



# The Campbell M Gold Newsletter

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**Vol. 07 - Issue 06**

**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 "Swedish Bitters" - Part 2.

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 Swedish Bitters**

## **Part 2**

### **46 Conditions**

#### **"OLD MANUSCRIPT"**

**by Dr Samst**

#### **(Transcript of the Swedish Bitters' curative power)**

1. If they are frequently breathed in or sniffed, the base of the skull is moistened or a moistened cloth applied to the head, they dispel PAIN AND DIZZINESS and strengthen the brain and MEMORY.
2. They help dim eyes and take away redness and all pain, even if the EYES ARE INFLAMED. They rid them of SPOTS AND CATARACTS, if the corners are moistened in time or a moistened piece of cloth is applied to the closed lids.
3. PUSTULAS AND ECZEMA of all kinds, as SCABS in the nose or elsewhere on the body, are healed, if they are often and well moistened.
4. For TOOTHACHE a tablespoon of these drops is taken with a little water and kept in the mouth for a little while or the aching tooth is moistened. The pain soon eases and the putrefaction disappears.
5. BLISTERS ON THE TONGUE or other infirmities of the tongue are frequently moistened with drops and healing soon occurs.
6. If the THROAT IS HOT OR INFLAMED, so that food is only SWALLOWED WITH DIFFICULTY, these drops are swallowed slowly, morning, noon and evening and they take away the heat and heal the throat.
7. For STOMACH CRAMPS, 1 tablespoonful is taken.
8. For COLIC, 3 tablespoons are taken slowly, one after the other, and relief will soon be felt.
9. They rid the body of WIND (GAS) and cool the liver, eliminate all troubles of the intestines and stomach and help CONSTIPATION.
10. An excellent remedy for STOMACH DISORDERS, if the DIGESTION is faulty or food cannot be kept down.
11. They are beneficial for PAIN IN THE GALL BLADDER. 1 tablespoonful daily in the morning and evening, and at night compresses and soon all pain will disappear.
12. For DROPSY (oedema - an abnormal accumulation of fluid beneath the skin), 1 tablespoon in white wine is taken in the morning and evening for 6 weeks.
13. For PAIN AND BUZZING IN THE EAR a piece of cotton wool is moistened and put into the ear. It is very beneficial and brings back LOST HEARING.
14. For MORNING SICKNESS, 1 tablespoon of the drops in red wine is given in the morning for 3 days, half an hour later a walk is taken. Then breakfast with no milk. These drops should not be taken after drinking milk.

15. In the last 14 days of PREGNANCY if 1 tablespoon of the drops is taken mornings and evenings, it PROMOTES THE BIRTH. For easy EXPELLING OF THE AFTERBIRTH, a coffee-spoonful is given every 2 hours, until the afterbirth is expelled without pain.

16. If, after a birth when the MILD DRIES UP, inflammation develops, it quickly subsides if a moistened piece of cloth is applied.

17. They Expel WORMS, even TAPEWORMS, in children and adults, the amount taken by children being according to age. A piece of cloth moistened with drops is applied to the navel and kept moist.

18. They rid children of PUSTULAS. The children are given these drops according to age, diluted with water. If the pustules start to dry up they are moistened frequently with these drops and no scars will develop.

19. For JAUNDICE very soon all complaints disappear, if 1 tablespoon of these drops is taken 3 times daily and compresses are applied to the SWOLLEN LIVER. 20. They open all HEMORRHOIDS, and heal KIDNEYS, rid the body of all unnecessary liquids without further treatment, taking away MELANCHOLY AND DEPRESSION and improve appetite and digestion.

21. HEMORRHOIDS are reduced, if, in the beginning, they are moistened frequently and if the drops are taken internally, especially before going to bed, they soften the hemorrhoids.

22. If someone has FAINTED, open his mouth if required, give him 1 tablespoon of the drops and he will come to.

23. This remedy rids you of the pain of SPASM (cramps) so that it will cease in time.

24. For CONSUMPTION take them daily in the morning or on empty stomach and continue the treatment for 6 weeks.

25. If the MENSTRUAL FLOW CEASES for a woman or is too heavy, she takes these drops 3 days and repeats it 20 times. They will, what is too much, quiet and, what is too little, even out.

