



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 Acai Berry", and "Acidophilus".

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 Acai Berry

Introduction

Recently, there has been a lot of hype regarding the Acai berry (pronounced "ah-sigh-ee"), and many proponents are suggesting that it is a "super food". Outside of promotional and advertising hype, a super food is simply a food that is so naturally packed with goodness, that it may help to boost levels of health and vitality - naturally.

Acai berries

The Acai berry is a small grape-sized berry that is unique to the Amazon Rainforest of Brazil. The natives of the region have harvested this berry, as part of their diet, for centuries. Unfortunately Acai berries are extremely perishable, and they spoil within 24 hours of being picked from the tree.

Because the actual fruit only makes up 10% of Acai berry (the berry is predominantly seed surrounded by pulp), it is put through a process that separates the pulp from the seed which produces a thick, edible puree. Depending on its final destination, the Acai berries may also be turned into juice, pulp, dried, or freeze dried into powder.

Pure Supplemental Acai is made from the skin and pulp of 100% organic Acai berries, which have been freeze dried to maintain freshness.

Health Benefits

The Acai berry has an extremely high concentration of antioxidants, healthy omega fats and fibre, and is thought to have beneficial health properties:

- Lowers blood pressure
- Helps lower cholesterol
- Protects against heart disease
- Supports and improves the immune system
- Fights aging and inflammation
- Fights cancer and disease
- Improves digestion
- Full of antioxidants, which help the liver
- Aids in weight loss
- Reduces pain
- Improved mental focus
- Promotes healthy sleep cycles
- Increases energy, vitality, and stamina
- Increases libido
- Provides vital daily vitamins
- High in nutrition
- Conserves the level of antioxidants in foods

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Specific health properties of the Acai berry include:

Acai berries have a high fibre content - For every 100 grams of Acai berries, there is approximately 45 grams of fibre.

Acai berries contain vitamins - specifically Vitamin C, B1, B2, B3, and E, and supplying just as much vitamin C as blueberries. Plus, for every 100 grams of Acai, there is more than 1000 IU of Vitamin A.

Acai berries contains essential minerals - specifically potassium, calcium, copper, magnesium, and zinc.

Acai contains a high level of anthocyanins - These help to conserve the level of antioxidants in foods and continue to do so after they are eaten. While red wine is recognised as containing a high level of anthocyanins, the Acai berry actually provides 10 to 30 times more.

Acai berries are rich in omega fats - giving a healthy dose of unsaturated fats including Omega-3, Omega-6, and Omega-9.

Acai berries have a high amino acid and protein content - The Acai berry contains 19 different amino acids - which help with the growth, repair, and maintenance of body tissues. As the body can only supply 11 of these amino acids, the rest have to be derived from the diet.

Acai berries contain three different plant sterols - B-sitosterol, campesterol, and stigmasterol. These help to keep a heart healthy, as well as assisting in proper digestive functions.

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Acai Berry and Weight Loss

The Acai berry contains Omega fatty acids - the same recommended fats which are found in fish oil, olive oil and flaxseed. These fatty acids cannot be produced by the body, and must be obtained from our diets. Instead of being stored as fat, they are used by the liver to “kick-start” the metabolism. If you are a slow starter when it comes to losing weight, or if you have reached the frustrating “plateau” phase of weight loss, adding some form of Acai to your diet might help to move things forward.

Acai Berry Aids Digestion - The Acai berry contains a generous amount of fibre which promotes a healthy digestive system and helps cleanse your system of fatty foods.

Acai Berry Suppresses Appetite - As mentioned above, the Acai berry has a generous amount of fibre. High fibre foods like Acai help you to feel fuller faster and cut down on nagging cravings, needless snacking, and late night trips to the refrigerator.

Acai Berry Builds Muscle Tone - The Acai berry is rich with amino acids, which your muscles need in order to function properly and grow from exercise. These amino acids combined with the fatty acids in the Acai berry allow your body to burn fat more efficiently and help your muscles grow. Muscle, of course, makes your body look fit and toned. In addition, the more muscle your body has, the more calories you will burn, and the faster you'll lose weight.

Acai Berry Increases Energy and Stamina - Jiu-jitsu practitioners and soccer players in Brazil often have a large meal of Acai berry pulp before a competition. Why? Aside from being a perfect source of nutrition and carbohydrates, the high levels of antioxidants in the Acai berry lead to a drastic increase in energy levels and stamina. If it gives a Jiu-Jitsu fighter enough energy for a competition, it's going to really help keep your energy level up for cardio and exercise.

Final Word

Although it's not the miracle weight loss solution that some claim, the Acai berry has been medically and scientifically proven to contain ingredients that aid in weight loss. Not only does it provide a valuable boost to the metabolism, it also suppresses appetite, helps build muscle, and gives a much-needed shot of energy and stamina for those fat reducing routines.

Dosage

A typical supplemental dosage is 500 mg cap(s), 1 to 2 x daily.

However, as a general rule of thumb, consult the manufacturers recommendations and to take the max daily dose.

