



The Campbell M Gold Newsletter

Vol. 07 - Issue 07

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 3.

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 3

Further Testimony from Maria Treben Regarding Swedish Bitters

When my son was 6 years old, he was attacked by an Alsatian and terribly mauled in the face. Later, dark red scars covered his face from the nose upward. In the "old manuscript," point 33 states that, this tincture takes away all SCARS, WOUNDS AND CUTS, even if very old, if moistened up to 40 times. Therefore, our son's scars were now moistened daily. Very soon, they disappeared, even the ones deep in the nose.

With these experiences I came to our town in 1953. During a visit to a farmhouse, I met the farmer's wife, a mother of 2 small children, milking cows. Instead of a word of greeting she said: "If you stood me against the well I would let you shoot me." For weeks she had suffered from terrible HEADACHES and she was supposed to go for X-rays. The same evening, I sent my son with a small bottle of Swedish Bitters to her, so that she might find relief, at least at night. How surprised I was when, at 7 o'clock in the morning, the farmer came to me saying: What did you send my wife? Within a short time, after applying it to the head, the headaches had gone. And in the morning, 2 dark brown clots of the thickness of a little finger came down her throat. This woman swears by Swedish Bitters even today and was able to help her little daughter, who suffered from PNEUMONIA, years ago. Never is she without this household remedy.

For months, a woman suffered from FRONTAL SINUSITIS. She could not breathe through her nose and was plagued by terrible headaches. Despite antibiotics and radiation treatment her condition did not improve. Then she applied Swedish Bitters as a compress over the forehead, eyes and nose and already after the first use she felt relief. 3 nightly treatments later, large amounts of pus came through her nose and she was able to breathe normally again.

From sight, I knew a young woman, who after the birth of her sixth child, became a shadow of herself. I spoke to her and learned that at this time she WAS UNABLE TO EAT ANYTHING and was also unable to keep the children with her. I recommended Swedish Bitters to her. About 3 weeks later, I saw her as a healthy young woman, who was able to eat normally and had the children with her again. Her mother had been in hospital with a swollen foot and for a long time had only been able to walk with a stick. Despite 75 injections there was no improvement. Therefore this young woman sent the recipe of the Swedish Bitters to her mother, advising her to try them. Now her mother's foot is back to normal and the stick unnecessary.

One day, I received a letter from Germany in which an acquaintance asked me to look after her niece who was taking a cure in Gallsbach. When the young woman came to see me for the first time, I got a shock. She was lifted out of the car, crutches were put under her arms and it took her, despite help, more than an hour to come up into my flat on the first floor. The joints of both feet were deformed, the fingers crippled and unable to hold anything, When walking, the BODY THROWN forward and the legs pulled after. I stood at the door, my hands pressed against my heart, unable to say anything except: How does a young woman like you have such a terrible illness? "Overnight after my fourth child", she replied. Quite suddenly, almost overnight, this young woman lay crippled in her bed. She was taken from doctor to doctor, nobody could help her. Twice a year, she came to Gallsbach to Dr. Zeileis, who had to tell her he could not cure her, only ease the trouble. I recommended Swedish Bitter and told her to put her faith in it. This was in February, 1964. In September, I received a telephone call from the young woman asking if I could meet her at the bus stop. I was baffled, then surprised, when a smiling young woman, still leaning on a stick, descended the bus. The STIFFNESS AND CRIPPLING OF THE HANDS was gone, as well as the DEFORMATION OF THE LEGS. Only on the left foot, the knee and ankle were still swollen. But on the third of August 1966, a year later, this too had disappeared completely and she came without a stick, a healthy woman to take the cure for the last time. She had put 1 tablespoon of Swedish Bitters 3 times daily into a small amount of lukewarm water and sipped it before and after each meal.

