



# The Campbell M Gold Newsletter

---

**Vol. 07 - Issue 34**

**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 edition newsletter...

In this issue, we take a look at combatting the Triple Whammy Virus that has made its 2013 debut. This is a nasty one, and we need to be both vigilant and well-armed. The following recommendations will deal with the most virulent strain (especially the NHS strain) and positive results should be obtained within the first 48 hours of application. Do not stop the treatment until you are confident that all vestiges of the virus have been eradicated. Because of its properties, one individual can be infected more than once. Please note that the activated charcoal is a very important part of the treatment.

As always, no hugs, just the facts... So let's jump right in...

Kind regards,

**Campbell M Gold**

--()--

## **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:**

---

## 2013 TRIPLE WHAMMY VIRUS

### Introduction

2013 has arrived, and with it a nasty Triple Whammy virus that targets the throat, chest and digestive tract, and has flu type symptoms as its signature. It is highly transmittable and targets the individual's weakest system. The symptoms rapidly develop making the individual feel too unwell to continue their usual activities.

Although the virus can affect different areas of the body, the recommended remedies and treatments are the same. Unfortunately, if left untreated, further conditions can develop - especially serious chest infections or pneumonia.

--()--

### Symptoms

Symptoms of the Triple Whammy virus include:

- Aching joints and muscles, and an aching body in general
- Breathlessness
- Burning throat
- Can't get into a comfortable position to sleep
- Chills
- Confusion (especially in the elderly)
- Cough (from dry tickle to productive with blood in phlegm) - cough type varies from person to person
- Diarrhoea or upset stomach
- Difficulty sleeping
- Discomfort when passing urine
- Elevated blood pressure
- Feelings of lassitude
- Feelings of extreme weakness
- Fever
- Headache
- Just can't get things done
- Light headed
- Loose stools
- Loss of appetite
- Muscle cramps
- Muscle pain, especially from coughing
- Nausea and stomach/abdominal cramps
- Painful (burning) chest especially when coughing
- Painful sinuses
- Poor concentration

- Restless - sleep cycles are disturbed
- Runny or blocked nose
- Shivering
- Skin is very sensitive
- Sneezing
- Soft stools
- Sometimes blood is noted in the phlegm that is coughed up (this is not serious, and is usually in consequence of vigorous coughing)
- Sore, rasping, burning throat
- Strong smelling, dark, urine (drink plenty of water - 1.5 L - 3 L daily)
- Tiredness

--()--

### **Rest, Warmth, and Water**

It is essential that the individual gets plenty of rest, keeps warm, and drinks plenty of water (never drink raw tap water - EVER) while the condition develops and is resolved. Spring water or filtered tap water is recommended.

It is recommended that at least 5 days rest be taken, and there should be a marked improvement within the first 48 hours of taking the remedies; however, because of the severity of the condition more time will be needed to completely resolve the situation.

Once the treatment is started, the symptoms usually peak after two to three days and you should begin to feel much better within five to eight days. However, there may be a lingering cough, and you may still feel very tired for a further two to three weeks.

Tea, coffee, and alcohol should be avoided during treatment. However, herb teas may be taken.



--()--

### **Food**

Eat light and easily digestible foods during treatment.

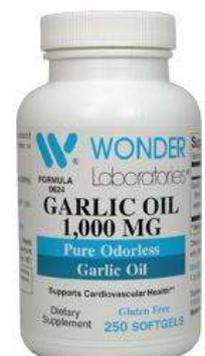
--()--

### **Recommendations and Therapy**

The following supplements and therapies are recommended to resolve the 2013 Triple Whammy.

#### **Supplements**

- Good Multi-Vit - 1 x tab, 1 x daily
- Vit C - 1000 mg, 2 x tabs, 3 - 4 x daily
- Cod liver oil cap - 1000 mg, 1 cap, 1 x daily
- Garlic Oil Caps - 1000 mg, 2 x caps, 3 x daily
- Zinc - 25 mg, 1 x tab daily
- Co-Enzyme Q10 - 150 mg, 1 x tab daily



- Echinacea - 400 mg, 1 x cap, 2 x daily

It is typical to take supplements during or following a meal.

--()--

### Tissue Salt Recommendations

According to symptoms select 1 to 2 Tissue Salt remedies and take in alternation. Remedies should not be taken within 15 minutes of eating anything.

