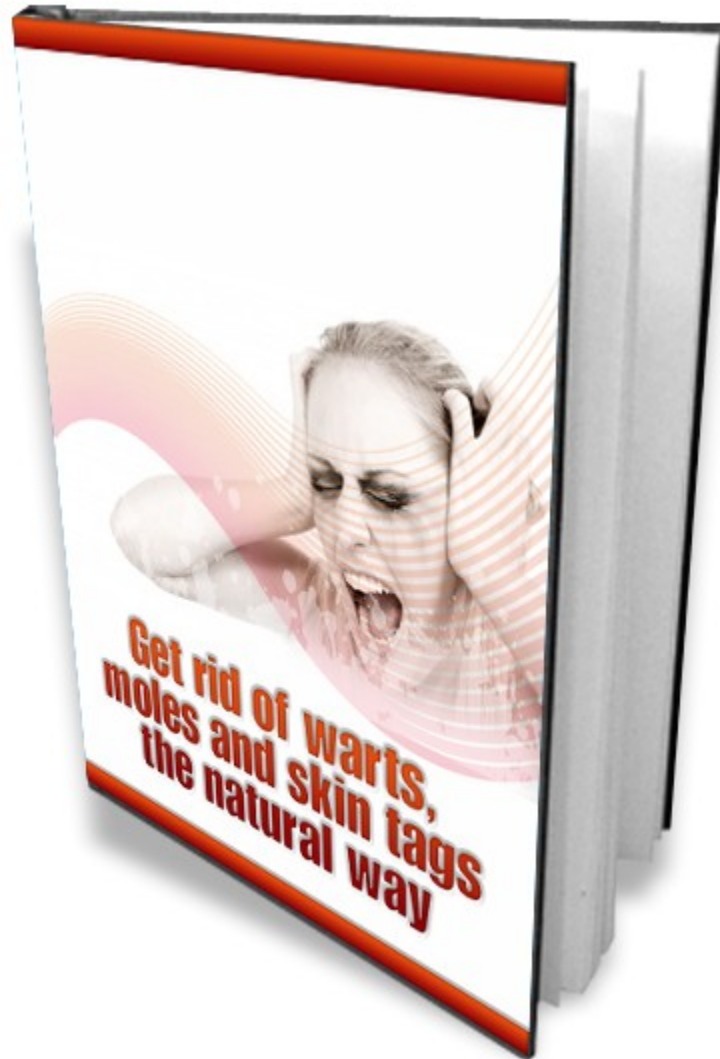


## **Get rid of warts, moles and skin tags the natural way**



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## Introduction

Anyone who has ever been afflicted with warts will know exactly how unpleasant they can be. They are unsightly, unpleasant and can make your life a complete misery.

There are many different types of blemishes that can grow on your skin, and warts are only one of these blemishes, with others being moles and skin tags. Sometimes, warts can be painful (often depending on the area of the body where the wart is located), but any kind of skin blemish such as a wart or mole is going to be unsightly and probably embarrassing.

For anyone who has unsightly and highly visible warts or moles, they will want to have them removed. Consequently, most people who suffer from warts or a similar skin problem will visit a dermatologist in order to discuss and assess the problem. A doctor will almost certainly be able to get rid of warts or moles using various procedures (that we will briefly consider later). It may even be possible to remove them surgically, if the wart or mole problem is serious enough.

However, not everyone will be happy dealing with their wart problem by allowing them to be treated medically. Also, not everyone will be able to afford such treatment.

The good news is, you don't necessarily need medical attention or surgical assistance to get rid of a wart or mole problem, because it is possible to get rid of many unsightly skin blemishes totally naturally at home.

This book is going to focus on introducing as many different natural treatments for warts and moles as possible, because it is always preferable to use treatments which are both safe and natural for any condition or complaint you might have. Nevertheless, this does not mean that you should never seek the advice of your doctor or dermatologist, especially if you attempt to get rid of your problem naturally but the warts keep coming back or if you suspect the problem may be more serious.

You might even seek professional medical advice before attempting to use any of the natural treatments you will read of in this book, for their opinion.

However, one other significant advantage of using entirely natural methods of treatment to get rid of warts, moles or skin lesions is that while medical treatments can leave scars, using natural treatments generally means that there is no scar tissue left behind.

Let us therefore start our investigation by looking at what warts are and what causes them.

## **Warts – a quick overview...**

1. It is children and teenagers who are most susceptible to warts, with many experts suggesting that one in every ten children or teenagers will suffer warts.
2. Warts are extremely contagious, with the most common cause of infection being direct contact with another wart sufferer. However, the infection can also be spread by contact with anything carrying the bacteria that cause warts, such as dirty clothing, towels and so on.
3. If you want to avoid warts, practicing good hygiene and staying clean is the primary and easiest way of doing so. In addition, shoes should always be worn in public places if at all possible.
4. If your warts will not go away, you might need to seek the advice and attention of a doctor or dermatologist. Before doing so, however, there are plenty of natural treatments that you can try to use to get rid of your warts yourself (and of course, you are going to read of these treatments in this book).
5. Using home remedies is not generally effective if you are trying to get rid of genital warts. In this situation, medical advice is definitely necessary.
6. Warts are benign tumors that are confined to the epidermal layers of the skin. They occur when the skin cells known as keratinocytes become infected.

## What are warts and what causes them?

Let's begin by getting rid of one old wives tale.

Warts are not caused by coming into contact with frogs or toads! Despite the fact that these creatures have notoriously 'warty' skin, the condition in humans is nothing to do with either frogs or toads!

Warts are actually caused by a viral infection, and are known to be benign tumors in the epidermal layer of the skin.

The virus that causes warts is known as the human papilloma virus (or HPV for short) which is a double-stranded DNA virus that causes warts to develop in the outer layers of the skin when it enters the body through a cut or abrasion. Once the virus has gained access to the body, it remains in the inner or lower layers of the epidermis where it may remain totally unnoticed and benign. If it does not do so, however, you get warts developing.

There are many different types of HPV, and there are therefore many different types of warts that can develop in different parts of the human body. Generally speaking, warts are not dangerous, although it is known that some strains of HPV can be responsible for causing cervical and other related cancers.

Warts are common and most people are likely to find warts on their skin at least once during the course of their lifetime. In general, they are nothing more than unsightly and troublesome, but they can occasionally become painful if, for example they were to appear on the heel of your foot, making it difficult and uncomfortable to walk.

In addition to the old wives tale about warts being caused by frogs, people also often believe that warts have 'roots', whereas in fact they do not. Warts go no deeper than the top layers of the skin because the human papilloma virus can penetrate no deeper into the body than this.

