

# AGE SPOT

## REMOVAL

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### **IMPORTANT**

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### **Introduction**

Age spots, also known as "liver spots", are primarily the consequence of the body's response to too much exposure to the sun.

Other causes of Age Spots include:

- poor diet
- weak liver function
- poor digestion
- lack of exercise

The "spots" can show up as patches, freckles, bumps, or moles and are harmless. however, if a spot changes shape, colour, or texture, it is advisable to consult your health professional.

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### **Alternative Remedies to Remove Age Spots**

Apply a little fresh lemon juice to the area, 2 x daily, for 6 to 8 weeks. Use a cotton wool ball and rub the juice well in. By 8 weeks the blemishes should be fading.

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Rub a piece of freshly cut red onion directly onto the spots, 2 x daily, for 6 to 8 weeks. By 8 weeks the blemishes should be fading.

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Apply Vitamin E to the affected area, throughout the day. Moreover Vitamin E combined with Cod Liver oil is an even more effective treatment.

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Mix 2 x teaspoons of apple cider vinegar (some therapists recommend 2 x teaspoons of apple cider and vinegar) with 1 x teaspoon of onion juice (or orange juice). Apply 2 x daily, and the blemishes should begin to fade in two weeks.

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Apply a preparation of mashed papaya, mixed with milk cream (or milk powder). Apply to the affected area for 15 to 20 minutes, and then rinse.

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Make a paste out of mashing up mint leaves and cucumber. Apply to the face, leave on for 15 to 20 minutes then rinse.

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Make bleach by mixing 2 x tablespoons of milk powder and enough hydrogen peroxide until a thick paste is formed. Apply directly onto the blemishes, but discontinue immediately, and rinse the area with water, if skin sensitivity is experienced.

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Mix 1 x tablespoon of sour cream, 1 x tablespoon of yogurt, 1 x tablespoon of ground oatmeal, and 1 x teaspoon of lemon. Coat the spots, leave for 10 minutes, and then rinse off.

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Mix shredded horseradish, with 1 x teaspoon of fresh lemon juice, 1 x teaspoon of apple cider vinegar, and 2 x drops of rosemary essential oil. Apply 2 x daily.

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Oil taken from unripe black walnuts can also be an effective age-spot remedy. Make a few slits in the outer wall of the nut, and then rub the moisture into the spot.

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Mix 2 x teaspoons of tomato juice and 4 x tablespoons of buttermilk. Apply to the face and leave for 30 minutes before washing off.

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High concentration Vitamin K1 Serum, 8% strength - this is very effective, but difficult to obtain. Anything less than 8% will be ineffective.

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Hydrogen Peroxide is a common bleaching agent for beauty and industrial products. It is stored in a dark coloured bottle because too much light will reduce its potency. Apply the hydrogen peroxide directly to the spots. Discontinue, and rinse the area with water, if skin irritation occurs

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## Other Tips

Give your skin a treat - Pure extra virgin olive oil applied to the face with a warm face cloth and then rinsed off with lemon juice and water has wonderful cleaning and rejuvenating properties.

To augment the reduction of age spots:

- drink plenty of spring water - at least 8 x glasses per day
- take more vitamin C - 3 x 1000 mg daily
- eat a high non animal protein diet, for 30 days, made up of 50% fruit, vegetables, whole grain cereals, and nuts
- avoid foods containing caffeine
- avoid fried foods, red meat, sugar, salt, processed foods, and saturated fat
- quit smoking - this contributes to a faster aging skin

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## Useful Supplements

- Vitamin C - this is the miracle vitamin that helps with tissue maintenance and repair
- Bioflavonoids - these assist with tissue repair and must be taken in conjunction with vitamin C
- Vitamin E - take in capsule form, (400 IU) daily; and at night puncture a capsule and directly apply the oil on the affected area and leave on overnight. Vitamin E helps to slow the aging process and aids in tissue repair.
- Beta-carotene - an antioxidant that slows down the aging process
- Potassium is thought to be useful in age spot therapy
- Zinc is an important mineral. Take 15-20 mg daily
- Selenium is a good supplement, which should be taken daily

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