

# WARTS

A hard, rough lump that grows on the skin commonly caused by a virus called HPV (human papillomavirus) which triggers extra skin cell growth and is highly contagious. While there are many kinds of warts that can appear anywhere on the skin, they typically occur on the hands and feet.

## POSSIBLE CONTRIBUTING FACTORS



- Weakened immune system
- Chronic inflammation
- Other skin challenges like psoriasis and eczema

## DIETARY/REMEDY SUGGESTIONS



- Avoid alcohol, sugar, refined flour, vegetable oils and fried foods
- Increase anti-viral & anti-inflammatory foods: coconut oil, garlic, ginger, onions, oregano, turmeric, etc.
- Quality proteins rich in lysine like beef, poultry, and seafood. For vegetarians, navy beans and tofu are some options.

## SUPPLEMENT CONSIDERATIONS



- Lysine (1000mg once or twice a day on an empty stomach)
- Immune supportive nutrients: vitamins A (also topical use), vitamin D, vitamin C, zinc

## OTHER CONSIDERATIONS



- Frankincense and cypress essential oils. At night, mix 5 drops cypress and 5 drops frankincense in 1 tsp apple cider vinegar. Soak a piece of gauze in this, apply to skin, and wrap well to stabilize it and prevent leakage. During the day, you may apply a drop or two of frankincense oil directly to the wart (once or twice during the day), covering with a bandage. Continue until the wart is gone.
- Topical oregano oil 3 x per day consistently until wart is gone
- Apple cider vinegar soaks
- Duct tape topically on the wart is often an effective strategy as well as raw potato rubbed on the warts daily