It is common for warts to feel hard on the outside, and sometimes even perhaps a little abrasive. However, this hardness only comes about as a direct result of contact with the outside air, and wart itself is soft and pliable in its natural state.

As a general rule, warts tend to grow as cylindrical columns that issue upwards and outwards from the skin.

These tiny cylindrical columns will usually fuse together to cause what you would recognize as a wart, although this is less common when the wart is on the face, because the thinness of the skin in this area of the body prevents this from happening.

However, when the wart is growing on a part of your body where the skin is thicker, like your fingers or hands, the individual cylindrical columns will fuse together to become the tightly packed mass of what you would recognize as a wart.

Most commonly, when a wart grows in a part of the body where the skin is thicker, the surface will have a mosaic pattern which is sometimes broken up by black dots. These are actually the visible broken ends of blood vessels which grow quickly but irregularly into a wart. Warts need a blood flow to survive, so if you attempt to cut a wart out, you should expect to bleed, often quite profusely.

### **Section summary**

- Warts are caused by infection with the human papilloma virus.
- They do not penetrate any further into the body than the upper skin layers, and contrary to popular belief, they do not have roots either.

## Many different viruses...

According to [Wikipedia](#), there are around 130 different strains of HPV, a proportion of which cause several types of warts. Others are known to cause cancer, while there are strains of HPV that appear to have little or no effect.

Everyone who is infected by HPV will react differently to other people simply because every human being is different. Indeed, at any given moment, there are probably millions of people all over the world who have been infected with one strain of HPV or another who are not going to develop any kind of wart problem.

While the most common types of warts tend to develop on the fingers and hands, it is possible for different kind of warts to develop anywhere on the body, including the genital and rectal area, and even inside the mouth.

The exact cause of human papilloma virus is unknown, hence it is not possible to protect against or minimize the risk of infection from the virus. Consequently, while doctors know how to treat warts once they appear, there is little that they can do to prevent those warts appearing, although it is possible to be screened for HPV.

Because there are so many different strains of HPV, there are also many different types of warts. Not all of these warts can be treated in exactly the same way.

For example, while some types of wart can be treated with over the counter medicines and got rid of within a few days, there are others that can take months to get rid of (if you can get rid of them at all).

It is also common for a wart that has been removed to grow back in the same place, but because the returning wart may not necessarily be caused by exactly the same strain of HPV, the treatment for it could be entirely different the second time around.

Some warts can be extremely painful, while others are totally benign and almost unnoticed. In the latter situation, and particularly if the wart is in a place where it will not be seen, many people would probably choose to leave the wart well alone.

In this situation, it becomes a matter of personal choice and taste with there being no great need to do anything about getting rid of the offending wart.

### Section summary

- There are 130 or so strains of the HPV virus.

- Some of these viruses cause warts, while others can cause cancer or absolutely no problems whatsoever.
- Some types of warts are painful, but all are unsightly and possibly embarrassing.

## Are warts contagious?

The answer to this question is, yes, warts are highly contagious, although some types of warts are less contagious than others. A wart can be passed from one person to another by nothing more than personal contact. It is even possible to contract warts indirectly by the use of a contaminated towel, for example.

Generally speaking, children tend to contract warts more easily than adults, and because they tend to touch other people more consistently (hugging their parents, for instance), it is from children that the majority of warts are contracted.

Most commonly, it is very easy for children to pick up warts on their hands from day-to-day contact with other children who already have warts. This is the most dangerous scenario for the child concerned, because they will often rub their eyes and touch other parts of their body which can very quickly spread the warts.

All kinds of warts are highly contagious, but none more so than genital warts. These are warts that are very easily passed between one sexual partner and the other from vaginal, anal or oral sex. Consequently, if you or your partner is aware that you have genital warts, you must ensure that you only practice safe sex, or that you do not indulge in sexual practices at all.

In the case of women who had sex with an infected partner, it is possible to contract genital warts on the cervix. Genital warts are the number one cause of cervical cancer, and it is possible that a sexually active woman could have warts on her cervix for some time without knowing it.

Any woman who suspects that her sexual partner has genital warts should seek medical advice as soon as possible.

The bottom line is, the only way of preventing warts is by adopting very high levels of cleanliness and hygiene at all times.

For example, if someone in the family has warts, you should make certain that they use their own towels and that these are changed regularly.

### Section summary

- All warts are contagious, but some types are more contagious than others.
- Warts are most commonly seen in children and teenagers, and are generally passed from one person to another by personal contact.

- Sexually active adults are at a significant degree of risk of being infected by genital warts, as you will see in more detail later.

## Who is most likely to contract warts?

Children are especially prone to warts, as are teenagers. However, irrespective of age or gender, anyone, anywhere can find warts growing on their body.

The time that it takes for a wart to develop will vary from person to person. Some people might find a wart developing on their body almost immediately after coming in contact with an infected person, while some people will never have a wart problem because their natural immune system has the ability to protect them against HPV.

Once you have a wart, it is possible that it will go away entirely naturally in as little as a couple of weeks, while on the other hand, some warts can hang around for many months or even years and be extremely difficult to get rid of.

Yet again, it comes down to the individual wart sufferer. If you have a strong, healthy immune system, it will generally make it far more likely that your body will naturally 'solve' your wart problem, but it does not always follow.

What is more likely is that if you have an immune system that has been weakened by a pre-existing medical condition like Aids or something as invasive as chemotherapy, it becomes far easier for warts to develop. Furthermore, it is probably going to be far more difficult to get rid of them as well simply because your body would be far less capable of 'fighting back' when your immune system is weakened or otherwise compromised.

### Section summary

- While children and teenagers are the highest risk group as far as developing warts is concerned, those who have weakened immune systems may also have problems.
- In this scenario, a weakened immune system can make you more susceptible to developing warts while also making it less likely that your body will be able to banish warts naturally.