While in the acute phase, the selected tissue salts may be taken in alternation, 4 x tabs, every 10 minutes. As the symptoms lessen, the selected tissue salts may be taken in alternation, 4 x tabs, every hour. Then, the final selected tissue salts may be taken, 4 x tabs, 4 x daily until the condition is fully resolved.

### For Cough Symptoms

- **Ferr Phos** - Hard, dry cough with soreness and feverishness.
- **Kali Mur** - Cough with white, albuminous phlegm; white or grey coated tongue. Children's cough.
- **Kali Sulph** - Cough with yellow expectoration. Worse in a heated room or in the evening.
- **Nat Mur** - Watery, frothy expectation with loss of taste and smell.
- **Mag Phos** - Painful, spasmodic cough with a tendency to persist.
- **Calc Sulph** - When the cough is loose and rattling with expectoration of thin, watery sputum. In alternation with Ferr Phos.
- **Silica** - When the cough is accompanied by thick, yellow-green, profuse expectoration.
- **Calc Phos** - Useful as an \*intercurrent remedy and during convalescence.



--()--

### For Flu Symptoms

- **Nat Sulph** - The principal remedy. It should be taken in alternation with Ferr Phos throughout the feverish stage, for the inflammation and temperature.
- **Ferr Phos** - For the inflammation and feverishness.
- **Kali Sulph** - To promote perspiration and to control temperature.
- **Kali Mur** - For the catarrhal symptoms in alternation with one or more of the other indicated remedies.
- **Calc Phos** - To speed recovery during convalescence.
- **Nat Mur** - Running, watery colds with chilliness and a general feeling of discomfort. Loss of taste and smell, and dryness of the skin.

--()--

### Charcoal Therapy

This treatment is recommended for all viruses (flu and gastric viruses included) and toxins.

Take 8 x 260 mg activated charcoal tabs/caps with water, per hour - repeat 8 x or until charcoal appears in the motions.



Then take 4 x 260 mg activated charcoal tabs/caps with water, 4 x daily, before or following a meal, until the condition is fully resolved.

--()--

### Steam Inhalation Therapy

This is an important therapy, especially where chest infections are concerned.

Steam inhalation should be effected at least 3 - 4 x daily.

#### Procedure

Boil a kettle of water and pour it into a suitable bowl.

Add a couple of drops of suitable decongestant/antiseptic therapeutic aromatherapy oil (two oils can be added if desired - *Tea Tree* and *Lavender* is a good combination):

- Tea Tree
- Albas
- Lavender
- Eucalyptus

Place the bowl on a table, sit down, lean over the bowl, close the eyes, drape a towel over the head, and inhale the steam into the nose, sinuses, and lungs.

The steam will help to relieve congestion, and the oils will augment the steam and will help to deal with infection and any stubborn phlegm/mucus.

Continue to inhale the steam into the nasal passages and respiratory tract for as long as is comfortable.

Inhaling the steam for 10 minutes, 3 - 4 times a day is recommended for all conditions.

Alternatively a warm mist vaporiser/humidifier can be used to disperse the water and aromatherapy oil(s) continually into the air. This is especially recommended for use during the night



--()--

### Other (over-the-counter) Remedies that May be Considered

Because the symptoms of the 2013 Triple Whammy can be very severe, distressing and draining, the following over-the-counter medications may be considered if the person has no allergy, or adverse reaction, thereto:

#### Cold and Flu Type Symptoms

For fever, headache, spasm, joint aches and pains, rheumatic pain; and skin sensitivity - take ibuprofen, or paracetamol, or a cold and flu remedy that works for you. However, carefully follow the directions and never exceed the recommended dose. Additionally, do not mix and match products as more than one remedy may contain paracetamol, or other analgesic, etc.

Typical doses would be:

- **Ibuprofen** (adults and children over 12 years old) - 200 mg tabs, 1 - 2 tabs up to 3 x daily, as required, with or after food. The



dose should not be repeated more than 3 x in any 24 hour period. For children under 12 years old, please consult your health professional.

