



# 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 another newsletter...

In this issue we will take a look at the amazing "Apple Cider Vinegar".

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 Apple Cider Vinegar

## Introduction

Hippocrates, the Father of Medicine, in 400 BC, treated his patients with natural Apple Cider Vinegar for its powerful cleansing, healing and germ/bacteria fighting qualities.

Apple Cider Vinegar that is used for therapy must be:

- Organic
- Raw
- Unfiltered
- Unheated
- Un-pasteurized
- 5% acidity

Nothing else will do. Further, if sediment occurs, simply shake before using.

What are the benefits of natural Apple Cider Vinegar?

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## Internal Benefits of Apple Cider Vinegar

- Rich in enzymes and potassium
- Natural antibiotic germ fighter
- Fights E Coli and other bacteria
- Helps control and normalize weight
- Helps improve digestion assimilation
- Helps relieve arthritis stiffness
- Helps relieve dry sore throats
- Helps remove body, sludge toxins

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## External Benefits of Apple Cider Vinegar

- Helps maintain healthy skin
- Helps promote youthful, healthy bodies
- Soothes pain of sunburn
- Helps prevent dandruff, itching, scalp, baldness
- Soothes tight aching joints, and sore muscles

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## **Pasteurization is a No-No**

Pasteurization is the heating process intended to remove potential problem bacteria from consumable liquids such as milk, and juices, etc. However, the heat process of pasteurization will also remove delicate nutrients and enzymes that may constitute a major portion of the nutritional value of that food. Consequently, it is important to obtain a brand of natural Apple Cider Vinegar that has not undergone pasteurization.

## **E Coli and other harmful bacteria**

Raw Organic Apple Cider Vinegar, unlike other juices or ciders, contains no sugars that would be the growth medium for potentially harmful bacteria such as E Coli, Candida Albicans, etc. Additionally, the high acidic nature of Apple Cider Vinegar (should be 5% acidity) assures that none of these bacteria can exist or propagate.

## **Acid Crystals and Premature Aging**

When acid crystals harden in the joints and tissues of any animal, the joints become stiff, and the tissues become hardened. The meat becomes tough and tasteless. However, when the animals are regularly given Apple Cider Vinegar, the precipitated acid crystals enter into solution form, and are then passed out of the body. Consequently the body tissues are healthier and suppler. This also applies to the human body tissues.

Further, when body tissues saturate with the precipitated acid crystals, the crystals then appear in the bursae (fibrous sacs lined with synovial membrane, and containing a small quantity of synovial fluid - especially ones countering friction in joints), and the joints of the body, resulting in arthritis and bursitis (inflammation of a bursa).

## **Acid Crystals Cause Premature Ageing**

It is an unfortunate fact of life that even the healthiest person must continually fight the buildup of acid crystals in their body. However, the good news is that the strongest antagonist of acid crystals is a cocktail of natural Apple Cider Vinegar, raw honey, and distilled water. This powerful combination puts the acid crystals into solution form, and they can be flushed out of the body by the kidneys and other elimination organs.

## **The Natural Apple Cider Vinegar Cocktail**

The natural Apple Cider Vinegar cocktail consists of the following: 1 to 2 tea spoons of Apple Cider Vinegar, with 1 to 2 tea spoons of raw honey, in a glass of distilled water.

The cocktail should be taken at least daily.

## **Keep Joints and Tissues Youthful**

In our modern and stressful 'western world', most people have lost their normal contact with nature and simple natural living, and they no longer know how to eat 'properly'.

If you suffer from premature old joints and hardened tissues, take the natural Apple Cider Vinegar cocktail several times a day. Eliminate, or cut down on, animal proteins, stop all refined sugars, and eliminate as much salt intake as possible.

Moreover, taking the natural Apple Cider Vinegar cocktail daily will help relieve stiff aching and prematurely old joints. In consequence, you will see how very youthful your body will feel. After several months of using the natural Apple Cider Vinegar and honey cocktail, taken once or twice daily, you will find that the misery will be gone from your joints. Further, you will discover that you can walk

or run up several flights of stairs without any effort. Additionally, will notice that you look younger, and above all, that you feel younger than you have for years.

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### **Further Questions:**

#### **Is Apple Cider Vinegar is harmful in any way?**

Many people have a preconceived idea that natural Apple Cider Vinegar is harmful to the body, because it is distilled, and it is recommended that malt and synthetic vinegars be avoided. However, be assured that there is nothing in natural Apple Cider Vinegar that can, in any way, harm your body.

Animal proteins and fats have a tendency to thicken the blood, and the natural acids in Apple Cider Vinegar help to keep the blood healthier and thinner.

Natural food acids, served along with animal proteins, are designed to lessen the thickening influence of these heavy proteins. In order for blood to circulate freely throughout the body, the blood should be thin. When blood thickens, it puts a strain on the heart - blood pressure elevates, and other problems start.

Remember that blood has to circulate all over the body through the arteries, blood vessels, and capillaries. It is impossible for blood to circulate freely through these 'hair-like pipes' when it is thickened with too much protein. Consequently, the natural Apple Cider Vinegar cocktail can be an effective adjunct.

#### **Can Apple Cider Vinegar help with Hypertension?**

Several years ago a therapist encountered a woman with extremely high blood pressure (hypertension). She was put her on a two day natural Apple Cider Vinegar, honey, and water program, with nothing to eat for 48 hours. She had an Apple Cider Vinegar cocktail 5 times daily, plus 4 glasses of distilled water.