26. This remedy also helps to cure "WHITES" (white vaginal discharge.)

27. If someone is afflicted with EPILEPSY, he has to be given these drops on the spot and he should then take this remedy exclusively, since it strengthens the affected nerves as well as body and rids it of all sickness.

28. They heal LAMENESS and rid you of DIZZINESS AND INDISPOSITION.

29. They heal also hot PUSTULAS AND ERYSIPELAS.

30. If someone has FEVER, be it hot or cold, and is very weak, he is given 1 tablespoon of the drops and the patient, if he is not overloaded with other medications, will in a short time come to, the pulse will start to beat again and the fever, no matter how high it was, will pass and the patient will soon be better.

31. The drops also heal CANCER, OLD POCK MARKS, WARTS AND CHAPPED HANDS. If the wound is OLD OR FESTERING OR POUND FLESH has developed, everything is washed well with white wine and a piece of cloth moistened with the drops is laid upon it.

32. They heal, without danger, all WOUNDS, be they from a stab or a hit, if they are moistened frequently. A piece of cloth is taken, moistened with the drops and the wounds covered therewith. They take away the pain in a short time, permit no BLEMISH OR PURIFICATION and heal also old wounds which were caused by a SHOT. If there are holes, the drops are sprinkled into the wound

which need not necessarily be cleaned beforehand. Through repeated applying of the moistened cloth healing occurs in a short time.

33. They take away SCARS, even if very old, WOUNDS AND CUTS, if moistened up to

40 times with them. All the wounds heal and leave no scars.

34. They heal all FISTULAS, even if they seem incurable, be they as old as may be.

35. They heal all BURNS AND SCALDS, be they caused by fire, hot water or fat, if the injuries are moistened frequently. No blisters form, the heat is taken out and even festering blisters are healed.

36. They serve against SWELLING AND BRUISES, be they caused by a blow or a fall.

37. If someone cannot eat with APPETITE, they bring back the lost taste.

38. In ANEMIA they bring back the lost color, if taken for a period in the mornings. They cleanse the blood and form new blood and promote circulation.

39. RHEUMATIC PAINS in the limbs are eased if the drops are taken morning and evening and a moistened cloth is applied to the aching parts.

40. They heal FROST BITTEN HANDS AND FEET, even if there are open parts, if a moistened cloth is applied as often as possible, but especially at night.

41. For CORNS, a cotton ball, moistened with the drops, is applied and kept moist. After 3 days the corns fall out or can be removed painlessly.

42. They heal too BITES of mad dogs and other animals, if taken internally since they heal and destroy all poison. A moistened cloth is laid upon the wounds.

43. For PLAGUE and other INFECTIOUS DISEASES it is well to take them repeatedly since they heal PLAGUE BOILS AND SWELLINGS, even if already in the throat.

44. He who cannot sleep at night takes these drops before going to bed. For nervous SLEEPLESSNESS a piece of cloth moistened with diluted drops is laid upon the heart.

45. A DRUNK can be sobered on the spot with 2 tablespoonfuls.

46. He who takes these drops mornings or evenings daily needs no further medication, since they strengthen the body, tone up the nerves and the blood, take away the TREMBLING OF HANDS AND FEET. In short, they take away all illnesses. The body stays supple, the face young and beautiful.

**(End of Transcript)**

**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

## Iridology - Hypertension

### Introduction

The following material is in answer to client's queries regarding the use of iridology to confirm hypertension.

### Hypertension

Hypertension, or high blood pressure, is a common disorder, often without symptoms and marked by high blood pressure persistently exceeding 140/90.

**Essential hypertension**, also called primary hypertension, is the most frequent kind, and it has no one known cause and is often the only disorder. However, the risk of hypertension is increased by overweight, a high sodium level in the blood, a high cholesterol level, and a family history of high blood pressure, stroke, and/or heart disease. High blood pressure is always a health risk, especially for developing heart disease.