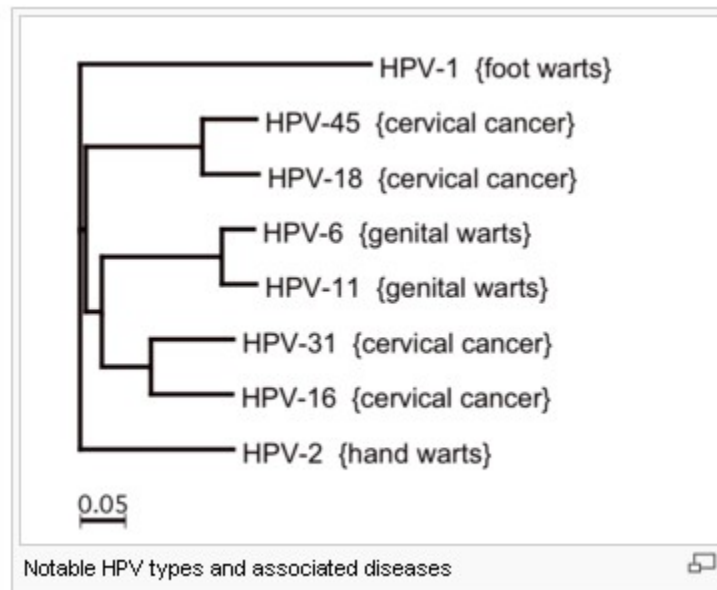
## Many different types of warts

As there are many different strains of HPV, it logically follows that there are many different types of warts as well.

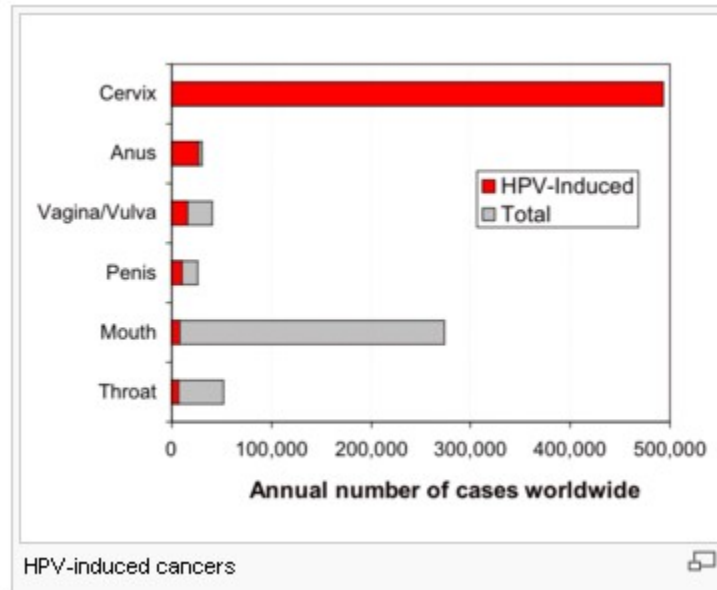
The two following charts (taken from Wikipedia) indicate the particular strains of HPV that are most commonly indicated to be the cause of particular types of warts, and those which are generally considered to be dangerous:

Disease	HPV type
Common warts	2, 7
Plantar warts	1, 2, 4
Flat warts	3, 10
Anogenital warts	6, 11, 42, 43, 44, 55 and others
Genital cancers	16, 18, 31, 33, 35, 39, 45, 51, 52, 56, 58, 59, 68, 73, 82 <sup>[citation needed]</sup>
Epidermodysplasia verruciformis	more than 15 types
Focal epithelial hyperplasia (oral)	13, 32
Oral papillomas	6, 7, 11, 16, 32

Most of the virus strains shown are harmless, but there are a few of the strains which are mentioned which are generally considered to pose a serious health risk:



And to present some perspective on how likely it is that cervical cancer could result from an HPV infection, this chart gives a clear indication of how many cancer cases are believed to be caused by HPV infection on an annual basis:



As you can see, it is suggested that almost all cervical cancer cases result from HPV infection. Hence, it is absolutely essential that any woman who has any reason to suspect that she might have contracted warts through unsafe sex with an infected partner must seek professional medical attention as soon as possible.

Let us therefore look at some of the more common type of warts, starting with...

### **Common or classic warts**

[Common or classic warts](#) are most commonly found on the hands and feet, but they can also develop in other areas of the body such as the knees or elbows. Typically, the uppermost surface of a common wart will be raised above the surrounding skin and will present a mosaic or cauliflower like appearance.

Generally speaking, common warts are not painful nor do they present any particular danger to the sufferer. Nevertheless, most people would consider these warts to be unpleasant and unsightly, meaning that they want to get rid of common warts if at all possible:



### **Plantar warts**

[Plantar warts](#) (commonly known as a verruca) are typically found on the soles of the feet, especially at pressure points such as on the heels or balls of the feet. While these warts are not particularly dangerous, they can be very painful because of the fact that they grow inwards.

Plantar warts can often be mistaken for corns or calluses, but they are recognizable because they are generally flesh colored growths that are hard, flat and have very clearly defined boundaries.

Under normal circumstances, plantar warts will show the small black dots caused by broken blood vessel ends which would give you a further indication that you have plantar warts, rather than corns or calluses.

Because they are generally found at pressure points on the soles of the feet, these warts can be extremely painful. Consequently, as children in particular are very prone to plantar warts, it is often the case that the warts mean they can hardly walk at all.

Compared to many other types of wart, plantar warts are not especially contagious, but the particular strain of HPV that causes them thrives in moist, warm conditions like those that would be found in locker rooms or public swimming pools.

It is for this reason that plantar warts are very common in youngsters who use public swimming pools on a regular basis.

Extended time in the water softens the soles of their feet, the abrasive edge of the pool cuts or scratches their feet, and finally they enter the communal changing area. In these circumstances, it is hardly any

wonder that so many children who enjoy swimming end up with warts almost every time they go to the public pool.

It is possible for plantar warts to disappear entirely naturally, but it is far more likely that they will spread if left untreated. For this reason, it is always best to treat plantar warts as soon after discovery as possible, because if they are left untreated, they can grow to an inch or more.

Furthermore, because they shed infectious cells all over the sole of the foot very quickly, it does not take long for a community of plantar warts to develop if the initial infection is not quickly dealt with.

The situation is further complicated by the fact that plantar warts can be extremely painful, so there is no question but that the wart has to be dealt with immediately. Although there is a chance that it might go away on its own (depending on the strength of your immune system), it is pretty unlikely, and who wants to wait while they are in pain?

### **Periungual or subungual warts**

These are warts that appear around the nails of both the fingers and toes, causing roughening of the skin surface and some peeling. In order for warts to develop, there must be some existing damage to the skin around the nail, including the situation where shards of the nail break off at the sides, where the skin is damaged at the base of the nail or where the nails have been cut too short.

Warts of this type appear raised and uneven, plus they can cause damage to the nail itself by separating it from the skin or causing the nail to partially detach.

If the wart spreads under the nail, the pressure generated by the growth of the wart can cause considerable pain and in a worst-case scenario, if the wart causes damage to the nail matrix, a deformed nail structure could be the final result.

