

TheOrage

UVA is like water - absolutely essential for good health but just like water you can get too much of it. I try and have my breakfast or a 15 minute cup of coffee in the sun every day and expose as much of my skin as I can. I also do qi gong in the sun and absorb the rays. I try not to wear sunglasses unless it is essential when I am driving and I have noticed my eyesight is getting stronger. My husband was diagnosed with a basal carcinoma on his back but instead of letting the doctor cut it out (and run the risk that he wouldn't get it all) we used "black salve" or Cansema on it. It was quite scary as we watched it "grab" the mole and create quite a big festering sore. The Salve travelled deeply into the body but it healed within about 4 weeks. We repeated the procedure 6 months and a year later and there was no reaction. The salve only reacts if there is cancer and it follows its line until it has every single abnormal cell. For some strange reason this wonderful salve is illegal in Australia now but some countries still sell it through veterinarians. It is important to drink lots of water and take anti-inflammatoryies such as curcumin and Vit C to aid the body cope with the increased inflammation. Australia has one of the highest skin cancer rates in the world but I don't think it' because of the sun. I think it is because of the toxic SPF15+ sunscreens everyone slaps on because many of the worst cancerous moles are "where the sun don't shine". Doctors are now realising that many children are Vitamin D deficient because parents are too scared to let their children play outdoors. Edgar Cayce recommended putting a poultice of castor oil on cancerous moles. I have read this will also help remove normal moles. As Jackson 5 sang "Don't blame it on the sunshine don't blame it on the moonlight, don't blame it on the good times blame it on the boogie"!!! Happy Sunny Days to you all.

Posted On 02/17/2018

meblaker

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Martix

I agree with you, for me the ultimate is Black Salve and it goes away forever

Posted On 02/17/2018

God_made_not_man_made

I've always had moles. I use apple cider vinegar on a cotton ball, and tape it over the mole, every day or two I swap out the cotton ball, and usually within a week the mole turns black, and falls off. I do this to all moles that are raised. The mole either totally disappears, or falls off, and goes from black or dark brown to light brown, and much smaller and not raised. I recommend this treatment over having surgery that is very invasive. This also works on warts.

Posted On 02/17/2018

lindalonia

Unfortunately this is hard to do on your face, especially if you are a woman.

Posted On 02/17/2018

God_made_not_man_made

It's really not difficult to use ACV for moles on your face. Do it after you get home, and during the night time. I did this for a mole on my nose. Some excuses aren't meant to be made.

Posted On 02/18/2018

docww

Michael Holick, M.D. was one of the pioneers when it comes to getting vitamin D from sun exposure. Some of his initial studies involved having Boston medical students exposure themselves to the sun on the roof of a school building during winter to see how much vitamin D they made. He was also kicked out of the department of Dermatology for advocating sun exposure to enhance vitamin D production:

www.nytimes.com/.../21FOB-Q4-t.html

Posted On 02/17/2018

lindalonia

Dr. Mercola thank you very much for this article. It alerted me to a possible BCC. I had no idea that a slightly raised what looks like a colorless mole that has a tiny indentation could be BCC. Sometimes upon awakening I find a bloody scab on this spot. I thought it was from scratching myself during sleep. I will have it checked out.

I would appreciate more articles about skin problems like seborrheic dermatitis on the face.

Posted On 02/17/2018

Chimonger

FINALLY! I knew there'd be some source of good research showing sunlight is not all bad! That it's also preventative of skin cancers, is marvelous! OTH, what about that ozone hole and what comes through that, that might trigger more skin cancers?

Posted On 02/18/2018

helpothers

I had a mole appear on my shoulder soon after my second child was born. This last year as I was going through the menopause transition this mole got hard in places and in the course of the year it peeled off in sections and is now gone. I didn't think it was strange as I saw this same thing happen to my grandmother - she had a dime sized mole on her forehead and one year in cracked in half and peeled off over the period of some months. I suppose it's possible that it wasn't really a mole at all but it did disappear.

Posted On 02/18/2018

bonsallamo

I've had success with the vinegar method as well as poison ivy - sometimes with it scabbing and falling off and sometimes it with it becoming faded and less raised

Posted On 02/17/2018