**Secondary hypertension** is high blood pressure linked to diseases of the kidneys, lungs, glands, and vessels.

**Malignant hypertension**, also called accelerated hypertension, is marked by a diastolic pressure higher than 120, severe headaches, blurred vision and confusion, and may result in a heart attack or stroke. Malignant hypertension is the most life-threatening form of hypertension, and is marked by very high blood pressure that may damage the tissues of small vessels, the brain, the eyes (especially the retinas), heart, and kidneys. It may be caused by a variety of factors, such as stress, a family history of the disease, being overweight, tobacco, birth control and other hormone based pills, high intake of table salt (sodium chloride), an inactive life-style, and general aging. Many patients with this condition also have signs of low blood potassium, blood that is alkaline, and the release of high levels of an adrenal gland hormone (aldosterone).

Known causes of hypertension include adrenal problems, over-active thyroid gland, certain pregnancies, and kidney disorders. Hypertension is more common in men than in women, and is twice as great in blacks as in whites. Persons with mild or moderate hypertension may have no symptoms, or they may experience headaches, especially on rising, ringing in the ears, lightheadness, easy fatigability, and the feeling that their heart is beating wildly. With sustained hypertension, artery walls become thickened and resistant to blood flow, and, as a result, the blood supply to the heart may be reduced, thus causing angina or heart attack. High blood pressure is often accompanied by anxiety attacks, rapid or irregular heartbeat, profuse sweating, pallor, nausea, and, in some cases, fluid in the lungs.

Drugs used to treat hypertension include diuretics, as thiazide derivatives; vasodilators, as hydralazine and prazosin; sympathetic nervous system (SNS) depressants, as rauwolfia alkaloids; SNS inhibitors, as guanethidine and methyldopa; and ganglionic blocking agents, as clonidine and propranolol. Patients with high blood pressure are advised to follow a low-sodium, low-saturated-fat diet, to reduce calories, to control obesity, to exercise, to avoid stress, and to take adequate rest.

### Disease Process

Hypertension is a disease of the vascular regulatory system, in which the mechanisms that usually control arterial pressure within a certain (normal) range are altered/malfunctioning. The central nervous system and renal pressor system, as well as extracellular volume, are the predominant mechanisms that control arterial pressure. Thus, some combination of factors effects changes in one or more of these systems, ultimately leading to increased cardiac output and increased peripheral resistance. This elevates the arterial pressure, reducing cerebral perfusion and the cerebral oxygen

supply, increasing the myocardial workload and oxygen consumption, and decreasing the blood flow to/and oxygenation of the kidneys.

### Potential Complications

Complications of hypertension include atherosclerotic disease, left ventricular failure, cerebrovascular insufficiency with or without stroke, retinal hemorrhage, and renal failure. When the pathologic process is accelerated, malignant hypertension results, the blood pressure becomes extremely high, and nephrosclerosis, encephalopathy, and cardiac failure rapidly ensue.