I would like to give a few more examples of the wonderful effect of Swedish Bitters. From my sister who lives in Germany, I learned that a mutual acquaintance from Leipzig had been confined to a wheelchair for 15 years. She had spent the war years in Prague and in 1945 - as was the fate of many - had to stay for weeks in a cellar without straw or any other bedding. Later, she came to Leipzig with her husband. Soon she suffered from terrible DEFORMATION OF THE JOINTS and then came the life in a wheelchair. I only learned of her difficult fate when her husband suddenly died and the poor CRIPPLED WOMAN had to leave the flat and move into a furnished room. The sending of herbs and medications from Austria to the East Germany is not allowed. Therefore, I had to send her the herb mixture from a border town in Bavaria every second month. Soon I received encouraging letters. She took 1 tablespoon of Swedish Bitters in a small amount of water and drank half of it before and half of it after a meal. She did this 3 times a day. Slowly the deformations receded and she was able to move her joints slightly. We prayed, she in Leipzig, we in Austria. After 9 months, this woman who had been tied to a wheelchair for 15 years, could leave her flat for the first time. Slowly she improved and was soon able to do her daily work which helpful people had so far done for her.

In the summer, we often went swimming in a lake. One day, the large piece of wood that was used to sit on was leaning against a fence. I had my bag next to it and was bending over to gather up some things, when all of a sudden I felt this terrific blow on my leg. The large piece of timber had fallen over and struck me right on the leg. In no time, from the knee downward, it was dark blue to purple and two large swellings, about the size of a fist, appeared. I was carried to the car and then up to my room. My husband wanted to send for the doctor, but I asked him to apply Swedish Bitters as a compress on my leg. Half an hour later, I was able to walk down the stairs to the dining room without help. The next day, my leg was smooth. There were no more swellings and the DISCOLORATION had cleared up as well.

Another accident happened near this lake. A 4 year old girl was stung by a HORNET and her arm swelled up. I fetched Swedish Bitters and before the parents had clothed the girl, I was ready with the compress and applied it while the girl was carried to the car. On arrival at the car, about 3 minutes later, the SWELLING had subsided and the doctor was no longer necessary.

While gathering raspberries, I was stung by a POISONOUS INSECT on the thumb. Overnight, the thumb swelled up and while shopping a woman said to me: 'You had better go directly to hospital, such an infection could cause your death.' Overnight I applied Swedish Bitters as a compress and the next day my thumb was back to normal size.

One time I had an accident in the laundry. It was at the time when washing machines washed but did not rinse. The heavily entangled pieces had to be lifted out of the very hot water with wooden tongs. I tend to do everything quickly and with great energy. The tongs slipped and hit me in the eye. Stunned with pain and half blind I walked upstairs. As soon as I had applied Swedish Bitters, the pain eased. A little while later, I looked into the mirror and saw I had a BLACK EYE. I was back in the laundry a quarter of an hour later with a piece of cotton wool moistened with Swedish Bitters covering the eye, a small piece of plastic over it and the whole lot tied up with a folded scarf. For a few days I kept applying these compresses overnight, thence there was no chance of anything developing behind the eye.

As I do every year, I was taking a cure in Kneipp Spa in Muhllachken, when the head nurse came into my room with a woman doubled up with pain. She suffered from GALLBLADDER ATTACKS and the doctor had advised her to have an operation. I applied Swedish Bitters as a compress on the area of the gall bladder (first Calendula ointment or lard has to be applied otherwise the alcohol would dry out the skin, then a piece of cotton wool is moistened with Swedish Bitters, applied to the PAINFUL AREA, a piece of dry cotton wool and a piece of plastic are put over it to keep it warm. (Everything is now bandaged with a piece of cloth). I was just about to pull up her girdle when she sat up with a cry: 'The pain is gone!' She continued to apply the compresses and she took the Swedish Bitters as drops, internally, 3 times a day, one teaspoonful in a little water or tea and the attacks never reoccurred.

For years I looked after a woman who was all alone. Communication with her was somewhat difficult, since she was HARD OF HEARING. In the 'old manuscript' it says:

THEY BRING BACK LOST HEARING.' Therefore she had to moisten the acoustic duct frequently with Swedish Bitters. The index finger, moistened with Swedish Bitters, is put into the ear. Do not forget to put a drop of oil into the ear from time to time, to avoid itching. All the same time this woman moistened her temples, her forehead and the area around the eyes. Now we can communicate normally and her face has a much fresher look. One day, as she was getting out of the bus, a car knocked her down and she fell on her face. Again Swedish Bitters helped her blue-red face to get back its normal colour. On February 1st, she celebrated her 89th birthday. How often have people who come to my talks and told me that they are able to hear again and have packed away their hearing aid thanks to Swedish Bitters. These drops relieve pain internally or externally, anywhere in the body, because the blood supply to the affected area is increased.

