



What are Warts?

A wart is a harmless but contagious skin growth caused by a viral infection in the top layer of the skin. The virus that causes [warts](#) belongs to the **human papilloma virus (HPV) family**. They are usually benign. [Warts](#) occur in a wide variety of shapes and sizes, and can develop anywhere on the body.

These growths are found mostly on the hands and known as common [warts](#) while those found on feet are known as [plantar warts](#). A **wart may be flat or smooth, or appear as a bump** with a rough surface. Dark dots may also appear in the center of the wart. They also develop in clusters or alone.

[Warts](#) are unsightly and may often cause embarrassment if they are very noticeable. They sometimes cause [pain](#), especially when pressure is placed on the wart – for instance, when walking. [Warts](#) tend to **affect children and young adults more**, but men and women of all ages develop them each year.

There are different types of warts and these include:

- **Common warts:** Common [warts](#) most often develop on the backs of the hands, on the fingers and around the nails. They have a rough appearance and the blood vessels grow in the wart look like black dots. These [warts](#) tend to appear where the skin has been broken, for instance where fingernails are bitten.
- **Plantar (Foot) warts:** Plantar (foot) [warts](#) are usually found on the bottom of the foot (soles) and look like hard, thick patches of skin with dark colored dots. They are extremely painful when walking and often feels as though there are stones in your shoes.
- **Flat warts:** Flat [warts](#) usually appear on the face, but may also appear on other parts of the body such as arms, hands or knees. They have flat tops and can be pink, light brown or light yellow. They tend to grow in clusters, as many as 20 to 100 at a time. Flat [warts](#) usually occur in children, appearing on their faces. In adults, flat [warts](#) may develop on the legs of women and in the beard area of men.
- **Filiform warts:** Filiform [warts](#) are long, narrow, protruding growths that usually appear around the eyelids, face, neck, mouth, lips or underarms. They are the same color as your skin. These types of [warts](#) tend to itch or bleed.
- **Periungual warts:** Periungual [warts](#) are found under and around the toenails and fingernails. They look like rough, uneven bumps. They can affect nail growth by causing the nail to lift or become detached.
- **Genital warts:** Genital vary in size – they may be small, flesh-colored bumps or they may be so tiny that are not even visible to the eye. In men,

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they appear between the penis and the scrotum or near the anus. In women, genital [warts](#) may develop in the vagina, on the cervix, vulva and perineal area.

What causes Warts?

[Warts](#) are caused by the virus known as the human papillomavirus (HPV) which **infects the top layer of the skin**, especially if the skin is damaged or broken. The virus causes the top layer of the skin to grow quickly and develops into a wart.

[Warts](#) are contagious and spread easily through direct contact. If you touch the wart and then touch another part of your body, you can re-infect yourself. **Sharing personal items** such as towels, eating utensils, or razors can also cause [warts](#). People with weak immune systems are more likely to catch the wart virus than others.

Diagnosing Warts?

The [diagnoses of warts](#) are based on a simple visual examination. If your doctor is unsure whether it is a wart or not, a skin biopsy may be performed. **In the case of genital warts**, a diagnosis may be confirmed by a physical examination, medical history and gynecological exam.

Help for Warts

There are various over-the-counter and prescription treatment options available to [remove warts](#). **Over-the-counter wart treatments** are usually in the form of lotions, ointments and plasters (such as Dr. Scholl's Freeze Away products) can be used to freeze the wart with a method known as cryotherapy.

These wart products contain salicylic acid to soften the skin layers that form a wart. [Warts](#) in young children may be treated at home by **applying salicylic gel or plaster**, or a dermatologist may use cantharidin so that a blister can form under the wart and then be clipped off.

Cryotherapy is generally the preferred method of treatment to [remove warts](#) for older children and adults. Other treatment options such as *electro-surgery and laser treatment *are also quite effective. In addition, an anti-cancer drug called bleomycin may be injected into the wart or immunotherapy may be used as an alternative.

Natural remedies

Herbal and homeopathic remedies are more natural but still highly effective alternative [treatments for warts](#). These remedies are safe and gentle enough to use on the body's system while at the same time they boost the immune system and help in the elimination of [warts](#). Herbs such as Hypoxis Rooperi (extract of African Potato), Agathosma Battling (also known as buchu), Mentha Piperita and Viscum Album help to **strengthen the body's ability to fight infection** and support a healthy immune system.

Galium aperiene (Cleavers) and Trifolium pratense (red clover) support skin health and act as a natural cleansing tonic and help to purify and detoxify the body's



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

system. Homeopathic ingredients such as Natrium muriaticum, Kalium muriaticum and Kalium sulphate keeps the skin well-hydrated while also acts as a blood and lymph cleanser, and **supports the natural healing and regenerative processes** of the skin.

There are different types of warts and these include:

- Practice good personal hygiene by washing your skin regularly
- Eat a healthy, well balanced diet that contains fresh fruit, vegetables and whole grains to boost your immune system
- Drink lots of water, at least eight glasses to flush out toxins
- Clean wounds, cuts or scrapes with soap and water or disinfectant to prevent infections or [warts](#) developing
- Avoid touching, rubbing, scratching or picking at [warts](#) as you may spread the virus to another part of the body
- Cover [warts](#) with a bandage and avoid biting your nails
- Wear waterproof sandals or flip-flops in public showers, locker rooms or around public pools to protect against infections such as athlete's foot
- Wear open-toe sandals or shoes to allow feet to breathe
- Always use a latex condom during sexual intercourse to [prevent warts](#) from being transmitted to the cervix
- Change socks and shoes daily and keep feet clean and dry
- Apply medicated foot powder in your socks to keep feet dry

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the

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term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.



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Related Natural Remedies:

Immunity Plus: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

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Skin Dr.: Helps maintain lymphatic functioning, promoting blemish-free healthy skin.

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.

Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported.**

[Learn more about SkinDr.](#)

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herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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