MOLES

- **Cut up the skin of a ripe banana into a bowl. Soak well with with apple cider vinegar. Add large turmeric powder and make sure the banana is soaked well with the vinegar and powder. Cover with plastic so no air can get in and leave for 24 hours. Rub a piece of the banana on the area, then cover it for at least one hour with plastic film so it remains in place. You can even leave it in place for a whole day. Repeat if needed for another day or two.**

- **Take 1—2 drops garlic and same for iodine (the orange kind that you get in the drug store and paint on the skin (don't ingest). Put a bandaid on and leave for a day, change the next day and repeat until gone.**