Therefore it is appropriate to apply Swedish Bitters as a compress to the back of the head of people who suffer from EPILEPTIC FITS. The cause of these attacks lies often back in the past; maybe a fall on the head or a shock in childhood.

During a talk I gave, a man came up to me and told me that he received a double fracture at the base of the skull in a very bad car accident. After this had healed, he started to get a few EPILEPTIC FITS a day. I recommended Swedish Bitters applied as a compress to the back of the head, and 4 cups of Stinging Nettle tea, to which 2 tablespoons of Swedish Bitters were added, daily. Stinging Nettle tea is necessary for severe epileptic fits. Several months later he passed by my house to tell me that the fits had stopped.

MENINGITIS, HEAD INJURIES caused by a FALL OR A BLOW, STUTTERING AND SPEECH DISORDERS are treated effectively with Swedish Bitters applied as a compress to the back of the head. These compresses are also beneficial for BURSITIS. I have to emphasize again that for all severe illnesses a doctor has to be consulted first!

From the many letters I have received I have learnt that Swedish Bitters applied as a compress to the eyes has been effective in cases of a DETACHED RETINA AND PORUS RETINA. All these people were going blind. These compresses are applied to the closed eye and left on for an hour. HEALTHY eyes, especially if STRAINED, can profit too, if Swedish Bitters is brushed with the index finger along the lid to the corner of the eye. This way good EYE SIGHT can be enjoyed well into old age.

Since Swedish Bitters is such a wonderful remedy, no medicine chest in the house should be without it. Poured into small bottles, it can be taken along on trips. Often away from home, the food is disappointing and the need arises to STIMULATE DIGESTION and to shake off WEARINESS AND TIREDNESS. In these cases, Swedish Bitters is a true 'elixir'. A sip, watered down, is taken internally and, externally, some drops are brushed on temples, forehead, eyes and the area behind the ears. In no time, the beneficial effect is felt.

For a COLD, with all its accompanying symptoms such as weariness, tiredness, pressure in the head and heaviness in the stomach, a cottonball is moistened with Swedish Bitters and held under the nose, while breathing deeply. Immediately the head will feel lighter. If a COLD has already affected the BRONCHIAL tubes, the moistened cotton ball is held in front of the open mouth and breathing is done with the mouth. Here, too, relief will be felt. During times of influenza, 1 teaspoon, sometimes 1 tablespoon, diluted with a little water, is taken daily. In this way one is protected from influenza. Wherever there is PAIN, Swedish Bitters is always beneficial, taken internally as drops, applied as a compress or used as a rub or a massage.

Several years ago I suffered from RENAL COLIC. The doctor came in the middle of his surgery hours. In the meantime, I had applied Swedish Bitters as a compress on the kidney region and when the doctor arrived the pain had subsided. I was quite shame-faced because I had wasted his valuable time. He wanted to know why the pain had subsided so quickly. When he heard that I had applied a compress he said: Excellent, I do not have to give you an injection!" Swedish Bitters had his approval. Whenever I came to his surgery he would say, " I WILL NOT PRESCRIBE YOU ANYTHING, YOU HAVE SWEDISH BITTERS." It was he who had brought me closer to herbs.

An elderly lady came to see me. For years she could only walk with a stick, since

ARTHRITIS had crippled her. Nothing helped and she could not take it any longer. One teaspoon of Swedish Bitters in Stinging Nettle tea and Horsetail tea, taken 3 times a day made a difference. Three weeks later, I heard she was able to walk without a stick.

A member of our small church choir INJURED HER KNEE while ice skating. Since it was a small choir she was missed badly. After church I met her in town. It was impossible for her to mount the steep staircase up to the choir. A few moments later I was at her place with the things required for a compress. As a doctor's wife, she looked skeptically at my doings. This changed when he was able to bandage her knee a few minutes later. The next day she was able to mount the staircase. But unfortunately another member was missing, due to a SPRAINED ANKLE acquired while enjoying our so healthy wintersports. We knew that she was already at the casualty ward. Now the lady who only the day before had a STIFF KNEE asked me to go and put the compress on the sprained ankle. I was reluctant to do it, because the woman had been treated at the hospital. But thinking I might find myself singing alone I changed my mind. I found her lying on the couch with a very swollen, painful ANKLE. In the hospital she was told just to keep her foot raised. Swedish Bitters applied as a compress brought her immediately some relief. The next day she came to the choir, although the roads were icy. She was without pain and her ankle was normal.

