



Health Hint article by David Coory

David Coory is the author of the nutrition book "Stay Healthy by Supplying What's Lacking in Your Diet" and Executive Director of Zealand Publishing House and Health House.

How to get rid of your skin moles (protruding or flat)

I have just come across this method and there is no doubt it works for most skin types.

Step 1 ▶ Carefully apply a generous ring of Vaseline (or petroleum jelly) on the clear skin around the mole. This is most important, otherwise you will damage your normal skin.

Step 2 ▶ Before bed, soak a little cotton ball (or similar absorbent substance) with Apple Cider Vinegar (or White Vinegar), just large enough to cover the mole. Then place it on the mole.

Cover the soaked cotton ball with a sticking plaster, large enough to cover both the mole and the ring of Vaseline.

Leave in place overnight and remove the plaster, cotton ball and Vaseline the next morning. Apply again that night and

repeat the procedure until the mole is gone.

Often just 3 to 4 applications are all that are necessary, but it can take up to two weeks.

Protruding moles tend to come off completely and flat moles a layer at a time.

There are numerous stories from people on this website www.earthclinic.com/CURES/moles

who have successfully used this method to remove moles. Please read through some of these stories on this website before trying the cure. Be especially careful with face moles. There is one report of a minor hollow being left behind. However most people appear to be delighted with the results.

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visit www.healthhouse.co.nz