It is generally suggested that periungual warts can be more difficult than most other types to get rid of, and they will often be accompanied by unpleasant symptoms such as itching (very commonly) or pain (less so).

Whether it is itching or pain, both of these symptoms would make it extremely likely that anyone suffering from periungual or subungual warts would definitely want to do something to improve their condition as quickly as possible.

## Flat warts

Many people who have flat warts do not even know that they have them. This is because the most common flat warts that people are actually aware of are brown marks on the skin that they treat as 'sun spots' or even beauty spots!

Flat warts of this nature will generally appear as a result of too much exposure to the sun. Sunshine 'activates' the particular strain of human papilloma virus that causes flat warts to become active. In effect, the virus has been underneath the skin for some time and has remained 'dormant' but the necessary 'dose' of sunlight has triggered a reaction.

This particular variety of wart might be brown (as suggested), but is not necessarily so because you will sometimes see them in a variety of colors including white, pink and yellow. While many flat warts do not protrude above skin level (hence the name), some may do so and they can sometimes 'rise' to a slight point.

Generally speaking, flat warts are unlikely to cause pain or discomfort and can appear on the face, back of the neck, legs, arms and hands. They are very commonly seen in children who spend a lot of their time acquiring the cuts and scratches that are necessary for the HPV strain 3 or 10 to infect the body.

## Genital warts

This is the name that is applied to warts that men suffer in the groin or on the penis. Most commonly, genital warts come up in clusters and are clearly visible. Given that they are most commonly passed from one sexual partner to another during unprotected sex, the simple way of ensuring that warts of this nature do not occur is to avoid sexual encounters with those who have them.

As suggested previously, it is possible for genital warts to infect both sexes, with the female version being known as 'vaginal warts'.

A third variation is anal warts which are small clusters of the same warts that appear around the anal hole which are once again sexually transmitted. However, in the same way that vaginal warts may not be visible if they have infected the cervix, so anal warts may be invisible if they are only present inside the anus.

Another important consideration is that genital, vaginal or anal warts do not have to be visible for any individual to be a carrier of the HPV virus. Hence, it is possible that you could be infected by someone who has no outward signs of infection if you are not practicing safe sex (or abstaining).

According to the statistics reported by Wikipedia, it is believed that HPV is the most commonly contracted sexually transmitted disease in the USA. In fact, it is estimated that 75-80% of sexually active Americans will contract HPV at some time in their life while the [Center for Disease Control](#) (CDC) suggests that some 80% of US woman will have contracted at least one strain of HPV before they reach age 50.

Given all of these statistics and suggestions, there can be little doubt that the chances of being infected with one of the HPV strains that cause anogenital warts (between them, HPV strains 6 and 11 are responsible for 90% of cases) is remarkably high. There can therefore be no argument against the suggestion that anyone suffering from warts of this nature should do whatever is necessary to prevent them infecting other people.

However, it is important to understand that home remedies are not appropriate for the treatment of genital warts. While there are various products that are claimed to get rid of genital warts completely naturally (try [here](#) or [here](#)), it is still probably the best idea to seek medical attention if you have any reason to suspect that you have been infected with HPV.

### **Section summary**

- There are many different kinds of warts, all of which are caused by different strains of the human papilloma virus.
- Infection with the strains of HPV that cause genital warts is highly likely for any adult who is sexually active.
- Because genital warts are passed backwards and forwards by sexual contact, it is essential that anyone who has warts of this type should always practice safe sex.
- However, because people can be HPV carriers without developing genital warts themselves, it is also essential that anyone who even suspects that they might have contracted HPV through sexual activity should seek medical advice.

## Natural wart treatments

There are plenty of different natural home remedies that people use every day to get rid of warts. However, not every wart removal method will be as effective for everyone because every individual reacts differently to various treatment methods.

However, some or all of the following entirely natural wart treatments might work for you, and there is definitely no harm in trying to use any or all of these natural treatment strategies before turning to pharmaceutical drug-based treatments.

### The duct tape method

It is generally believed that using duct tape to get rid of warts is effective in up to 80% of cases, so as strange as it may sound, it is definitely worth trying duct tape as your first wart removal option of choice.

The method involves nothing more than placing a small piece of duct tape on the wart, thus sealing the wart in an airless 'tomb'. Whether it is this ability to seal the wart (denying it the ability to 'breathe') that makes it effective or whether there is some acid in the adhesive used on this particular type of tape that kills the wart is still open to debate, but the fact is, it works.

In fact, when this method of getting rid of warts was the first posited by [Dr Anthony J. Mancini](#) (head of dermatology at the Children's Memorial Hospital in Chicago), it was discovered that it was (and still is) every bit as effective as far more expensive treatment methods such as cryotherapy, so it is definitely worth trying.

Using duct tape, you cover the wart with tape and leave it covered (replace the tape as necessary) for six or seven days, after which time you should start to see some results.

Whether there is any evidence of progress after this time period or not, you should remove the tape and soak the wart so that it becomes soft and malleable. You should apply a pumice stone or an emery board to scrub or scratch off the upper levels of the wart. After this, you reapply the tape for another week and do the same again.

Removing a wart using the duct tape method can take several weeks, but it is extremely popular because it is simple, cheap and entirely natural.

However, because it is possible for your body to get rid of a wart in the time it takes for the duct tape method to be effective, it can be a little difficult to know for sure whether it is your body's natural reaction or

the duct tape that removes the wart. Nevertheless, because as many as four out of every five people who use this method of removal can find it effective, it is certainly worth giving a go.

### **Banana skins...**

Applying the inside of banana skins to your warts is also believed to help to get rid of warts. In this case, it is believed that the slightly acidic nature of the inside of the banana skin helps to cauterize the warts away.

Apply a small piece of the banana skin to the wart and tape it in place, because once again, it needs to be left in contact with the wart for several days before any beneficial effects are likely to be noticed.

If the wart that you are trying to get rid of is in a highly visible place, you are probably going to feel a little foolish walking around with a piece of banana skin taped to your body. Consequently, this is a wart treatment strategy that works best if you apply the banana skin shortly before retiring to bed and leaving it in place overnight.

### **Salicylic acid**

[Salicylic acid](#) is an acid that is extracted from the bark of the willow tree, and is yet another solution that is used to 'burn' warts away.

Using salicylic acid based product to get rid of your warts does require a good deal more attention and action because the solution needs applying once or twice every day. On the other hand, using a salicylic acid based treatment is likely to get rid of your warts more quickly than either of the two previous treatment methods, so for this reason, it is a treatment method that is extremely popular.

Depending on the kind of wart that you are treating with salicylic acid, the experts suggest that a different strength of solution should be used. However, there is some disagreement about exactly what solution strength is most effective in specific cases.