One day in a restaurant I saw a man who was obviously in pain. I got out my Swedish Bitters and gave him a tablespoonful in a little lukewarm water. Colour came back to his face and he could not believe it when the pain subsided. Six months later, I came back to the same place. I had already forgotten the incident, when a gentleman came up and thanked me profusely. He looked years younger. With the help of Swedish Bitters, he had lost all complaints which ACUTE GASTRITIS AND DISORDER OF THE PANCREAS had caused him. Since Swedish Bitters clears up disorders of the pancreas, they are most beneficial for DIABETES. WARTS, LIVER SPOTS, CORNS, MOLES, HAEMORRHOIDS EVEN BIRTHMARKS AND SEBORRHEA will disappear, if they are moistened repeatedly with Swedish Bitters. A piece of cotton wool moistened with Swedish Bitters, put in the ear, will clear up BUZZING AND RINGING. If the base of the scalp is moistened, it will STRENGTHEN THE MEMORY. Swedish Bitters cleanses the BLOOD, IMPROVES CIRCULATION, DISPELS FLATULENCE, HEADACHES, INDIGESTION, STOMACH, GALLBLADDER, LIVER AND KIDNEY DISORDERS (even if alcohol is not allowed). For PHLEBITIS AND THROMBOSIS, Calendula ointment is smeared thickly on the affected areas and then Swedish Bitters, as a compress, is applied. When healed. Stinging Nettle foot bath are taken to improve the circulation. These drops stimulate a SLUGGISH INTESTINE and dispel DIZZINESS AND LAMENESS. For all illnesses they are most beneficial, even for CANCER. For acute attacks of pain, 1 tablespoon is taken in a little water or tea. If 1 teaspoonful in a little water is taken 3 times daily, morning, noon and evening, good health is kept till old age. Swedish Bitters awakens vitality and strengthens the life force so needed in our time.

Preserve through Swedish Bitters, your health, strength and joy for your family, work and fellowman. During a visit at a farm, I heard that the 12 year old son of the farmer, was to have an operation. PUS had formed behind the ear drum, due to an inflammation. I was against the operation, since sometimes, in similar cases, deafness occurs. A small piece of cotton wool moistened with Swedish Bitters was put in the boy's ear. A lot of pus was discharged daily, the pain subsided and an operation was not necessary.

For INTESTINAL CANCER - it was a young mother of five and the doctor had given her only a few more days - I recommended compresses applied to the area of the intestines, at the same time Calamus roots which are steeped in cold water overnight (1 level teaspoon per cup of water); 1 sip before and after each meal, and a tea made from equal proportions of Stinging Nettle, Calendula and Yarrow. At least 2 liters of this tea has to be sipped throughout the day. Today this woman is so much better that there is hope of a complete recovery.

A woman from Heilbronn, West Germany wrote: About 10 months ago, my 41 year old nephew who lives in Sacramento, California, wrote in his letter that he suffers from BLEEDING OF THE COLON daily and the medical diagnosis is without a doubt, CANCER OF THE COLON. A side opening would be necessary. I sent him your book

'Health through God's Pharmacy', Swedish Bitters, Calamus roots, Calendula, Yarrow and Stinging Nettle. He followed the instructions in your book. Today my nephew is able to work again. After taking the mentioned herbs for 4 days the bleeding stopped. Tiredness and loss of weight were arrested slowly.

A 52 year old man treated for 10 years for CARDIAC ASTHMA, had to take B tablets daily. For years he could only sleep sitting up and, for every step he took, he had to throw up his arms to get some air. I was of the opinion that this was caused not by the heart but the liver. I applied Swedish Bitters as a compress to the area of the liver. He had to drink

1 cup of Common Club Moss tea to which a teaspoon of Swedish Bitters had been added in the morning and some in the evening, daily. How right I was shown the first night, when he was able to sleep lying down. Swedish Bitters and Common Club Moss tea brought about a swift and good improvement. So that 3 days later, he who had not stepped out of his house for years, was able to walk around his little garden twice during the day. Slowly he is recovering.