In forty-eight hours, her blood pressure had dropped significantly. The buzzing in her ears ceased, and her dull headache stopped. In a short period of correct eating (no salt, no saturated fats, no tea, no coffee, etc), combined with her daily Apple Cider Vinegar program, she brought her blood pressure back to a normal level.

#### **Can Apple Cider Vinegar cure Arthritis?**

People often ask if Apple Cider Vinegar will cure their arthritis. Unfortunately, this is not possible. 'Curing' is an internal biological function that only the body can perform. A program of natural diet, deep breathing, exercise, rest, relaxation, and all forms of natural hygiene are required to put the body in a condition to cure itself. Natural Apple Cider Vinegar is an important part of that program. When all of the supreme forces of nature are used, the body will turn from the sick-side to the well-side. Health is something you must desire, work hard for, and protect. These are the keys to good health.

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

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# Health Bite

## How to Take and Interpret a Blood-Pressure Measurement

### Using a Traditional Measuring Device (Sphygmomanometer)

Blood pressure readings can be self-taken or taken by another person, and are measured as follows:

- To measure blood pressure there will be a measuring device (Sphygmomanometer - mercury based or aneroid type (picture right - aneroid type measuring device)) and a stethoscope (some measuring devices have the stethoscope 'built-in').
- Blood pressure is measured in terms of millimetres of mercury (mm Hg). The reading is made by either observing a column of mercury or a dial on the measuring device.
- The cuff, containing the bladder, of the measuring device is carefully wrapped around the upper arm. The cuff should be placed with the bladder part covering as much of the inside of the upper arm as possible.
- The stethoscope (picture below) is placed (if not built in) on the inside of the upper arm, just above the elbow joint.
- The measuring device is pumped, and the cuff bladder inflates and restricts the blood vessels in the upper arm. The measuring device is pumped until the pulse beat detected by the stethoscope disappears (e.g.  $\leq 160$ mm Hg).
- The measuring device is slowly deflated, releasing the air out of the cuff bladder, at a rate of 2 to 3mm Hg per second (or heartbeat).
- When the deflation reaches a certain point the blood begins to rush back into the closed off blood vessels. This flow will cause a beat or thumping sound to be detected through the stethoscope. This is known as 'Korotkoff Phase 1'. This sound signals the point at which the body's blood pressure overcomes the cuff resistance. This is the marker for the **SYSTOLIC** blood pressure reading. The reading (e.g. 130mm Hg) is taken by observing the mercury level or the dial on the measuring device.
- The deflation process continues, and the beat continues to be detected through the stethoscope. Precisely at the point when the beat stops, known as 'Korotkoff Phase 5', again the mercury level or dial reading is noted. This reading (e.g. 80mm Hg) represents the **DIASTOLIC** blood pressure.
- The two-figures 130mm Hg and 80mm Hg are combined into the final result, 130/80mm Hg. This is then read as, 'one-thirty-over-eighty'.
- The measuring device-cuff is allowed to deflate completely, and is removed from the upper arm.



### Interpretation

The following tables can be used to interpret the measurements:

<b>CLASSIFICATION OF BLOOD PRESSURE IN ADULTS 18 YEARS AND OLDER</b>		
Blood Pressure Range Mm Hg (Millimetres of Mercury)	Category	Follow up by Doctor
<b>Systolic Blood Pressure, when Diastolic is less than 90 mm Hg</b>		
Less than 140 mm Hg	Normal	Recheck within 2 years
140 - 159 mm Hg	Borderline Isolated Systolic Hypertension	If Systolic is in 140 - 199 mm Hg range, confirm within 2 months.  If Systolic is at or above 200 mm Hg, evaluate or refer promptly to source of care within 2 weeks.
Greater than 160 mm Hg	Isolated Systolic Hypertension	
<b>Diastolic Blood Pressure</b>		
Less than 85 mm Hg	Normal	Recheck within 2 years
85 - 89 mm Hg	High Normal	Recheck within 1 year
90 - 104 mm Hg	Mild Hypertension	Confirm within 2 months
105 - 114 mm Hg	Moderate Hypertension	Evaluate or refer promptly to source of care within 2 weeks
Greater than 115 mm Hg	Severe Hypertension	Evaluate or refer immediately to source of care

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<b>CLASSIFICATION OF BLOOD PRESSURE IN CHILDREN AND ADOLESCENTS</b>	
Note: The following levels of blood pressure have been proposed as the upper limits of normal.	
Age in Years	Blood Pressure in Millimetres of Mercury (mm Hg)
15 - 18 years	135/90 mm Hg
11 - 14 years	125/85 mm Hg
6 - 10 years	120/80 mm Hg
Below 6 years	110/75 mm Hg

### Automatic Measuring Devices

Today, there are diverse blood pressure measuring devices. For automatic devices, carefully follow the operating instructions for posture, bladder placement, and activation, etc. When activated, the device automatically inflates the cuff, takes the relevant measurements, and displays the results (Systolic Pressure, Diastolic Pressure, and Heart Rate) on a small screen. The cuff is then completely deflated and the device is again ready for use.



With an automatic device, the cuff is typically fitted around the wrist (picture right) or the upper arm.

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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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