

## 25 Alternative Treatments for Warts

*By Kali Sinclair, NaturalNews*

Warts are a non-cancerous growth on the skin caused by the human papillomavirus. It is believed that children and teens are more commonly afflicted than adults due to frequent scrapes and tears in the skin that allow the virus to gain a foothold. People with immunodeficiency such as those suffering with HIV/AIDS are also more likely to suffer from warts.

Warts are contagious and can spread from one part of the body to another and from person to person. It is strange, therefore, that the medical community suggests a "wait and see" approach with children, even though children's warts frequently disappear on their own.?

### Types of warts

Although there are at least 100 strains of the virus, there are four types of warts:

- Common warts
- Plantar warts
- Flat warts
- Filiform warts

Common warts can grow on any part of the body but are frequently found on the hands and are associating with nailbiting and picking, pulling, or biting the cuticles.

Plantar warts are found on the soles of the feet. They appear flat, but are actually growing inward due to the pressure of standing and walking.

Flat warts can be found anywhere on the body, but are often associated with breaks in the skin due to shaving. Men find clusters on their face in the areas where they shave, and women find them on their legs.

Filiform warts look like long threads. They often grow on the face and they grow very quickly.

### Conventional vs. alternative treatment for warts

Conventional treatments include freezing, burning, cutting, laser treatments, chemical peels and more. Obviously these treatments are painful and they usually leave scarring. Why not try alternative treatments? Many of the following ingredients can be found in your pantry. They can be applied topically, and the vitamins also help eliminate the virus when they are ingested.

- Vitamin E

- Vitamin A
- Witch hazel
- Essential Oils: tea tree, clove, lavender, Frankincense
- Lemon juice
- Aloe vera
- Vitamin C
- Apple cider vinegar
- Milkweed (the liquid inside of the stem)
- Crushed basil leaves
- Banana (scrapings from the inside of the peel)
- Dandelion milk (the liquid inside of the stem)
- Pineapple juice
- Papaya
- Onion
- Garlic
- Castor oil
- Carrot and olive oil paste
- Baking powder and castor oil paste
- Baking soda mixed with vinegar
- Urine (yep, an old cure)
- One final treatment to consider, especially with children, is faith. Stories abound on the internet of children being told any number of cures that worked, such as coloring the warts. Belief in the cure caused the result. Children are highly suggestible. It's worth a try.

Some of these cures may be painful. The enzymes in pineapple and papaya may irritate surrounding skin. Some testimonials claim apple cider vinegar working painlessly within 5 days, but some complain about painful burns to surrounding tissue. Garlic can work within a few hours, but it does also burn the skin, so be careful.

Vitamins that fight viral infections work very well, and address the underlining cause of the issue, Always choose high quality vitamins for the best potency, and checkout the first two source links to make your own vitamin C and nutrition formula.

Check out *Natural Remedies for Warts* for a protocol that removes them much faster than any one treatment, and my own personal experience with warts and vitamin E.

#### **Sources:**

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<http://wholenewmom.com>

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