



A Warts-Free Life

Arnie Eshlerman

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Chapter 1

What To Understand

There are many methods you can use to get rid of the ugly and painful warts, with more of them being discovered each day as medicine and technology progress (yes, technology does have its role in wart removal, as is the case with laser treatment, for example).

However, before rushing over to using one method or the other there are a few things you need to know and understand about these DIY methods.

Besides the obvious educational aspects, knowing these small details will help you achieve the desired results, instead of wasting your time and energy with any of the 4 treatments. More specifically:

- **results** - the methods explained below are proven to work **if** understood and applied correctly, so make sure you follow the instructions to the letter.

- **time** - while all these methods have proved their efficiency in thousands of cases, it's also known that most of the DIY methods need time to produce results. So practice patience while you're "under the treatment", don't give up and good results will come.

- **side effects** - except for some temporary, minor pain, or swelling of the infected area there are no side effects that you should worry about.

- **simplicity** - these methods can be safely practiced at home and without requiring a prescription from your doctor. Furthermore, they are easy to use, take very little time to implement and they're also popular among wart sufferers.

- **costs** - the costs involved in making these 4 methods work are minimal (when they even exist) and more likely,

everything you'll need to get started is already present in your household.

Also to be mentioned and understood here is that most "make at home" remedies are only effective when followed step by step (as explained above), but even so, they are **most effective** for mild to moderate wart infections. For more delicate or severe cases (like plantar, or genital warts, for example) more radical measures might be needed. So keep that in mind, as well.

Chapter 2

Method No. 1 - Garlic

Garlic is probably the most known “tool” to exist in your residence that fights warts successfully. It also acts on 2 levels.

First, it stops the growths from... growing. And secondly, it acts on a more subtle level, by eradicating HPV (the Human Papilloma Virus, which is the one responsible virus for all of your wart problems) from your immune system.

The way you’ll use garlic to eliminate your wart is by following a simple, 6-step process, as follows:

- **before going to sleep, chop garlic into very small pieces**
- **apply the pieces around the wart, as close as possible to each other and to the wart, preferably on the wart itself**
- **fixate the whole thing tightly in one place with band aid**
- **in the morning, wash everything with soap and water**
- **repeat the whole process each day for 3 weeks**
- **after 3 weeks acknowledge and enjoy the results!**

Is garlic not working for you? Proceed to method 2, or use **Ana’s system** at www.bz9.com/rpwr for totally eliminating warts in 3 days or less, using 100% natural and free remedies!

Chapter 3

Method No. 2 - Pineapple

No, you're not going to buy pineapple and eat it all up until you get magically cured of all illnesses, although that would be nice indeed.

What you are going to do instead, is this:

- **take a slice of fresh pineapple and rub in into your wart before you go to sleep at night. Be sure to use a circular motion when doing this. Also, you'll want to rub it in for a minimum of five minutes at a time;**
- **allow it to soak into your wart overnight. This means that you can't wash the area before you go to bed;**
- **when you wake up the next morning, thoroughly wash the pineapple-soaked area. Continue to do this for two days. You'll notice no change in the wart that second day, but you're done treating it with the pineapple;**
- **the following day, examine the wart, even though you have done nothing to it. You'll probably notice that the root of the growth is beginning to change colors. Keep your eye on the blemish. Within two weeks it should be gone;**
- **if, after 2 weeks, the wart hasn't disappeared, use the fresh pineapple rub again for another two nights - and two nights only;**
- **continue with this routine until the wart falls off.**

Chapter **4**

Method No. 3 - Vitamin C

Vitamin C has been a superhero among vitamins for decades now because of its ability to ward off colds and viruses (wart infections are viruses, remember?)

So, this is a great nutrient to use when you need to improve your immune system, and therefore is not very surprising to see it as an effective wart remover.

The way to use vitamin C in treating HPV is as follows:

- **crush several tablets of vitamin C and apply them directly to the wart**
- **cover the growth with an adhesive bandage so you won't lose the powder**
- **repeat the process for several days, until you begin to notice the growth shrinking and disappearing.**

Very important: Vitamin C - in its ascorbic acid form - **may irritate** your skin, so think twice before using this method. Also, make sure you spread the crushed supplement only on the wart itself, not sideways, too.

Alternatively, you can **safely use this popular system** to fully and irreversibly get rid of any wart by using only natural and free remedies.

Chapter 5

Method No. 4 - Cryotherapy

Cryotherapy (as the dermatologists call it) refers to the freezing of the wart until it falls down (in case you're doing this yourself), or until the doctor removes it through surgery, laser or anything else they see fit.

If you opt for the "do-it-yourself" alternative you should know then, that "freezing of the wart" doesn't refer to you sticking your fingers in the freezer section of the grocery store.

Here, by "freezing the wart" we mean using special agents called *cryogens*, like liquid nitrogen, for example which is one of the most common agents used in the medical field.

However - and this is important -, ***you need to be careful when you handle liquid nitrogen products***, as this cryogen ***can*** cause harm to your skin if handled incorrectly. Make sure you read and apply the instructions on the product's label exactly.

As for the positive side of it, liquid nitrogen can be dangerous and a bit more costly than all other wart removal products, but it's still one of the most reliable and popular options for getting rid of stubborn warts.

Chapter 6

More Wart Removal Techniques

Apart from the 4 popular remedies discussed above, there are a few more methods that need to be mentioned and which you can also use, as well.

These are, in no particular order: ***apple cider vinegar, banana peels, castor oil*** and ***Aloe Vera***.

Apple Cider Vinegar - apply the vinegar on the wart 3 times a day for 2 weeks then check the results. Also, make sure you don't wash the vinegar from your wart.

Banana peels - rub the inside of the peel to the wart each day for 10-12 days.

Surprisingly as it may seem, banana peels are a viable solution against mild infections of warts because they are rich in Potassium, and Potassium is know to fight HPV effectively.

Castor oil - castor oil is also an effective solution and it must be applied to the affected area, then massaged into the skin. Do this twice a day for a few weeks, and those nasty warts will soon be history.

And last but not least, the good ol' **Aloe Vera**.

To treat wart infections with Aloe Vera dip a cotton ball into the solution, then tape the soaked cotton ball to the wart. After a couple of weeks of doing this the warts will begin falling off with ease.

Chapter 7

Summing It All Up

So, there you have it! Eight “do-it-yourself”, easy to implement and effective methods you can use today to eliminate those bothersome warts on your skin, hands, face, or legs.

These might not work in 100% of the cases (remember that there’s more severe types of HPV infections which require special attention and more radical treatments), but for the other cases the techniques exposed in this short report will do the trick, should you follow the steps exactly and embrace yourself with patience as you go along.

And also don’t forget that **there are always alternatives** (found at <http://bz9.com/rpwr>), should these methods fail or take too much.

If “in-office” procedures are not what you’re looking for, if “Over-the-Counter” techniques are not your thing, or if you just want an easy, fast method, that you can use today, **check out this amazing system** for totally removing warts in 3 days or less, using 100% natural and free remedies.

It is fast indeed, reliable, and most importantly it can rid you of all those nasty warts on your hands, legs, face, or skin, without necessitating speaking face to face with doctors, wasting hundreds of dollars on costly medicines and on complicated procedures that have you figure everything out on your own.

Go get rid of that ugly wart today!

Here’s to your success!

Arnie Eshlerman



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