



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 another newsletter...

In this issue we will take a look at the amazing "Swedish Bitters" - Part 1.

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:**

<http://campbellmgold.com>

The Amazing Swedish Bitters

Part 1

Introduction

**Swedish Bitters -
500 year old European Remedy
to rejuvenate vital organs,
improve regularity,
aid digestion,
cleanse the system**

Swedish Bitters got its name from the 18th century Swedish Physician and Rector of Medicine, Dr. Claus Samst.

In the 18th Century, Dr Samst rediscovered the formula through a family tradition. The formula recorded by Dr Samst is the Swedish Bitters that is known today. Dr Samst also compiled a manuscript describing the 46 conditions (see appendix) for which Swedish Bitters can bring relief. Dr Samst himself lived to be 104 and finally succumbed, not to the ravages of old age, but as a result of a fall while out riding!

The actual creation of the Swedish Bitters' formula is credited to Dr. Phillipus Paracelsus, a Swiss Physician who lived c.1541.



However, it was Maria Treben (picture right), an Austrian herbalist, who again brought Swedish Bitters to the worlds' attention in her book, *Health through God's Pharmacy*.

"It sounds almost like a fairy tale, but it is true. As a refugee from the German speaking area of Czechoslovakia, I became ill with typhoid fever in a camp in Bavaria, caused by contaminated meat and, through it, came jaundice and an obstruction in the intestines. I spent more than 6 months in hospital and when my husband got my mother, my mother-in-law, our child and myself to Austria, I was a young but sick woman. At night I was hit by terrible pain that shot through my body like a sword. In these moments I could neither sit nor stand, walk nor lie down; at the same time I vomited and had diarrhea. I was a helpless bundle of misery. These were afterpains of the typhoid fever which sometimes can go on for years, as the doctor said. One day a woman brought me a small bottle containing a dark brown, strong smelling liquid. She had heard of my illness and wanted to help. The Swedish Bitters had relieved her of a serious complaint. Accompanying it was a transcript of an "old manuscript" in which was explained, in 46 points, how these drops heal every illness. The recipe came from the writings of a well know Swedish physician. As stated, all members of his family had reached an unusually old age. These drops according to point 43 heal "plague boils and swellings even if already in the throat". I put the bottle in the medicine chest. I just did not believe that these modest drops could give me back my health, since the doctor could not even help me. Soon I changed my mind. As I sat in front of a large basket of ripe pears which needed to be used up straight away, I had another attack. As I had been told that these Swedish drops could be used externally as well, I did not hesitate for long and applied them as a compress on the abdomen, put a small plastic bag over the compress and then my girdle and continued my work. A wonderful warm feeling spread through my body. Suddenly, it felt as if with one movement of the hand, everything morbid in my body was pulled out. I assure you that with this single compress which I had on the whole day, all complaints of the preceding months disappeared, never to return."
(Health through God's Pharmacy, Maria Treben)

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Original Swedish Bitters Recipe	
10 gm. Aloe 5gm. Myrrh 0.2gm. Saffron 10 gm. Senna leaves 10 gm. Camphor 10 gm. Angelica roots 10 gm Zedoary roots 10 gm. Manna 10 gm. Theriac venezian 5 gm. Carline Thistle roots 10 gm Rhubarb roots	This mixture is put into a wide-necked 2 litre bottle and 1 1/2 litre of 38% to 40% rye or fruit spirit are poured over it. The bottle is left standing in the sun or near the stove for 14 days and shaken daily. The liquid is then strained and poured into small bottles, well stoppered and stored in a cool place. This way it can be left in the bottle until needed. The longer it stands in the bottle, the more effective it becomes! Shake well before use! Alternatively some of the liquid can be strained into a small bottle and used as needed for many years.

Swedish Bitters

Swedish Bitters is an old European herbal formula made popular through the Austrian herbalist, Maria Treben in her book "Health through God's Pharmacy".

It has been proven that Swedish Bitters is an outstanding liver and gallbladder tonic; and it is capable of supporting a huge range of body systems. Moreover, it assists healthy immune and digestive systems, and supports healthy kidney and hormonal function.

It can be also be used as a mouthwash.

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Composition

Each 5ml (in a base of 40% alcohol and 60% purified water) contains:

- **Aloe** - 33.3mg- Aids smooth digestion and intestinal motility. A healthy digestive tract is self-cleaning and parasite free. Supports the female reproductive system. Assists with healthy skin.
- **Myrrh** - 16.5mg - a famous Biblical herb. Supports the body's defence systems. For oral, throat, sinus and respiratory health. Helps support the digestive system. Aids in maintaining healthy skin.
- **Saffron** - 0.7mg - For supporting healthy sleep patterns. Supports healthy vascular tone in the uterus and digestive health.
- **Senna Leaf** - 33.3mg - Supports the bowel.
- **Camphor** - 33.3mg - For respiratory system and heart health. Supports joint mobility and normal muscle function. To aid normal stress responses.
- **Rhubarb Root** - 33.3mg - Aids healthy intestinal motility. A healthy digestive tract removes debris efficiently. Assists the skin's natural barrier.
- **Zedoary** - 33.3mg - Supports healthy digestive organs. A healthy digestive tract is free of bloating.
- **Manna** - 33.3mg - Supports digestive motility.
- **Theriaca Venezian** - 33.3mg - Soothing for animal bites.
- **Carline Root** - 33.3mg - Supports healthy immune, respiratory, reproductive muscular systems, and normal bladder function.
- **Angelica Root** - 33.3mg - Supports respiratory health. Supports normal digestion and joint mobility. Supports a healthy bladder. Helps the skin eliminate toxins.