For instance, if you are using it to deal with plantar warts, then there are [websites](#) that suggest that the salicylic solution needs to be at least 40% acid:

**Salicylic acid: Acid based** wart medications and patches available OTC at drugstores. In order for plantar warts to be effective **treated by salicylic acid a solution of 40 percent or greater is required.** Common OTC

On the other hand, there are [other sites](#) where it is suggested that a solution of only 15% acid will be strong enough to get rid of exactly the same type of warts:

## Global Pharmaceutical

### Products

#### Wart Remover Kit (Salicylic Acid USP, 15%)

Trans·Ver·Sal® is an advanced treatment for warts that consists of Dermal Patches designed to be applied topically to wart tissue.

The patches are available in following three sizes:

1. PediaPatch 6mm
2. AdultPatch 12mm
3. PlantarPatch 20mm

This product is offered in bulk or prepackaged.

Consequently, it is a little difficult to know exactly what strength of acid solution to use.

Even though salicylic acid is a natural substance, it is nevertheless still an acid. For this reason, I would recommend using the weakest solution possible to start with to see how effective it is. Only if you discover that it is not working should you move to using a stronger solution.

Using salicylic acid to get rid of warts works best if the area to be treated has been properly prepared beforehand. It should be soaked in warm water to make it soft, before removing the top layer of wart skin with an abrasive such as an emery board. Apply the solution as directed, and then cover the wart with a band aid as it encourages the absorption of the acid solution.

Many of the best known over-the-counter wart treatments such as Compound W. and Clear Away use salicylic acid as the primary active ingredient. It is also possible to buy acid based products on the internet, as you have already seen from previous screen shots.

It is necessary to use care when applying salicylic acid so that you do not apply it to healthy skin surrounding the wart. While it is unlikely to do any serious or long-lasting damage, it can nevertheless be irritating, causing itching and redness.

## **Aloe Vera**

[Aloe Vera](#) is something of a 'wonder' treatment, because irrespective of what kind of skin problem you have, aloe vera will probably help, and warts are no exception to this.

In order to treat warts using aloe vera, the best thing to do is use aloe vera juice, and while it is possible to grow your own [aloe vera plants](#), it is not at all easy to [extract the juice](#) effectively. For this reason, it makes sense to treat your warts with aloe vera juice that has been commercially extracted, or to use an aloe vera based cream.

Whichever way you do it, soak a cotton ball in the aloe vera solution, and apply it to the wart. Use a bandaid or a strip of medical tape to keep the cotton ball in place, and re-soak it in the aloe vera solution as necessary. Continue to wear the band aid and cotton ball combination in direct contact with the wart for several days, and you should start to see some positive results fairly quickly.

## **Tea tree oil**

[Tea tree oil](#) is an essential oil produced from the [Melaleuca alternifolia](#) tree which is a native shrub found in Northern Australia. Tea tree oil is acknowledged to be a strong antifungal and antibiotic agent with well-known antiseptic qualities. Because of its ability to kill almost any bacteria, it is an extremely popular way of getting rid of warts which have grown on the skin as a direct result of HPV bacterial infection.

Application of tea tree oil to warts could not be simpler. Unlike using aloe vera, there is no need for cotton balls or bandaids, because all that is needed is a daily application of the oil to the offending wart to start seeing positive results in just a few days.

Indeed, if anything, tea tree oil is even more effective than aloe vera for getting rid of warts completely naturally.

The rate of successful wart removal from tea tree oil application is high, so using tea tree oil to get rid of warts is one of the most popular natural treatment methods.

## **Castor oil**

[Castor oil](#) is derived from the [Ricinus communis plant](#) which contains [undecylenic acid](#), a powerful dermal antifungal that once again attacks warts at the bacterial level. The acid is the active ingredient in many over-the-counter skin treatments as it is highly effective for relieving itching, burning and other common skin irritations.

Not only does undecylenic acid have antifungal qualities, it is also known to have [antiviral and antibacterial qualities](#), hence its effectiveness as a natural wart treatment.

## Cantharidin

[Cantharidin](#) is a poisonous chemical compound that is secreted by the male of many different types of blister beetle, particularly *Lytta vesicatoria*, or the [Spanish fly](#) as it is more commonly known.

The first thing to note about using cantharidin is that it is definitely not something to be ingested, because as little as 10 mg of it is potentially fatal. However, when it is diluted, cantharidin is highly effective for removing warts because it is a powerful blistering agent that literally 'burns' the wart out because it is so strongly caustic.

Generally speaking, at the time of application (either something that you do for yourself, or something that your doctor might do), there will be no pain or discomfort. However, once the wart starts blistering anything between three and eight hours later, some discomfort or pain might be felt.

After application of cantharidin, you should cover the wart with a bandaid or bandage as appropriate and remove it again 24 hours later. At that point, you (or your doctor) should remove as much of the wart as possible (with the emery board, pumice stone or by 'slicing off' the top layer of warty skin). Given that one application of cantharidin is often enough to get rid of warts once and for all, this will often mean removing what little is left!

Sometimes, the treatment is not 100% successful the first time, and it might therefore be that you need to apply cantharidin again in order to banish the wart completely.

## Echinacea

[Echinacea](#) is a popular herbal remedy that is extracted from the purple cone flower that is indigenous to North America. For many centuries, it was used as a treatment by the Plains Indians of North America for a wide range of medical complaints due to its general medicinal qualities, primarily its ability to boost the strength of the immune system and to help ward off viral infections.

While it is primarily viewed as a treatment for warding off winter conditions like [colds and flu](#), it is also a natural antibiotic which is therefore effective for treating infections and fighting off bacteria.

Since having a strong and healthy immune system is the key to your body being able to get rid of warts without any additional interventional treatment, the fact that echinecea is known to boost that system is an extremely good reason for taking echinacea in either [tablet or extract form](#).

## **Cryotherapy**

Cryotherapy or freezing warts is generally considered to be one of the most effective natural wart treatments, but it does not come without its 'costs'.

Firstly, it costs considerably more to use cryotherapy to get rid of your warts than it would if you get rid of them using something as simple as duct tape or banana skins.

Secondly, the process involves using a substance like liquid nitrogen to freeze the wart and also the skin around it. While the application of liquid nitrogen using a spray or a cotton swab generally takes less than a minute, it can be quite a painful way of having your warts removed.

Consequently, cryotherapy is generally administered by your healthcare professional and they will in some circumstances use a local anesthetic, particularly if requested to do so. Furthermore, pain from cryotherapy can last up to three days, and it may be necessary to undergo treatment several times in order to get rid of the wart completely.