A WOUND which would not heal after an operation closed overnight,. after the patient had taken a large sip of the bottle of Swedish Bitters. This single sip caused the wound to close which had been open for three years and had to be dressed several times a day.

A lady from Burgenland, Austria, told me that her 23 year niece had an AUDITORY DEFECT since birth. She was told that an operation in her case would be without success. This lady then asked her niece to try Swedish Bitters. They were very surprised when, 14 days later, the niece was able to hear normally. My dear readers, I do not want to withhold a letter from Graz, Styria: 'By chance or maybe Providence, I had a talk with a 74 year old man in the bus. This man got back his hearing which he had lost during the war, when receiving HEAD AND BRAIN INJURIES. Only 3 times had he put a piece of cotton wool moistened with Swedish Bitters in his ears.' (Letters provide the proof of such accounts.)

A gentleman from Bavaria reports: 'Through an accident I INJURED MY RIGHT ARM. Swedish Bitters soon alleviated the terrible pain. After almost 10 years of DEAFNESS in one ear, I was able to hear the ticking of the alarm clock again. Only once did I put Swedish Bitters into my ear.' - How many DEAF people could be helped this way. Even if only a single one could get back his hearing.

After a talk I gave, I learned from a listener that, for 2 years, she suffered from a WEAK ANUS MUSCLE. The doctor said it was irreparable. Swedish Bitters, together with Shepherd's Purse, finely cut, macerated in rye whisky or vodka are kept in place for 10 days, heals muscular atrophy and serious muscular disorders; four cups of Lady's Mantle tea and six sips of Calamus root tea a day remedied it.

In a telephone call from Vienna I heard a female voice say: THANK YOU SO MUCH FOR SWEDISH BITTERS.' When 12 years old, during a school hike in the mountains, this woman was inadvertently hit in the face by the girl in front of her with her climbing boot. Hence, for 40 years, off and on, she suffered from a FESTERING JAW and had undergone 16 operations and several punctures. She had to break off her studies, was unable to take the profession she wanted and plagued by continuous pain. She looked after a household. When 52 years old she read about Swedish Bitters, applied it as a compress on the jaw area and was freed from all pain.

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

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Health Bite

Height and Weight Charts

With all the concern about "Obesity", how do you "Shape Up"?

HEIGHT AND WEIGHT - ADULT MALE						
Height (ft/in)	Height (m)	Under-weight Health Risk (kg)	Normal Band 1 Optimum Health (kg)	Over-weight Band 2 Mild Health Risk (kg)	Over-weight Band 3 Moderate Health Risk (kg)	Over-weight Band 4 Clinical Obesity Definite Health Risk (kg)
6'6	1.98	< 76.20	76.20-90.63	90.63-101.60	101.60-114.30	> 114.30
6'5	1.95	< 73.89	73.89-88.32	88.32-99.25	99.25-111.99	> 111.99
6'4	1.93	< 72.16	72.16-86.01	86.01-97.56	97.56-109.68	> 109.68
6'3	1.90	< 69.85	69.85-83.70	83.70-95.25	95.25-107.37	> 107.37
6'2	1.88	< 68.12	68.12-81.40	81.40-93.52	93.52-105.06	> 105.06
6'1	1.85	< 66.39	66.39-79.66	79.66-91.79	91.79-103.33	> 103.33
6'0	1.83	< 64.08	64.08-77.35	77.35-89.48	89.48-101.60	> 101.60
5'11	1.80	< 62.35	62.35-75.62	75.62-87.75	87.75-99.87	> 99.87
5'10	1.78	< 60.61	60.61-73.89	73.89-86.01	86.01-98.14	> 98.14
5'9	1.75	< 58.88	58.88-71.58	71.58-84.28	84.28-96.40	> 96.40
5'8	1.73	< 57.15	57.15-70.43	70.43-82.55	82.55-94.67	> 94.67
5'7	1.70	< 55.42	55.42-68.70	68.70-80.82	80.82-93.52	> 93.52
5'6	1.68	< 54.26	54.26-67.54	67.54-79.66	79.66-92.36	> 92.36
5'5	1.65	< 52.53	52.53-65.81	65.81-77.93	77.93-90.63	> 90.63
5'4	1.63	< 51.38	51.38-64.65	64.65-76.78	76.78-89.48	> 89.48
5'3	1.60	< 49.65	49.65-62.92	62.92-75.05	75.05-88.32	> 88.32
5'2	1.57	< 48.49	48.49-61.77	61.77-74.47	74.47-87.17	> 87.17
5'1	1.55	< 47.91	47.91-60.61	60.61-73.31	73.31-86.01	> 86.01
5'0	1.52	< 46.76	46.76-58.88	58.88-72.16	72.16-84.86	> 84.86
4'11	1.50	< 46.18	46.18-57.73	57.73-71.58	71.58-83.70	> 83.70