Negative Side Effects

At this time there have been no established negative side effects from the use of Acai berries.

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

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Health Bite

Acidophilus

Introduction

Acidophilus, bifidobacteria, and Lactobacillus acidophilus (L. acidophilus) are "probiotics", which are "friendly" bacteria inhabiting the body that provide a plethora of health benefits. Acidophilus is often combined with bifidobacteria, and the resultant combination is commonly referred to as Acidophilus bifidus. Lactobacillus acidophilus, or L. acidophilus, is the probiotic commonly found in dairy products such as yogurt. The primadophilus formula we carry contains Lactobacillus acidophilus and Lactobacillus rhamnosus.

Health Benefits of Acidophilus and other Probiotics

The closely-related probiotic group can help with a wide range of conditions, including digestive disorders such as irritable bowel syndrome (IBS), flatulence, diarrhea, Candida overgrowth, vaginal yeast infections, urinary tract infections, and bad breath. Additionally, acidophilus may help boost immunity by encouraging healthy bacteria growth while suppressing invading pathogens. Researchers have also shown that acidophilus may help protect the body from carcinogens.

Published research has indicated that L. acidophilus may provide additional health benefits, including improved gastrointestinal function, a boosted immune system, and a decrease in the frequency of vaginal yeast infections.

Other researchers report L. acidophilus provides relief from indigestion and diarrhoea.

A University of Nebraska study found that feed supplemented with L. acidophilus and fed to cattle resulted in a 61% reduction of Escherichia coli 0157:H7.

Research at Oklahoma State University has indicated *L. acidophilus* may be helpful reducing serum cholesterol levels.

Studies at the University of Kentucky indicated a treatment with *L. acidophilus* resulted in a 10 to 12% reduced risk of coronary heart disease in persons with high blood serum cholesterol levels.

Benefits of Acidophilus

The benefits of acidophilus and a probiotically optimized intestinal tract include:

- No conflict with other vitamins, minerals, amino acids and any other medications
- Protection against many harmful bacteria, viruses, and fungi
- Promotes optimal fungal and viral levels
- Protection against *Candida* overgrowth and vaginal yeast infections
- Prevention and correction of constipation and diarrhoea, ileitis and colitis, irritable bowel syndrome, and a whole range of other digestive tract dysfunctions
- Lowered cholesterol
- Sustains optimal blood pressure level
- Inhibition of cancer
- Aids metabolism and breakdown of toxins
- Promotes mineral and vitamin absorption
- Supports efficient inflammatory response
- Production of vitamin B and vitamin K
- Protection against food poisoning
- Protection against stomach ulcers
- Protection against lactose intolerance and casein intolerance
- Enhanced immunity
- Improvement in the health and appearance of the skin
- Better nutrition from improved absorption and the internal generation of B vitamins.
- Protection against vaginosis and yeast infections

Use when taking/taken Antibiotics

When antibiotics have been prescribed, it would be helpful if the individual also consumed probiotics containing acidophilus, bifidobacteria, and/or *L. acidophilus* to repopulate the digestive tract with healthy bacteria, and thus ease negative side effects of antibiotics such as diarrhoea or yeast infection, etc.

Unfortunately, antibiotics taken orally kills beneficial bacteria like *L. acidophilus*. Consequently, after a course of antibiotic therapy, take an *L. acidophilus* treatment in order to re-colonize your gastrointestinal tract.

Yoghurt

Many yogurt manufacturers have added *Lactobacillus acidophilus* to their bacterial cultures - thus promoting health benefits such as easing yeast infections and restoring normal bacterial balance to the intestinal tract after antibiotic treatment.

Forms

Ensure that the probiotic supplements, which are used contain live "active" cultures, and that there are 1-2 billion organisms per capsule if in pill form.

Always check the expiration date, and store all probiotics in the refrigerator, as freezing or hot environments may harm the live cultures.

Probiotics are commonly available in capsule, tablet, liquid, and powder.

Always follow manufacturer's directions regarding dosage and frequency.

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Acidophilus is used to treat different kinds of diseases including:

- Easy irritable bowel syndrome; acidophilus relieves bloating, diarrhoea, and cramping
- Reduces flatulence; the gas producers found in large intestines are reduced or prevented from multiplying.
- Combats vaginal yeast; acidophilus can combat the overgrowth of Candida
- Battle bad breath
- Relieves urinary tract infection
- Helps in producing immune system cells to fight viral infections
- Improves hypersensitivity among infants having food allergies
- Helps in dealing with cancer, cardiovascular disease, constipation, colon cancer, diverticulitis, crohn's disease, heartburn, indigestion, stomach ulcers, thrush, colitis, and other ulcerative conditions.

Side-effects and Cautions

None noted.

However, start slowly - when you first start using a probiotic supplement, there is a chance that you will precipitate a "die-off" of bad bacteria in your intestinal tract. This can lead to gas, stomach rumblings, and cramping for up to three weeks.

Always follow the manufacturer's directions.

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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

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