This is because freezing it in this way tends to kill only the top of the wart, so you may require as many as four cryotherapy sessions (spread one to three weeks apart) to finally get rid of more persistent warts.

Within hours of undergoing treatment, you may find that a blister forms. When this happens, it is common for the blister to burst, in which case you should immediately clean and disinfect the area in order to stop the spread of the wart virus. You should avoid contact with the fluid emanating from the blister as this may be carrying the virus as well.

The blister will dry up over the course of the next few days, and it may well be that the wart falls off as part of the same process.

So, the crucial question is, how effective is cryotherapy for getting rid of warts? It is generally believed that it will be effective in between 35-65% of cases, but that it is no more effective than using salicylic acid, and even the duct tape method is likely to be every bit as effective as cryotherapy (if not more so).

So, the conclusion about cryotherapy must be, it might work but there are certainly other things that you should try before resorting to using liquid nitrogen to freeze off your warts. Incidentally, it is now possible to buy liquid nitrogen across the pharmacy or drug store counter to treat yourself at home, but before being tempted to do so, there are other natural treatments that are far less expensive and painful.

## **Vitamin E oil and garlic**

Vitamin E (which is generally obtained from vegetable oil) is believed to be a powerful antioxidant and helps get rid of warts because of these qualities. It helps to promote skin regeneration so it is also highly effective for preventing scarring after a wart has been removed.

In addition, garlic is believed to buoy up the immune system, meaning that taking garlic capsules is likely to make your body far more resistant to warts than it would otherwise be. Combining this with applying vitamin E oil to your warts is a twin pronged attack that should be effective.

## **Commercial natural wart treatments**

There are quite a number of websites from where you can buy natural wart treatments, many of which contain a mixture of some of the natural treatments that we have already considered in this report.

For example, both [Naturasil Extra Strength](#) and [Dermisil](#) base their products on a combination of tea tree and castor oils.

There are many other natural wart cure products that you can buy either online or across the counter in your local high street or shopping mall. However, be aware that many products do not list the ingredients that they use, which means that you have no way of knowing for certain just how natural those products really are.

Consequently, if you are looking at a product where you have no information about the ingredients, you will have to make your own decision about whether you are satisfied that the product is entirely natural or not.

## **Section summary**

- There are many natural treatments that can be used to get rid of warts. While treating them with chemical based creams and ointments is an option, doing so naturally is easy and can be equally as effective.
- Because everyone is different, it is difficult to know which of these natural treatment methods will be most effective. Consequently, it makes sense to try the easiest first.

## What are moles?

Moles are also lesions of the skin that are medically known as [nevi](#) (the singular is *nevus*), with the word coming from the Latin meaning 'birthmark'.

Moles are irregularities of the skin that are formed when cells known as [melanocytes](#) grow along with the surrounding skin tissue, clumping together to form a colored mark on the skin.

Generally, a mole will be brown in color, although the color and shape will gradually change over time entirely naturally. Most commonly, this means that the shape changes from a flat [macule](#) to a raised papule, with the color gradually changing from brown to that of flesh as the melanocytes migrate from the skin surface to deeper under the skin. This color change will not necessarily be even, sometimes giving the mole a speckled brown appearance that can look somewhat similar to malignant melanomas. Moles are however totally benign, with the difference between one and the other being clear from a [dermatoscopy](#).

Some people are born with moles, but more commonly they grow as a result of exposure to sunlight. Under normal circumstances, it is melanocytes growing in a normal manner that give the skin its common, natural pigmentation, and it is this 'clumping' effect that creates moles. Sunlight can encourage this to happen, hence the tendency for moles to occur as a result of extended exposure to the sun.

Under normal circumstances, moles are non-cancerous, and although they do change shape and color over time, this is normally a slow process. Consequently, if a mole changes shape or size quickly, it is best to get it checked with a biopsy. Similarly, if you have a mole that is irregularly shaped, protruding or one that itches or bleeds, you should seek medical advice, as it may possibly be cancerous.

Moles can develop on the skin on their own or in clusters, and they can be found anywhere on the body. While they are most commonly flat or slightly raised above the skin, it is also possible for moles to grow on 'stalks' that are significantly raised above the skin level.

In this case, moles that are on stalks will usually fall off of their own accord. Otherwise, in the case of more 'normal' moles, they can be present for up to 50 years before they fall off or begin to fade.

Depending on where they are located, many people find moles to be unsightly and embarrassing. For this reason, they might choose to do whatever is necessary to remove their moles and it is probable that the first course of action they will consider is to visit their doctor to get the job done.

However, this is not necessary as there are many effective and completely natural ways of getting rid of moles.

Before considering the different ways of getting rid of moles naturally, let us first consider the etymology of moles in a little more detail.

### **Section summary**

- Moles are another form of skin lesion.
- Generally speaking, they are noncancerous and nonthreatening, although if they change shape or size rapidly, you should seek medical advice.

## Who gets moles?

Moles are extremely common and tend to develop on people between the ages of 10 and 40. Over those years, anyone can develop new moles which might be completely flush with the surface of the skin or slightly raised above it.

When moles first appear, they will generally do so as small spots on the skin that gradually expand and are perhaps raised slightly upwards. Over time, moles can change back to their original shape and size with the possibility that the pigmentation will fade and the color will return to that of the surrounding flesh as a direct result.

The majority of people have moles, with the most common age for development being when you are in your late teens and early 20s. This is due the hormonal balance of your body changing at this particular period of life. Any moles that develop around these years will not generally change in shape or size.

Because the development of moles can be tied in with hormonal changes, it is common for them to develop at any time in life when the hormonal balance of your body is changing. As an example, it is not unknown for new moles to appear during pregnancy.

However, as previously suggested, moles can be present on the body from birth, as it is believed that up to 3% of newborn babies will already have a least 1 mole on their body. These are almost always noncancerous and totally benign.

### Section summary

- Almost everyone can get moles, although hormonal changes make it more likely that moles will appear.

## **There are different types of moles...**

Perhaps surprisingly, there are many different types of moles, with the most common types being junctional, dermal, sebaceous, blue and compound moles.

Junctional moles are extremely common, with the majority of them being flat, round and of a dark or light brown hue, perhaps raised slightly off the skin surface. These are the most common moles that the majority of people develop, and they are almost always completely benign.

Dermal moles range in color from that of the surrounding flesh to dark brown, and are often elevated above the skin surface. These are generally found on the upper half of the body (very rarely on the lower half), and will sometimes have a hair growing from them.

