AGE SPOTS

Age spots are flat brown spots on the skin. They can appear anywhere but are common on the face, back, and arms/hands. They are also called liver spots. They are harmless but can be a sign of some imbalances that you can try and correct. It is felt they are a result of build up of wastes, a by product of free radical damage to the skin. Here are a few things to help.

- **Blood purification: equal parts red clover blossom, nettle leaves. Make a tea, add some mint for nice flavour. Drink 2 cups a day. To make Tea: 1 heaping teaspoon herb in a cup, pour over 1 cup boiling water, cover cup and let steep 20 minutes or longer, strain and drink.**

- **Liver cleansing. See "Liver" for cleansing.**

- **Use the cleansing diet. Continue on a vegetarian diet using plenty of raw foods (60% of diet), raw fruit and vegetable juices. Clean the bowels weekly with an enema. The main objective is to keep the blood clean and restore normality to the liver**

- **Cut back on animal protein, eating only a few times a week in small quantities.**

- **Limit exposure to the sun.**

- **The following are all similar, try what appeals to you the most.:**
  1. Dice an onion, put in blender with ½ cup apple cider vinegar and blend. Apply on spot(s) with cotton ball daily.
  2. Chop a potato and blend with juice of ½ lemon. Apply gentle circular movements. Let be on skin 20 minutes, then rinse off.
  3. Chop a potato, and ½ onion. Blend. Apply to area for 15 minutes then wash off.
  4. Blend 1 chopped potato with ½ chopped cucumber. Apply in gentle circular movement. Let stay on skin 25 minutes then rinse.
  5. Chop and blend 1 potato with ½ carrot. Use all over face, leaving 20 minutes then rinsing well.
  6. Chop 1 onion, add ½ cup apple cider vinegar. Blend. Apply with cotton ball to skin area once a day for 3-4 weeks. Good for lesions too.