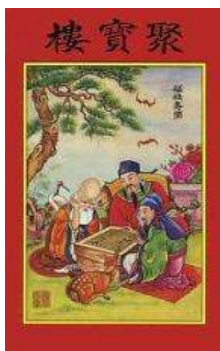


SPOTS AND PIMPLES



Taken From

Tong Sing

*The Book of Wisdom based on
The Ancient Chinese Almanac*

CMG Archives

<http://www.campbellmgold.com>

(2012)

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IMPORTANT

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Introduction

From the "*Tong Sing*", The Book of Wisdom based on The Ancient Chinese Almanac, the following advice to deal with spots and pimples is given.

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Spots and Pimples

Skin blemishes of various kinds can be reduced by drinking flower teas, such as chrysanthemum and dandelion, avoiding sugary and fatty foods, and keeping free from constipation.

It is also helpful to rub pimples and other spots with the cut end of a cucumber or a garlic clove.

End

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22082012