the Combination

Researchers and studies suggest that the combination can be of benefit as follows:

- Nourishes the skin
- Lightens the skin
- Helps with anti-aging

- Anti-wrinkle
- Helps in delaying the signs of aging
- Helps the skin to stay supple, smooth, fresh, and radiant
- Lightens dark spots
- Heals dark spots caused by acne
- Helps to prevent pimples
- Removes blemishes and pigmentations
- You will be fairer and skin is glowing
- Uniformly smoothens and whitens the skin all-over
- Underarm area will lighten
- Lips will become more "pinkish" (melanin pigments blocking the lips decrease)
- Bikini line will lighten
- Helps to heal skin ulceration
- Enhances wound healing

Other health benefits of the combination include:

- Protection of individual cells, tissues of arteries, brain, heart, immune cells, kidneys, cornea, liver, lungs, and skin against oxidant damage
- Specifically protects the liver by helping the liver remove toxins, including heavy metals like lead and mercury
- Augments cancer prevention and treatment
- Helps to treat asthma
- Helps to treat allergies
- Helps improve blood flow to nerves
- Combats chronic fatigue
- Promotes anti-aging by helping in the breakdown of oxidized fats
- Increases sperm count for men with low sperm counts
- Helps to correct hormonal imbalance for women
- Augments the immune system
- Helps to build muscle - especially for body builders
- Helps reduce incidence of cataracts
- Helps with the recovery from damage caused by smoking
- Helps with the recovery from damage caused by excessive alcohol consumption
- helps when the individual has been exposed to chemicals/pesticides

Glutathione benefits

Low glutathione levels are found in immune-compromised individuals, neuro-degenerative diseases such as multiple sclerosis, ALS, Alzheimer, and Parkinson's disease, arteriosclerosis, male infertility, pregnancy complications, cataracts, damage from many allopathic/pharmaceutical drugs, cancer, and poor survival rate for patients with AIDS. High levels of Glutathione appear to protect against the dangers of cancer, heart disease, premature aging, autoimmune disease and chronic illness

Glutathione Toxicity

Regarding glutathione, no toxicities, or suspected toxicities have been noted.

Suggested Dosage in Combination

The following may be taken up to 3 x daily after meals:

- Vitamin C - 1000 mg, timed release (with rose hips if possible)
- Vitamin E - 100 iu
- Grapeseed Extract - 50 mg
- Alpha-Lipoic Acid - 100 mg
- L-Glutathione - 500 mg

Contraindications

None - except for use during some forms of allopathic chemotherapy and radiation treatment where antioxidants should not be used because of their inhibition of the free radical formation, which may be part of the chemotherapy process

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Health Bite

L-Glutathione

Introduction

L-Glutathione is the reduced form of Glutathione, and is an antioxidant that the body produces from three basic amino acids (L-glutamine, L-cysteine, and glycine) which are found in our diet sources. Consequently, the body produces Glutathione, and uses it, along with the other vitamins that are ingested, as a "hard line defence" against the hazards that cause sickness, disease, and ageing. Research has shown that Glutathione can actually cure disease, regenerate damaged tissue, minimize the side effects of chemotherapy, and treat cataracts.

Glutathione is an amino acid with powerful antioxidant properties that helps maintain the liver and liver cells. This amino acid also improves the detoxification process by neutralising certain toxins, free radicals and by-products of metabolic wastes. Glutathione assists in carbohydrate metabolism, it also helps delay the oxidation of low-density lipoprotein cholesterol, which are factors contributing towards heart problems. This powerful amino acid nourishes white blood cells, therefore, helps maintain a healthy immune system.

Besides being a powerful antioxidant booster and system detoxifier, glutathione also helps produce, protect, and repair DNA (deoxyribonucleic acid). In this protective role, it boosts the immune system, and thereby helps to augment immune response.

Function

Glutathione works in DNA Synthesis and repair, protein and prostaglandin synthesis, and amino acid transport. It assists in the metabolism of carcinogens, and toxins. Immune system functioning is enhanced with the use of L-Glutathione, and it is also effective in the prevention of oxidative cell damage, as well as enzyme activation. Glutathione helps and maintains the functions of other antioxidants.

L-Glutathione works to protect the body from the thousands of daily hazards that it is exposed to - such as pollution, passive smoking, alcohol, and food chemicals and poisons. Some researchers believe that Glutathione can slow down the aging process. Further, L-Glutathione has demonstrated that it is effective in fighting cancer, environmental poisons, and even cataracts.

L-Glutathione is also effective in treating diseases such as Hepatitis. It has also been shown to be effective in the regeneration of the liver, and to combat cirrhosis. Glutathione is also useful in treating jaundice and protects the brain and body tissues in the event of poisoning. In addition, the level of tissue damage from Carbon Monoxide, Hydrogen Sulfide, heavy metals, pesticides, and environmental poisoning has been demonstrated to be significantly lower with adequate L-Glutathione in the blood stream. Moreover, the side effects of chemotherapy and the growth of cataracts have been demonstrated to be significantly reduced with L-Glutathione supplementation.

Sources

Dietary sources of glutathione, and glutathione precursors (L-glutamine, L-cysteine, and glycine), include meats, fish, fruits, vegetables, avocado, walnuts, and asparagus. Glutathione precursors are also found in whey protein concentrate.

Typical Dosage

1 x 250 mg tab, daily, on an empty stomach - can be increased to 2 x 250 mg tabs, daily, if indicated.

Glutathione is available as a single ingredient dietary supplement or in combination products. Dosage ranges from 50 to 1000 mg.

Note

A person taking L-Glutathione should take Vitamin C two times more than the dose of L-Glutathione. This is to keep L-Glutathione in its absorbable or reduced form and to release the potential of Vitamin C. It also prevents L-Glutathione from being oxidized and raises L-Glutathione by helping the body manufacture it.

Contra Indications

There are no significant side effects with glutathione; however, pregnant women should seek advice before using L-Glutathione.

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IMPORTANT

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