AGE SPOT REMOVAL

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

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.

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.

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

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.

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.

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 can. Apply 2 x daily.

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.

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.

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

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.
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

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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