



## What are Age Spots?

Also called [liver spots](#), age spots are flat, gray, brown or [black spots](#) that vary in size and can **appear on various parts of the body** including the hands, shoulders, back arms and face (the areas most exposed to the sun).

[Age spots](#) are a common result of ageing and mostly occur in individuals older than 40 years of age, but can also affect younger people too. People with fair complexion tend to be affected by [age spots](#) more than those individuals with darker skin.

## What Causes Age Spots?

We all have Melanin in our skin - the dark pigment that gives our skin its normal color. When we tan extra melanin is produced to **protect the deeper layers of our skin**. Unfortunately when we age extra melanin becomes "clumped" or is produced in higher concentrations than normal, leading to the creation of [age spots](#).

Using a tanning bed, extra exposure to the sun and genetic factors can all contribute to the appearance of [age spots](#). *Although they are normally harmless, your doctor should evaluate spots that are dark or have changed appearance because these can be signs of [melanoma](#), a serious form of [skin cancer](#).*

## Diagnosing Age Spots

[Age spots](#) range in size - from freckle-size to more than a centimeter across. [Age spots](#) can also be **accompanied by deep wrinkles**, dry skin, delicate red veins on your cheeks, nose and ears or thinner, more translucent-looking skin.

## There are various types of pimples and these include:

- Whiteheads (pimples that remain under the surface of the skin)
- Blackheads (pimples that rise to the surface of the skin and are black in color)
- Papules (small, pink bumps that may be tender)
- Pustules (pimples that are red at the bottom and have pus on top)
- Nodules (large, painful pimples that are deep within the skin)
- Cysts (deep, pus-filled, painful pimples that cause scars)

## Help for people with Age Spots

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Many herbal and homeopathic remedies have been formulated with specific ingredients to encourage skin health at a cellular level. Aloe ferox, Glycorrhiza glabra and Vitamin E oil have been used as **natural skin treatments to keep skin nourished and moisturized**, ensuring healthy, supple hydrated skin. Galium aparine and Bulbinella frutescens are also regarded as highly effective and gentle remedies for eczema and skin irritation.

## Tips to prevent age spots:

- Minimize your sun exposure! If you must be in the sun, use a sunscreen with a sun protection factor (SPF) of at least 15 that blocks both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
- The sun's rays are most damaging from 10 a.m. to 4 p.m so reduce the time you spend outdoors during these hours.
- Wear protective clothing. Long-sleeved shirts, long pants and wide-brimmed hats are good choices to protect delicate skin. Also, tightly woven fabrics are better than loosely woven fabrics – always research the pros and cons of different fabrics for sun protection.
- Apply sunscreen liberally 30 minutes before going outdoors so that your skin has time to absorb the sunscreen and always reapply after swimming – and about every hour for preventative measures.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options



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## Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the [liver](#) toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

## **Ask Our Experts a Product Question**

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## **Great Health Sites**

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Skin Dr.:** Support skin strength, health and functioning from the inside

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.

Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported.**

The formula remains true to the whole spectrum method of manufacturing, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Skin Dr.](#)

**Liver Dr.:** Support liver health and functioning naturally

At Native Remedies, we recognize the vital importance of liver health – for quality of life and wellbeing, as well as for maintaining the important **liver functions of detoxification** and protection via healthy immune systems. For this reason, together with the experts, we developed Liver Dr. to address these important health needs.

Liver Dr. is a 100% herbal remedy containing herbs known for their ability to **support the functioning of the liver**, thereby improving overall systemic health.

Apart from their beneficial effect on the liver, the herbs chosen for Liver Dr. also have other important therapeutic benefits, which further contribute to a healthy body and better quality of life.

Liver Dr. comes in concentrated and easy to use tincture form and is formulated to be easily absorbed into the system.

[Learn more about Liver Dr.](#)

**Bio-Oxidate Defense:** Natural skin wash with herbal ingredients for skin health and nourishment

Bio-Oxidate Defense is a 100% safe, non-addictive natural herbal remedy



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formulated by a team of experts in the field of natural medicine. Bio-Oxidate Defense can be used consistently to **safely support cell integrity**.

Bio-Oxidate Defense contains a selection of herbs high in anti-oxidant properties that are well-known for their supportive function in **maintaining healthy cellular processes**.

Bio-Oxidate Defense supports the body's ability to **fight harmful free radicals**, thereby helping to maintain routine performance of bodily systems and encourage a slower hand of time.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Bio-Oxidate Defense](#)

Read the testimonials for these quality products [here!](#)

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



**Read more about the Native Remedies Full Spectrum Approach™**

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