Continued in next issue...

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

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Health Bite

Anti-Aging Foods

In the following material there are ten anti-aging foods identified:

- 1) Apples
- 2) Berries
- 3) Brazil nuts
- 4) Broccoli
- 5) Chocolate
- 6) Kiwi fruit
- 7) Linseed
- 8) Oats
- 9) Oily fish
- 10) Soya foods and soya milk

1) Apples

Apples are anti-ageing because they are one of the richest food sources of flavonols (powerful antioxidants) in our diet, contributing up to 10 per cent of our total intake. Quercetin, the main flavonol in apples, is associated with lower risk of blood clotting and strokes. Quercetin deactivates harmful free radicals, and helps prevent blood clotting and narrowing of the arteries. Apples also contain pectin (the gummy substance that sets jam), which helps to lower blood cholesterol levels, and to remove potentially carcinogenic (cancer-causing) toxins from the body.

2) Berries

Purple, dark red and blue berries, and dark cherries, are anti-ageing because they get their colour from the anti-oxidant flavonoid anthocyanin. Studies on bilberries show that berries may help strengthen the walls of small blood vessels, thus helping to prevent unsightly thread veins that occur with age.

3) Brazil nuts

Brazil nuts are the richest food source of selenium, which is an antioxidant enzyme that neutralises free radicals, and is regarded as an anti-cancer agent. Selenium is also needed by the thyroid gland for the use of iodine, and to help control hormone metabolism. Moreover, sperm production also requires selenium.

4) Broccoli

Together with other, dark green, leafy vegetables, broccoli is anti-ageing because, in diets where it is frequently eaten, it is consistently associated with a lower risk of cancer. Broccoli and other brassica vegetables contain a variety of phytochemicals:

- Some (phytochemicals) stimulate enzymes that make the hormone oestrogen less effective, and thus possibly reducing the risk of breast cancer.
- Some (phytochemicals) fight cancers by blocking the carcinogens before they reach their target sites, or by snatching the cancer-causing agents out of the attacked cells before they multiply and wreak havoc (particularly in breast and ovarian cancers).
- Some (phytochemicals) persuade pre-cancerous cells to commit suicide – this is a process called apoptosis.
- Some (phytochemicals) stimulate the production of enzymes of the body's natural defence system, which detoxifies cancer-causing chemicals in the liver.

5) Chocolate

Chocolate is not only one of life's great pleasures, but people who eat it (one to three times a month) cut their risk of early death by one third. This anti-ageing effect was illustrated in an eighty-year study of 7,800 Harvard graduates, which suggested that regular chocolate eaters (those who eat chocolate three times a week or more) live on average one extra year. Once-a-week chocolate eaters had a 15 per cent reduced risk of mortality, compared with a 25 per cent reduced risk in the higher consumers of chocolate. The possible longevity link may be because of 'phenols' (a type of anti-oxidant) that are found in chocolate. 40 grams of chocolate contains as many phenols as a glass of red wine. The phenols' anti-oxidant properties inhibit cancer and cholesterol build-up. However, moderation is key - chocolate contains mainly saturated fat which has the potential to cause blood cholesterol level to rise, and thereby increase the risk of heart disease.

6) Kiwi fruit

Kiwi fruit contains twice as much vitamin C as there is in oranges, and as much vitamin E as avocados - both vitamins (C and E) are powerful anti-aging nutrients. Kiwi fruit are also rich in potassium, and contain some folic acid.

7) Linseed

Linseed contains exceptionally high levels of lignans, which have similar benefits as that of the phyto-oestrogens in soya; however, they are weaker plant oestrogens. Where linseed-foods are eaten in greater quantity than soya-foods, they have more relevance and practical benefit. Speciality breads contain linseed, as do cereals. Some products, containing linseed, are specially manufactured and marketed for menopausal women who will benefit from their anti-ageing property. Packets of linseed can also be obtained from health food stores, and added to salads, cereals, and baking.

8) Oats

Oats rose to nutritional fame when oat products were permitted to make claims that their soluble-fibre content can help reduce blood cholesterol, if eaten on a regular basis as part of a well-balanced diet. The minimum an individual could get away with, for an anti-ageing effect, is around 35-45 grams per day. This amount would be found in a medium bowl of porridge (low sugar and fat) or a large flapjack (high sugar and fat). However, some studies have found that 150 grams, or more, per day is a much more effective. Oats reduce harmful LDL cholesterol, and are a good source of assimilable calcium.

9) Oily fish

Oily Fish, such as mackerel, herring, sardines, pilchards, salmon, and trout are one of the richest sources of protective omega-3 fatty acids. An individual needs to eat between 200 grams and 400 grams, or two oily fish meals a week, for anti-ageing benefits, which include lowering blood

cholesterol, and making blood less likely to clot – thus protecting against heart disease and stroke. The rate of fatal heart attacks is lower in people who eat fish regularly, compared with people who eat little or no fish.

10) Soya foods and soya milk

Soya foods and soya milk are anti-ageing because they contain isoflavones. These plant hormones are physically identical to the female sex hormone oestradiol, which is produced by the ovaries and adrenal glands. Studies suggest that by replacing oestradiol in the body, the individual is able to capitalise on the benefits of oestrogen protection against heart disease and osteoporosis, without unwanted side effects such as the triggering or the supporting of sex-hormone-related breast and prostate cancers.

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IMPORTANT

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Website: <http://campbellmgold.com>

Email: veritas@campbellmgold.com

Thank You

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