Heights and weights indicate the height in bare feet and the weight without clothes. An allowance of about 2 pounds or 1 kilo can be made for 2 layers of indoor clothes (underclothes plus trousers and shirt, or skirt and blouse, or dress)

HEIGHT AND WEIGHT - ADULT FEMALE						
Height (ft/in)	Height (m)	Under-weight Health Risk (kg)	Normal Band 1 Optimum Health (kg)	Over-weight Band 2 Mild Health Risk (kg)	Over-weight Band 3 Moderate Health Risk (kg)	Over-weight Band 4 'Clinical Obesity' Definite Health Risk (kg)
6'2	1.88	< 67.54	67.54-82.55	82.55-92.36	92.36-109.68	> 109.68

HEIGHT AND WEIGHT - ADULT FEMALE						
Height (ft/in)	Height (m)	Under-weight Health Risk (kg)	Normal Band 1 Optimum Health (kg)	Over-weight Band 2 Mild Health Risk (kg)	Over-weight Band 3 Moderate Health Risk (kg)	Over-weight Band 4 'Clinical Obesity' Definite Health Risk (kg)
6'1	1.85	< 65.23	65.23-80.24	80.24-90.05	90.05-107.37	> 107.37
6'0	1.83	< 62.92	62.92-77.35	77.35-88.32	88.32-105.06	> 105.06
5'11	1.80	< 61.19	61.19-75.05	75.05-86.59	86.59-102.75	> 102.75
5'10	1.78	< 58.88	58.88-73.31	73.31-84.86	84.86-100.45	> 100.45
5'9	1.75	< 57.15	57.15-71.00	71.00-83.13	83.13-98.71	> 98.71
5'8	1.73	< 55.42	55.42-69.27	69.27-81.97	81.97-96.40	> 96.40
5'7	1.70	< 54.26	54.26-67.54	67.54-80.24	80.24-94.67	> 94.67
5'6	1.68	< 52.23	52.23-65.25	65.25-78.51	78.51-92.94	> 92.94
5'5	1.65	< 51.38	51.38-63.50	63.50-76.78	76.78-91.21	> 91.21
5'4	1.63	< 49.65	49.65-61.77	61.77-75.05	75.05-90.05	> 90.05
5'3	1.60	< 48.49	48.49-60.61	60.61-73.89	73.89-88.32	> 88.32
5'2	1.57	< 47.91	47.91-58.88	58.88-72.74	72.74-86.59	> 86.59
5'1	1.55	< 46.18	46.18-57.15	57.15-71.00	71.00-84.86	> 84.86
5'0	1.52	< 45.60	45.60-56.00	56.00-70.43	70.53-83.70	> 83.70
4'11	1.50	< 44.45	44.45-54.84	54.84-69.27	69.27-82.55	> 82.55
4'10	1.47	< 43.30	43.30-53.69	53.69-67.82	67.82-81.40	> 81.40
4'9	1.45	< 42.72	42.72-51.95	51.95-66.96	66.96-80.24	> 80.24
4'8	1.42	< 42.14	42.14-50.80	50.80-65.81	65.81-78.51	> 78.51
4'7	1.40	< 41.56	41.56-49.65	49.65-65.23	65.23-77.35	> 77.35

Heights and weights indicate the height in bare feet and the weight without clothes. An allowance of about 2 pounds or 1 kilo can be made for 2 layers of indoor clothes (underclothes plus trousers and shirt, or skirt and blouse, or dress)

