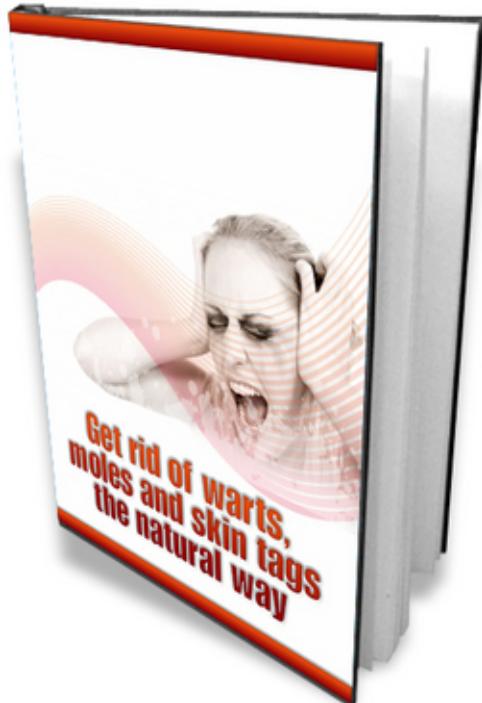


**Get rid of warts, moles and skin tags
the natural way**

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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.

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.

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.

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