- **Paracetamol** (adults and children over 12 years old) - 500 mg tabs, 1 - 2 tabs, every 4 - 6 hours, to a maximum of 8 x tabs in any 24 hour period. For children between 6 and 12 years old, give 1/2 the adult dose. For children under 6 years old, please consult your health professional.
- **Cold and Flu Caps** (adults and children over 12 years old) - typically (but always check the directions), 2 caps to be taken every 4 - 6 hours, to a maximum of 8 x tabs in any 24 hour period. Do not give to children under 12 years old.



### IMPORTANT NOTE:

**ASPIRIN IS NOT RECOMMENDED FOR THIS CONDITION, AND SHOULD NOT BE USED**

--()--

## Cough

For the cough component, consider a gentle cough linctus/syrup. In the UK we recommend the "Covonia" range of products. Simply match the product type to your cough symptoms. The *Corvonia* range includes: "*Herbal Mucus Cough Syrup*", "*Chesty Cough Mixture*", "*Dry and Tickly Cough Linctus*", "*Original Bronchial Balsam*", "*Night Time Formula*", "*Cold and Flu Formula*", "*Catarrh Relief Formula*", "*Vapour Drops*", and "*Throat Spray*". However, irrespective of the manufacturer, find and use the product that works for you and makes you more comfortable.

Typical Dose (but always check the directions) - adults, the elderly, and children over 12 years of age, 5 - 10 ml every 4 hours if required. Children 5 - 12 years old, 5 ml every 4 hours if required. Do not give to children under 5 years old.

Consider mixing the dose with 1 x part mixture with 1 - 2 parts hot water and then drink down.

--()--



## Sore Throat

For a sore throat consider using an antiseptic throat lozenge. Follow the manufacturer's recommendations, and use the one that works for you.

How to take an antiseptic throat lozenge:

Always take the medicine exactly as described. Check with your health professional if you are not sure.

Dosage (Adults, the elderly, and children over 12 years old):

- Suck one lozenge slowly every hour until relief is obtained
- Do not take more than 24 lozenges in any 24 hour period

Children 6 to 12 years old:

- Suck one lozenge slowly every two hours until relief is obtained
- Do not take more than 12 lozenges in any 24 hour period



Do not give to children under 6 years unless on medical advice from your health professional.

Do not exceed the stated dose.

--()--

### **Nausea and Digestive Cramps**

#### **Activated Charcoal**

Activated charcoal, as described earlier in this material covers the treatment for nausea and digestive cramps.

--()--

#### **Coca-Cola** (classic variety - anecdotal only)

It has been anecdotally reported that 250 ml of regular Coca-Cola, sipped slowly, helps with digestive cramps and a sore throat. It is thought that the phosphoric acid and the carbonic acid ingredients help to calm irritation and spasm. Moreover, the stimulating effect of the caffeine helps to move the other remedies through the digestive tract to be absorbed.



--()--

#### **Relaxation Therapy**

It is very important to relax and get plenty of rest while dealing with this particular virus. If you are looking for a recorded program to help with relaxation and healing, then *A5002M - Intensive Healing Program 2*, or *A5003M - Intensive Healing Program 3*, or *R7040M - Classical CMG Healing Program 4* are worth considering. These can be found in the product pages on <http://www.campbellmgold.com>. However, check out all the available titles and see which one would be suitable for your needs.

--()--

#### **Other Considerations**

Avoid all products containing peppermint or spearmint - this interferes with complementary remedies..

Do not drink large amounts of tea or coffee - instead, drink water (spring water recommended) until the condition is resolved.

Do not drink tap-water, EVER, unless it has been filtered through an active charcoal filter.

Do a resting pulse test to determine any allergic reactions - [http://campbellmgold.com/archive\\_health/resting\\_pulse\\_rate.pdf](http://campbellmgold.com/archive_health/resting_pulse_rate.pdf).

End

--()--

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

<http://www.campbellmgold.com>

---

## **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.

---

### **Newsletter Back Issues**

Back Issues of the "Campbell M Gold Newsletter" are located in the "Newsletter Archive" on our website:

<http://www.campbellmgold.com>

---

### **Visit Us**

Visit <http://www.campbellmgold.com> for more information

Copyright © Campbell M Gold

Website: <http://www.campbellmgold.com>

Email: [campbellmgold@yahoo.co.uk.com](mailto:campbellmgold@yahoo.co.uk.com)

**Thank You**

--()--

03012013