ADULT MALE - NORMAL HEIGHT AND WEIGHT							
Maximum desirable weight for Men 25 yrs plus							
Note: 1 stone (st) = 14 pounds (lb)							
Height without shoes		Body Frame					
		Small		Medium		Large	
ft in	m	st lb	kg	st lb	kg	st lb	kg
5 3	1.60	8 9	55	9 7	60	10 4	65
5 4	1.63	9 0	57	9 10	62	10 8	67
5 5	1.65	9 3	59	9 13	63	10 12	69
5 6	1.68	9 7	60	10 3	65	11 2	71
5 7	1.70	9 11	62	10 7	67	11 7	73
5 8	1.73	10 1	64	10 12	69	11 12	75
5 9	1.75	10 5	66	11 2	71	12 1	77
5 10	1.78	10 10	68	11 6	73	12 6	79
5 11	1.80	11 0	70	11 11	75	12 11	81
6 0	1.83	11 4	72	12 2	77	13 2	84
6 1	1.85	11 8	74	12 7	80	13 7	86

ADULT MALE - NORMAL HEIGHT AND WEIGHT							
Maximum desirable weight for Men 25 yrs plus							
Note: 1 stone (st) = 14 pounds (lb)							
Height without shoes		Body Frame					
		Small		Medium		Large	
6 2	1.88	11 13	76	12 12	82	13 12	88
Instructions: Weigh yourself wearing indoor clothes wearing shoes Subtract 7 pounds or 3.2 kilos if naked							

ADULT FEMALE - NORMAL HEIGHT AND WEIGHT							
Maximum desirable weight for Men 25 yrs plus							
Note: 1 stone (st) = 14 pounds (lb)							
Height without shoes		Body Frame					
		Small		Medium		Large	
ft in	m	st lb	kg	st lb	kg	st lb	kg
4 11	1.50	7 3	46	7 12	50	8 10	55
5 0	1.52	7 6	47	8 1	51	8 13	57
5 1	1.55	7 9	49	8 4	53	9 2	58
5 2	1.57	7 12	50	8 7	54	9 5	60
5 3	1.60	8 1	51	8 10	55	9 8	61
5 4	1.63	8 4	53	9 0	57	9 12	63
5 5	1.65	8 7	54	9 4	59	10 2	65
5 6	1.68	8 11	56	9 9	61	10 6	66
5 7	1.70	9 0	58	9 13	63	10 10	68
5 8	1.73	9 5	60	10 3	65	11 0	70
5 9	1.75	9 9	61	10 7	67	11 4	72
5 10	1.78	10 0	64	10 11	69	11 9	74
Instructions: Weigh yourself wearing indoor clothes wearing shoes Subtract 5 pounds or 2.25 kilos if naked							

BOYS - NORMAL HEIGHT AND WEIGHT		
The following table gives the range of height and weight for children and adolescents between birth and 18 years of age		
Note: 1 stone (st) = 14 pounds (lb)		
Note: 1 stone (st) = 6.35 kilograms (kg)		
Note: 1 pound (lb) = 0.454 kilogram (kg)		
Note: 1 foot (ft) = 0.3048 metre (m)		
Note: 1 inch (in) = 0.0254 metre (m)		
Age	Height Range (ft ins)	Weight Range (st lbs)
Birth	1'8" - 2'1"	5.5 lb - 9.6 lb
3 months	2'0" - 2'3"	9.6 lb - 15.9 lb
6 months	2'1" - 2'5"	13.6 lb - 1 st 5 lb
9 months	2'3" - 2'6"	1 st 2 lb - 1 st 8 lb
12 months	2'4" - 2'8"	1 st 3 lb - 2 st 0 lb