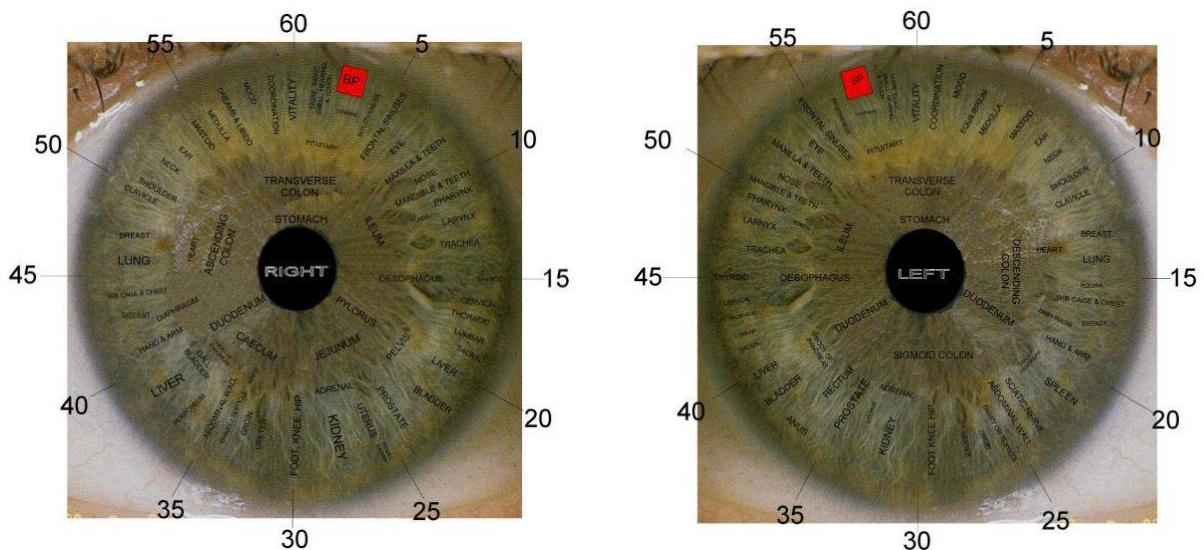
### Treatment

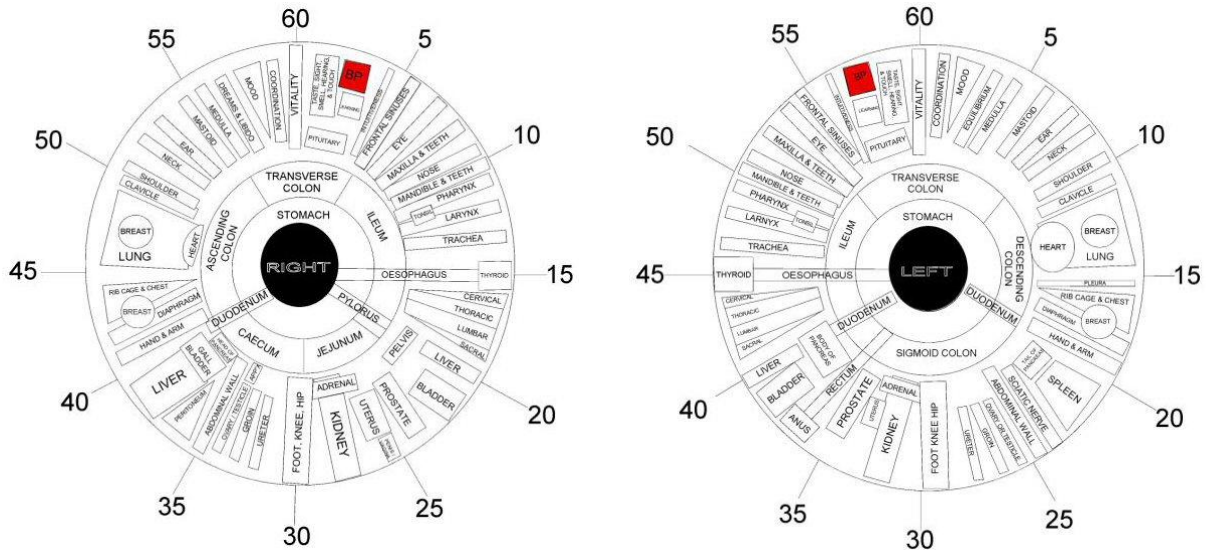
- Treatment of underlying disease in secondary hypertension
- Systematic exercise
- Restriction of dietary sodium
- Decreased alcohol intake
- Quitting smoking, stress reduction
- Weight loss, if indicated
- Regular monitoring of blood pressure
- Adopting an appropriate dietary regime
- Taking appropriate medications/supplements
- Monitoring for potential long-term complications

### Iridology

For indications of blood pressure (hypertension), look in the eye area as indicated in red on the following diagrams:

**See Below:** Blood Pressure- Right Eye, Seg 2.5 (approx.); Left Eye, Seg 57.5 (approx.)





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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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