Sebaceous moles are usually developed by people who have over-active oil producing glands in the skin, and are always yellow in color. Moles of this type generally have a hard or rough surface, and can sometimes be painful (in which case, seek medical advice).

Blue moles are generally developed by women, although it is not impossible for men to develop them as well. However, the vast majority of blue moles which are developed from natural pigmentation deep inside the skin are seen on the arms, head, face, neck and scalp of women.

Finally, you have compound moles. These are generally raised above the skin and can be of any color, ranging from dark brown to invisible, matching the surrounding flesh perfectly. These moles grow from the deepest layers of the dermis to the upper, outer layers of the skin with the color being dictated by the level of melanocytes present in the mole.

All of these moles are safe, and as a general observation, as long as the shape of the mole is regular and not changing rapidly, you can be fairly confident that there is no danger.

### **Is it a mole and is it safe?**

If you have a large mole that is of irregular shape and coloring, you should get it checked as soon as possible, because this might suggest that it is a malignant melanoma.

Furthermore, people over the age of 50 sometimes develop what is known as lentigomaligna or 'melanotic freckles' as they are sometimes known. These usually appear on the face as a flat, round spot with a tan coloring that can be either consistent (of one shade only) or varied.

Over time, it is likely that the mole will grow darker and larger, and in over 30% of cases, such a mole will turn into lentigo malignant melanoma, which is a skin cancer that can often prove fatal. Hence, this is one type of mole that you should not try to treat naturally.

As a general rule, moles are not dangerous, but if they are painful, irritating or itchy, it is not a good sign and would suggest that you have a problem. In this case, it is always best to seek medical advice as soon as possible, because the natural treatments that you will learn of later are not likely to be suitable for getting rid of any mole or skin lesion that is cancerous (or potentially so).

Also be aware that if a mole grows or rapidly expands, this is another sign that the growth may be malignant.

Look for asymmetrical moles too by drawing an imaginary line down the center of your mole and examining either side of it. Both sides should match perfectly otherwise you have an asymmetrical mole which also needs checking as soon as possible. It does not necessarily mean that it is cancerous, but it does mean you should check.

Although the various different moles on your body can be of different shapes and colors (they may be different types of mole after all), each mole should be of a uniform shade. Consequently, if you have a mole that is of two different shades, get it checked out immediately.

Normal moles do not have a noticeable border around them either, whereas a cancerous growth on the skin that might at first appear to be a mole probably will. This border area might also expand and change color as time goes by, once again being suggestive of something that is malignant and therefore in need of immediate medical attention.

### **Section summary**

- There are many different types of moles, the majority of which are benign and harmless.
- However, there are a couple of types of moles which can become cancerous, and for these, medical attention must be sought.

## **What your Doctor might do...**

If you are thinking of treating your moles using completely natural methods, you should have a medical checkup before doing so because this will at least confirm that it is safe to use natural remedies.

If there is any suspicion that the mole that you want to treat is malignant, your doctor or dermatologist will take appropriate action, but they can also advise you as to whether trying to get rid of your moles naturally is a safe option. Alternatively, they might suggest that they should treat your moles for you, in which case you should know how they will do so.

In some cases, your doctor or dermatologist might suggest that they cut out the mole that you want to get rid of. In this case, they are going to have to cut down into the skin as deep as the mole goes. This could be painful, and depending upon how deep they have to go, it could also leave significant scarring.

Scarring is not something you want if you are trying to get rid of the mole because it is unsightly or embarrassing. After all, you would be exchanging the unsightly mole for an equally unsightly scar, which is not appealing especially if it is on your face or neck.

If the mole is only on the surface of the skin, then the procedure necessary for removing it is far less invasive. In this case, your doctor might cauterize the mole off the surface of your skin using a special tool, and because this is only on the surface, there is less likelihood of scarring.

Nevertheless, the tool that the doctor uses to cauterize the mole off your skin is potentially capable of causing scarring, so you need to know that the person carrying out the procedure knows what they are doing. For this reason, this is the kind of thing that you're probably best getting done by a dermatologist, rather than by a general medical practitioner who might have limited experience of using the cauterizing tool.

The third and most favored option is for your doctor or dermatologist to use laser therapy to remove your mole, which is particularly common if the mole is highly visible, for example, on your face. Laser therapy has the major advantage that it is non-invasive and there is no visible wound once the mole has been removed.

It is quick, clean and highly effective to use a laser to remove moles, and so if you must use a doctor to get rid of your moles for you, this is undoubtedly the best way of doing so.

**Section summary**

- Before starting to remove your moles naturally, you should have the moles examined by a medical practitioner to check that they are not cancerous, and that it is safe to attempt to remove them naturally.
- Depending upon the type of mole you are attempting to remove, your doctor can use one of three methods to get rid of it for you. However, if your medical adviser tells you it is safe, it is almost certainly a far better option to try to get rid of your moles naturally.

## **Natural methods of getting rid of moles...**

There are many natural treatments that you can apply to get rid of moles. However, as with natural treatments for warts, not every treatment will work for everyone all of the time.

Hence, there is likely to be a degree of trial and error involved when you are using natural methods to get rid of your moles. But as nothing that you are about to read of is in any way invasive or potentially harmful, there is absolutely no reason why you cannot try every one of these remedies until you find one that works for you.

The first method that you could try is to use cauliflower or more specifically, cauliflower juice. Place a quantity of raw cauliflower into your kitchen blender and reduce it to a puree. There is no need to add additional liquids, as there is more than enough water in the cauliflower itself to enable you to do this.

Rub the puree on the mole that you want to clear, and you should find that after a week or two the mole will start to peel off your skin naturally.

An alternative method of getting rid of moles is to use garlic. In this case, crush the garlic with the back of a spoon so that you end up with a thick paste-like substance. Put this on to the mole that you want to remove, and cover the area with a band aid or bandage. Apply the garlic paste to the mole every night before going to bed, and remove both the bandage and the paste during the day to allow the mole to breathe. Once again, this should cause the mole to disappear after a couple of weeks.

Pineapple juice is another substance that can help to make moles go away, but it is only effective if you are using freshly squeezed pineapple juice. Juice from a can or a carton is not going to be effective, so you should squeeze fresh juice every day and apply it to the area of skin that you want cleared. Rub the juice onto the affected area on a daily basis, and you should see the offending mole begin to fade and disappear after a couple of weeks.

Instead of pineapple juice, try a combination of castor oil and honey. Between them, these two substances will have a very similar effect to pineapple juice when applied to the area of skin that you want to clear.

