

Liver spots are also called brown spots and age spots. They are flat, brownish-yellow spots that look similar to large freckles. Most researchers believe they are not caused by the liver, but some have listed impaired liver function as a possible cause. Other causes include a nutritional or dietary deficiency, too much exposure to the sun, and an effect of aging. If you have spots that change in size, texture or color, check with your physician immediately, as these can be symptoms of skin cancer.

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Liver spots are also called age spots Lentigos and Senile Lentigines. Regardless of what they are called, they are dark pigment clusters that most often happen after the age of 40. They tend to occur on the backs of hands, on your forearms, face, forehead and shoulders -- those areas that have been most exposed to the sun's radiation. Fair skinned people are most likely to develop them.

Dermatologists commonly recommend creams that contain hydroquinone for reducing liver spots on skin, but the use of this substance has been banned in some countries, because of an increased cancer risk. Most of the creams in the US still contain it. The compound can do more harm than good, because so people have a serious allergic reaction that makes them look even worse and requires medical treatment.

Prevention includes protecting your skin from ultraviolet rays with sun screen of SPF 15 or higher. Another good idea is adding nutritional supplements to your diet such as vitamin E and other antioxidants. But to fade liver spots directly, you'll need something else. Popular treatments seek to burn them with light and chemicals, scrape them, freeze them, and fade them with lightening solutions.

Phytessence Wakame - This sea kelp from Japan is a wonderful beauty ingredient. It nourishes the skin with plenty of vitamins and minerals. It also maintains the firmness of the skin. Importantly, it also protects the skin from the UV rays of the sun - hence preventing liver spots from forming and helping to fade liver spots too.

Extrapone is a gentle natural ingredient that has proven to be highly effective in reducing melanin production in the body. It has amazing skin whitening capabilities better than any other skin ingredients I have come across. And because it is derived from plants extracts, you will not feel any discomforts or allergic reactions when using it.



Liver spots can be lightened with skin-bleaching products or removed by freezing with liquid nitrogen (cryotherapy). Age spots can be treated with freezing, acids, skin sanding, electric needle and any other methods which causes a superficial destruction of the skin. These methods frequently leave white spots and occasionally scars. Lasers are much more precise and less damaging to the skin because light is used to selectively remove the pigment without damaging the normal surrounding skin.. Other topical treatments include the use of vitamin C products and mandelic acid products.

Free radicals are unstable molecules in the body that start a domino type effect leading to damage of cellular components such as DNA. Over time this can lead to many conditions attributable to cellular damage and adverse

skin conditions including liver spots. To stop free radicals from attacking your skin and form unsightly age spots, you can eat antioxidant-rich foods such as fruits, vegetables, grains, seeds and nuts.

There are products that will help to trigger new skin cells that are free of melanin. The skin can become thicker, have fewer wrinkles and lines and be liver spot free if the right products are sought. The key is to learn what processes the skin goes through. This will allow you a better understanding of what works and what does not.

Extrapone Nutgrass - A powerful ingredient that you should use to lower melanin production. This is a very special ingredient that has been found to have a significant whitening effect on your skin. Extrapone is gentle on the skin and does not cause any harmful damages to your skin at all. It is one of the safest and most effective liver spot removal ingredient you can find in the world.

Have you recently adopted a Tortoiseshell, Tabby or Siamese Cat? Congratulations! These are three terrific cat breeds and an excellent choice as a pet.

But what to name your new kitten?

It can be hard to choose a name for a cat. Often times people simply choose any old name and leave it at that, but a cat is a living, breathing family member. Therefore, it is only right to put some care into choosing the right name.

When choosing a name you want it to be easy enough to say. You can try to the "front porch test" where you yell the name from the porch, because eventually you probably will have to and you want it to be easy enough to say.

And of course you can choose a name for your kitten based off of their coat color and pattern.

Another common way to choose a name is to carefully observe your new furry friend's personality and character traits.

To help you narrow down your choices, we have carefully selected the best cat names for tortoiseshell cats, tabby cats and siamese cats. We hope you find the [domino](#) perfect one!

Tortoiseshell Cat Names

Tortoiseshell describes the coat's pattern and coloring. Tortoiseshell coat coloring is one of the most beautiful and unique of all cat fur patterns. Tortoiseshell patterned cats are almost exclusively female cats. Because of this, the names here are mostly female or unisex.

Tabby Cat Names:

Were you aware that a tabby is actually a color pattern, not a type of breed? A tabby is sometimes called a grey tiger because the stripe pattern is similar to that of a tiger. However, a tabby's coat isn't just stripes, it is a unique pattern of stripes, swirls, and dots. In addition, on the tabby's forehead you usually find lines in the shape of the letter "M".

Siamese Cat Names

The Siamese breed originally came from Thailand (formerly known as Siam) and has become a popular breed throughout the world over the past century.

Siamese cats can have a variety of colors and patterns, usually they are primarily white with sections of dark fur around their tail, face, ears and legs. Siamese cats typically have beautiful blue almond-shaped eyes. Siamese cats

are a social breed and enjoy interaction and companionship with humans and other cats.

Enjoy your new little furry friend! Cats are terrific companions, so give them a name to match!