



The Campbell M Gold Newsletter

Vol. 07 - Issue 08

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, by popular demand, we give a reprint of the Candida Diet.

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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Candida Diet

Introduction

Complete overgrowth of yeast (Candida Albicans) is believed by many health care practitioners to be a significant factor in a significant number of poor health conditions. The following dietary guidelines are suggested to be used with quality acidophilus to help combat Candida Albicans. The individual should follow these guidelines for approximately 4-6 months, and while on this program they will feel increasingly well (if not incredible). After this program, the effects of Candida Albicans will likely have disappeared. However, the individual must remember that these are only guidelines, and they must not feel badly or guilty if they do not eat 'this well' every day. The important thing is that the individual has made a positive step to the cleansing of their body and obtaining optimum health.

Note: It is very important that the individual makes sure that they have two to three good bowel movements every day to assure that the yeast is being removed from their body. To help facilitate this, the individual should eat plenty of fibre, vegetables, exercise, and remember to drink 10 to 12 glasses of spring, filtered, distilled water every day.

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Foods That Can Be Freely Eaten

The individual may include any/all of the food items on this list in their daily diet:

- All fresh vegetables (except carrots, and beets), and vegetable juices
- All fish (except scavengers, and shell fish). Deep-sea white-fish and salmon are very good
- Free range chicken and turkey. Kosher/hallal chicken, turkey, and lamb are the best.
- Spring, filtered, purified, or distilled water
- Lemons, limes, cranberries, and apples. Organic is best
- Well-cooked whole grains: millet, buckwheat, amaranth. **NO WHEAT**
- Pasta made from any of the above grains (millet, buckwheat, amaranth)
- Essential Fatty acids – 1 x Tablespoon per day (Olive Oil, Flax Seed Oil, etc)
- Grits (coarsely-ground dried corn (mealie-meal))
- Beans
- Raw almonds and seeds
- Chamomile, peppermint, rooibos, and Pau d' Arco tea.
- Green super-foods (such as Spirulina, Chlorophyll, Wheat Grass etc.)
- Stevia (used as a sweetener)

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Foods to Avoid

To combat yeast (Candida Albicans), and to promote optimum health, the individual should try to avoid the following foods as much as possible:

- Sugars, such as sucrose, fructose, maltose, glucose, mannitol, sorbitol, galactose, syrup, maple syrup, maple sugar, brown sugar, raw sugar, date sugar, corn syrup, and honey.
- Artificial sweeteners (such as Aspartame and Nutrasweet).

- Yeast containing foods - such as breads, cakes, pies, and pastries.
- Alcohol, soft drinks, coffee, and fermented beverages (e.g. ciders, ginger beer, fruit spritzers, etc).
- malt containing products (such as malted milk drinks, cereals, and some sweets, etc)
- Condiments (sauces, and vinegar) containing constituents such as mayonnaise, mustard, ketchup, Monosodiumglutimate (MSG), and pickles, etc. Instead, fresh lemon should be used.
- Dried and candied fruits (raisons, dates, pineapples, etc).
- Fermented foods (such as soy sauce, tofu, tempeh, and sauerkraut).
- Fruit (except for apples, lemons, limes, and cranberries.)
- After approximately 20-60 days, grapefruit and kiwi fruit may be added
- After approximately 4 months on the program, such fruits as bananas, berries, and melons may be added.
- Cheese and sour milk products (such as buttermilk and sour cream).
- Mushrooms and other fungus. Remember that yeast is a fungus; consequently, it mushrooms and other fungi should not be eaten.
- All nuts (especially peanuts) - except raw almonds. Exception - raw almonds can be eaten in moderation.
- Packaged and processed foods; including enriched flour products.

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Example Candida Diet Plan

The individual may create their own Candida diet plan by using the recommended food types above. However, the following diet example is of a typical day following the recommended guidelines. The individual should always eat a variety of healthy, fresh foods so they will not get bored.

Before Breakfast: 8 oz. glass of lemon or lime water with three acidophilus (at least 8 billion organisms) I recommend that you do this upon rising for your day on an empty stomach.

Breakfast: Homemade apple sauce or two apples (red or green)

MID-MORNING: Power drink (1 oz. of Chlorophyll, 4 tablespoons of Apple Cider Vinegar, 2 oz. of lemon, 4 oz of distilled water, 1/3 ground ginger powder, and grade B maple syrup.) This is my personal recipe and I drink it daily with wonderful results. and/or one cup of chamomile, fennel, Pau d' Arco, or rooibos tea.

