



Minutes de Santé — Health minute

Maranatha Christ Revient

Age or Liver spot

A little past age fifty you facial and body skin begins losing gradually its freshness and radiance. This is a normal state of affairs in this life since weather, gravity and aging takes its turn to old age. However we often notice spots and tiny brown growths on our upper and lower limbs, our facial and neck areas. Those spots are hard to treat, the dermatologist prescribes a cream to fade them and burns the growths with a laser, but they come back gradually and we wear ourselves out to resignation. The spot and growths tell you one thing: your liver is sending you a strong signal. Maybe your liver has aged and cannot function like before, or it may be a short term problem, however one must not ignore these calls for help. As soon as the first spots appear, react quickly. Lighten up your food intake of fats, especially animal fats. Eliminate fatty cuts of meat, organ meats such as liver, heart or kidneys for beef, all pork meat, skin on chicken. Grill, broil or saute your food in very little olive oil, forget frying, greasy gravies and sauces and mayonnaise. Eat more fruits and vegetables. Sleep at regular hours, nightshifts are harmful to your liver, and drink more water, at least eight glasses per day. Corn silk long teas, artichoke and milk thistle can help you have more regular liver function and you will stop the invasion of unsightly spots and growths, moreover you will avoid harmful long term liver complications and keep in good health.

Your Health Minute

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