Try scrubbing the appropriate skin area with extremely hot water five or six times a day, and then apply cider vinegar to the area that you are attempting to treat. Leave the cider vinegar on your skin for 10 to 15 minutes at a time and then rinse it away completely. Do this six or

seven times every day for a week or more, and you should see your moles gradually disappear.

The last thing that you can try are fig stems.

Although these will not necessarily be that easy for many people to find, if you can do so, they are very effective because they contain a juice that is known to be good for removing moles.

As suggested earlier, what is going to be most effective for any individual who is trying to get rid of their moles totally naturally is something that can only be established by trial and error. However, everything you have read of in this section could be effective, so give them a try until you find something that works for you.

### **Section summary**

- There are many different ways of getting rid of moles using natural substances.
- As none of these are in any way harmful, you should definitely try to use these natural methods first.

## Removing skin tags naturally...

Skin tags are excess folds of skin that dangle from your body. Although these tags are not normally dangerous in any way (they are almost always benign), they are undoubtedly unsightly and the kind of thing that probably makes the skin tag sufferer feel embarrassed.

They are usually the same color as the surrounding flesh and are most commonly seen around the neck area, under the arms and even under the breasts. They are most commonly seen when people are advancing in years and are usually the result of continuous rubbing or irritation or a particular part of the body over many years (by clothing, for example).

The most common natural skin tag treatment is to go back to our old friend, the duct tape. Once again, cover the tag with duct tape and leave it until the tape begins to loosen slightly. After it does so, pull the tape away and see if the tag comes with it. If not, keep repeating the process until it does.

Alternatively, try applying vitamin E. oil to the tag and then cover the area with a band aid. Do this two to three times a day, and check every time you remove the bandaid for whether the tag comes with it. Once again, this is not likely to happen immediately, but keep trying, and eventually it should do.

The third option (and the only one that involves a slight degree of pain) is to 'tie off' the tag so that it is starved of a blood supply. Use thin string or twine to tie around the base of the tag as tightly as you can and the skin that is being deprived of blood (which it needs to stay alive) will very soon die and fall off.

As you might expect, this third option is going to cause a degree of discomfort or pain, but if you can tolerate that downside, it is also the most effective and quickest way of getting rid of skin tags. However, do be aware that you are 'killing' a part of your body (albeit a part of your body that you do not want), so you must exercise a degree of care using this particular strategy.

### Section summary

- Skin tags are loosely hanging folds of skin that are unsightly and embarrassing.
- However, it is entirely possible to get rid of them completely naturally and maybe even quickly (depending on the chosen removal method).

## Conclusion

If you have a problem with warts, moles or skin tags, you have now seen that there are many things that you can do to get rid of your problem entirely naturally. While all of these skin problems can be dealt with medically, getting rid of them yourself in the comfort of your own home is preferable to seeking medical attention.

The other important thing about all of the natural methods of getting rid of skin problems that you have read of in this book is that none of them have any possible side-effects.

Nor do they have any significant downsides, apart from the fact that natural wart, mole and skin tag treatment methods might take a little longer to be effective. The flip side of this is that using only natural treatments ensures that there is absolutely no risk of further collateral skin damage such as scarring.

This is particularly important, because in the majority of cases, the warts or moles that people most want to get rid of are those that are the most visible, such as those on the face. Clearly, no-one would voluntarily choose a method of getting rid of one problem only to replace it with another of equal magnitude and severity (e.g. scarring), so using natural treatment methods has got to be the hands down winner.



# The Natural Way of Dealing With Common Skin Conditions

## All about skin health

The **skin is the largest organ of the body** and accounts for about 16 percent of a person's body weight. It is flexible, waterproof, and covers the entire outside of the body. It performs several important roles, including acting as a barrier, regulating influence between the outside environment and the controlled environment within our bodies, as well as providing assistance to the liver, kidneys, and intestines in the removal of waste.

In addition, because so much importance is attached to our appearance (and therefore the skin), any **skin problems can also have a major psychological and social impact** on the person affected. This makes it vitally important to support skin health on an ongoing process.

For many years, people have made use of **synthetic ingredients and chemicals** in skincare and cosmetics. Nowadays, people are becoming more proactive about their health, and there is an increasing demand for **pure, natural products for skincare and cosmetics**, as well as an awareness of the importance in supporting skin health via systemic support.

## The natural way

Being an organ of the body, the skin should not be seen in isolation. In fact, **skin health and vitality is best achieved by pursuing systemic health.**

Following a healthy diet and exercise routine helps to support the body as a whole and can have excellent results on skin health if adhered to regularly. A good night's sleep is also one of the best tonics you can give your skin, as all the cells of your body are rejuvenated while you are sleeping.

Remember that **anything that affects your liver will affect the appearance of your skin**, as your liver and skin are closely linked in their efforts to purify and cleanse the body. Cigarettes, alcohol, recreational and prescription drugs and even unhealthy, fatty fast foods can all contribute to a sluggish and unhealthy liver, which will in turn affect the health and appearance of the skin.

**Natural remedies have an excellent record in the maintenance of skin and systemic health** and are well worth exploring in a quest for skin support.

## **Related Products**

**ClearSkin-E Cream**: Supports skin health to promote normal skin condition

**Itch Dr.**: Promotes skin comfort and soothes common itch on all areas of the body - including feet, anal, genital and jock areas

**Skin Dr.**: Homeopathic remedy relieves and improves acute skin problems for skin strength, health and functioning

**Heal Moles by Healing Natural Oils**: Remove moles anywhere on the body, including moles around the armpits, back or in the groin area. The effectiveness of the oils in our mole removal formula to treat and remove moles is unsurpassed.

**Heal Warts by Healing Natural Oils**: Our natural wart removal product, **Heal Warts™** is produced from only the highest quality, pure essential oils. These natural anti-viral oils are extracted directly from carefully researched plants.

**Heal Skin Tags by Healing Natural Oils**: The effectiveness of the oils in our natural skin tag removal formula to treat and remove skin tags is unsurpassed. Remove your skin tags from the comfort of your own home with our at home remedy for skin tag removal - **Heal Skin Tags™**

**RosaRex**: Homeopathic remedy reduces facial redness, flushing and bumpy texture

**MediAc**: Homeopathic remedy treats symptoms of acne including pimples, blackheads and whiteheads

**ClearSkin Skin Wash**: Gently cleanses and nourishes skin to promote soft, smooth texture

**ClearSkin-A Gel**: Supports healthy, clear skin for a smooth and trouble-free complexion

### ***Two Important Differences in Native Remedies Products***

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [Manufacturing & Full Spectrum Approach](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [\*Dual-Modality Approach\*](#) »