



# 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 response to a large number of client requests, in this issue, we take a look at "The Amazing Skin Transformation Cream", and again 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 Transformation Cream

## Introduction

It has often been asked if there is a natural cream for 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.

The Common Antioxidants in an Aqueous cream base include:

### **Aqueous Cream - 250-500 ml**

Aqueous cream is used as a suitable base for the other component parts.

### **Alpha Lipoic Acid - 100 mg**

Alpha Lipoic Acid is often described as the universal, ideal, and metabolic antioxidant, which neutralizes free radicals in the watery and fatty regions of the cell. Alpha Lipoic Acid compliments the therapeutic effects of Vitamin C and Vitamin E.

### **L-glutathione - 250-500 mg**

L-glutathione is normally produced by, and is found, in the body, and acts as a "Master Anti-oxidant" that counters the effects of pollution in the everyday environment - the harmful substances that degenerate and damage our cells and our internal systems. These harmful elements are found in the air we breathe, the water we drink, and the different chemicals found in our diet in fact.

L-glutathione (the reduced version of glutathione) is a potent compound which enables cellular repair and helps the body recover from everyday pollutants. Unfortunately glutathione levels in the body decreases as an individual ages. Moreover, glutathione in its reduced form is found to be more effective in prevention and regeneration of ultraviolet radiation-induced skin damage. In increased dosages, L-glutathione whitens and lightens the skin. Without the protection of glutathione, cells die faster, resulting in premature aging and increasing the risk of toxin induced diseases.

### **Vitamin C - 1000 mg**

Vitamin C maximizes the anti-oxidant effects of L-glutathione. Moreover, vitamin C it inhibits melanin production, thus helping to prevent the development of dark skin pigmentations.

### **Vitamin E - 100 iu**

Vitamin E plays an important role in skin healing and reduction of scars from injuries and burns. In combination with L-glutathione, Vitamin E is an adjunct to lightening the skin.

### **Grapeseed extract - 50 mg**

Grapeseed extract, a preferred cosmetic ingredient, possesses regenerative and restructuring qualities for damaged and stressed tissues, and allows better control in moisturizing skin. Grapeseed extract is known to reduce stretch marks and also in repairing the skin around the eyes.

### **Rosehip seed oil - 8 drops**

Cold pressed Rosehip seed oil contains retinol (Vitamin A) and is rich in the essential fatty acids linoleic acid or omega-3, and linolenic acid or omega-6. Because of its properties, Rosehip seed oil is often used in cosmetic products for different skin conditions such as acne and sun burnt skin.

## **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**

**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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