BOYS - NORMAL HEIGHT AND WEIGHT

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Age	Height Range (ft ins)	Weight Range (st lbs)
18 months	2'6" - 3'0"	1 st 4 lb - 2 st 3 lb
2 years	2'8" - 3'3"	1 st 8 lb - 2 st 4 lb
3 years	3'0" - 3'6"	1 st 9 lb - 2 st 8 lb
4 years	3'2" - 3'8"	2 st 0 lb - 3 st 3 lb
5 years	3'4" - 4'0"	2 st 2 lb - 3 st 6 lb
6 years	3'6" - 4'2"	2 st 5 lb - 4 st 2 lb
7 years	3'7" - 4'5"	2 st 6 lb - 4 st 7 lb
8 years	3'9" - 4'7"	2 st 9 lb - 5 st 3 lb
9 years	4'1" - 4'8"	3 st 3 lb - 6 st 1 lb
10 years	4'2" - 5'0"	3 st 6 lb - 6 st 9 lb
11 years	4'3" - 5'2"	3 st 9 lb - 7 st 8 lb
12 years	4'5" - 5'5"	4 st 2 lb - 9 st 1 lb
13 years	4'7" - 5'7"	4 st 7 lb - 10 st 0 lb
14 years	4'9" - 5'9"	5 st 1 lb - 11 st 1 lb
15 years	5'1" - 6'0"	6 st 1 lb - 11 st 9 lb
16 years	5'3" - 6'1"	7 st 2 lb - 12 st 4 lb
17 years	5'3" - 6'1"	7 st 7 lb - 12 st 6 lb
18 years	5'3" - 6'1"	7 st 9 lb - 12 st 9 lb

GIRLS - NORMAL HEIGHT AND WEIGHT

The following table gives the range of height and weight for children and adolescents between birth and 18 years of age.

Note: 1 stone (st) = 14 pounds (lb)
 Note: 1 stone (st) = 6.35 kilograms (kg)
 Note: 1 pound (lb) = 0.454 kilogram (kg)
 Note: 1 foot (ft) = 0.3048 metre (m)
 Note: 1 inch (in) = 0.0254 metre (m)

Age	Height Range (ft ins)	Weight Range (st lbs)
Birth	1'8" - 2'0"	5.5 lb - 9.6 lb
3 months	2'0" - 2'3"	9.2 lb - 15.4 lb
6 months	2'1" - 2'4"	13.6 lb - 1 st 5 lb
9 months	2'3" - 2'5"	1 st 1 lb - 1 st 7 lb
12 months	2'4" - 2'8"	1 st 2 lb - 2 st 9 lb
18 months	2'6" - 3'0"	1 st 3 lb - 2 st 1 lb
2 years	2'8" - 3'3"	1 st 5 lb - 2 st 3 lb
3 years	3'0" - 3'6"	1 st 7 lb - 2 st 7 lb
4 years	3'2" - 3'8"	2 st 0 lb - 3 st 1 lb
5 years	3'4" - 4'0"	2 st 3 lb - 3 st 6 lb

GIRLS - NORMAL HEIGHT AND WEIGHT

The following table gives the range of height and weight for children and adolescents between birth and 18 years of age.

Note: 1 stone (st) = 14 pounds (lb)
Note: 1 stone (st) = 6.35 kilograms (kg)
Note: 1 pound (lb) = 0.454 kilogram (kg)
Note: 1 foot (ft) = 0.3048 metre (m)
Note: 1 inch (in) = 0.0254 metre (m)

Age	Height Range	Weight Range
	(ft ins)	(st lbs)
6 years	3'6" - 4'2"	2 st 5 lb - 4 st 2 lb
7 years	3'8" - 4'4"	2 st 9 lb - 4 st 7 lb
8 years	3'9" - 4'7"	2 st 9 lb - 5 st 5 lb
9 years	4'1" - 4'8"	3 st 3 lb - 6 st 2 lb
10 years	4'2" - 5'0"	3 st 6 lb - 7 st 5 lb
11 years	4'4" - 5'4"	3 st 9 lb - 8 st 8 lb
12 years	4'6" - 5'5"	4 st 4 lb - 10 st 0 lb
13 years	4'8" - 5'6"	5 st 2 lb - 11 st 0 lb
14 years	4'9" - 5'7"	5 st 8 lb - 11 st 4 lb
15 years	5'0" - 6'7"	6 st 6 lb - 11 st 6 lb
16 years	5'0" - 6'7"	7 st 0 lb - 11 st 8 lb
17 years	5'0" - 6'7"	7 st 2 lb - 11 st 7 lb
18 years	5'0" - 6'7"	7 st 2 lb - 11 st 7 lb

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