

**THE
TEN RULES
FOR HEALTH**

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following 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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There are 10 simple rules for good health:

- 1) Stop putting poisons into your body
- 2) It takes five to seven times more nutrition to rebuild and repair the body than it takes to maintain a healthy body
- 3) Nothing heals in the human body in less than three months. To those three months, add one additional month for every year that the condition has existed
- 4) Observe moderation in all things
- 5) Be in harmony with nature
- 6) Synchronise with the unfolding universal energy
- 7) Take responsibility for yourself and for your health.
- 8) Eat as much raw food as possible
- 9) Exercise regularly
- 10) Understand and apply Herrings Law of Cure: "*All cure starts from within and works outward, from the head down, and in the reverse order as that in which the symptoms have appeared.*"

End

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