LUNCH: Fresh green salad with lemon/olive or flax oil, (add almost anything to your salad except croutons, crackers, and mushrooms), with one of the following: beans, millet, pea soup, organic chicken, turkey, or fish.

MID-AFTERNOON: Raw sticks of celery, other vegetable wedges (you can use hummus, salsa, or bean dip for sauces), or raw almonds. Thirty minutes later, take a fibre supplement.

DINNER: Steamed vegetables or vegetable soup, and a small bowl of millet, buckwheat, corn grits (coarsely ground dried corn (mealie-meal)). You can also make a health vegetable or chicken stew. Snack on seeds or nuts (no peanuts or cashews).

BEFORE BED: Drink an 8 oz glass of lemon water with 4 x capsules of acidophilus.

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Grits

Grits are a staple of the southern breakfast.

First of all, grits are nothing more than coarsely ground dried corn (mealie-meal). If you grind it finely, it is corn meal. Grind it coarsely and it is grits.

Anyway, there's not too much to cooking grits. You just pour it in a pot of boiling water according to the instructions on the bag or container. You cook it over medium to low heat stirring as it cooks. If you don't stir it occasionally it clumps up and may even stick.

There are a lot of things you can do to enhance the flavor.

My grandmother used to stir in raw eggs as her grits cooked. It gave it a unique flavor.

We also used to add fatback to our grits. Fatback is salted pork with the skin attached. It is mostly fat so when you fry it you get a lot of salty grease and a crispy piece of skin. We used to sprinkle cooked fatback over our grits to add a little flavor. We also used to pour a little of the grease onto the grits to add a little flavour.

Some people add Accent (monosodium glutamate) to their grits. This is a flavor enhancer and it does add a lot to the flavour.

Others just add a pat of butter and sprinkle a little salt and pepper on their grits.

There is no wrong way to fix grits. It is just a filler to go along with your bacon and eggs. Grits sort of takes on the flavour of whatever you eat it with. If you eat it by itself, it just tastes a little 'gritty'.

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Additional Treatment Information

Always take multiple culture Lactobacillus ACIDOPHILUS (2 gr/day between meals as a supplement) or as in PIIMA yoghurt, following:

- The use of broad spectrum antibiotics, for a period of at least 6 weeks
- Radiation therapy or chemotherapy - during which Candida proliferates very considerably
- Any gastrointestinal enteritis or diarrhoea

Once Candida levels have been reduced it is necessary to repair the damaged mucous membranes of the intestines through taking:

- Zinc 50 mg daily
- Vit B5 (Calcium Pantothenate) 500-1000 mg daily
- Vit E 250 mg daily

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Final

The individual should always make a strong attempt to eat fresh, organic, homemade foods whenever possible, and to avoid leftovers that are more than one day old. It is important to keep plenty of the recommended foods around, to avoid being forced to eat something that might cause a reaction. By following this simple plan; the individual will experience results within one week.

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

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Health Bite

Supplements:

Flu and General Tonic

Flu Remedy

- Multi-Vit - ABC or Equiv (1 x Tab, 1 x daily)
- Vit C (Timed Release) - 1000 mg, (2 x Tab, 2 x daily)
- Cod liver oil cap - 1000 mg (1 cap, 1 x daily)
- Echinacea - 400 mg (2 x caps, 1 x daily)
- Garlic - 1250 mg (1 x tab, 2 x daily)

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General Tonic and Immune Booster

- Vit C (Timed Release) - 1000 mg (3 x tabs, 2 x daily)
- Cod liver oil cap - 1000 mg (1 cap, 1 x daily)
- Zinc - 15 mg (1 x tab, 1 x daily)
- Selenium - 200 ug (1 x tab, 1 x daily)
- Garlic cap (High Strength) - 1250 mg (1 x cap, 1 x daily)
- Echinacea caps - 400 mg (1 x cap, 3-6 x daily)
- Vit B 100 Complex - dosage as per supplier (urine will be bright yellow - this is normal)
- Vit E - 250 mg (1 x cap, 1 x daily)
- Co-Enzyme Q10 - 150 mg (1 x tab, 1 x daily)

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Other Advice

- Avoid all products containing peppermint or spearmint
- Do not drink any tea or coffee - instead, drink herbal teas (Rooibos tea or Fennel tea recommended)
- Avoid any products containing fluoride (use natural toothpastes)
- Do not drink tap-water unless it has been filtered through an active charcoal filter
- Do a resting pulse test to determine any allergic reactions.

- Consider having an allergy test, such as the ones carried out at good Health Stores.

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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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