SKIN TAGS

- **Dab on apple cider vinegar twice a day for several weeks. Also, drink apple cider vinegar (1 Tbsp in 1 cup water with 1 tsp honey) before meals.**

- **Hold a small piece cloth, soaked in apple cider vinegar on the area for 15 min.**
- **Take 1—2 drops garlic and same for iodine (the orange kind that you get in the drug store and paint on the skin (don't ingest). Put a bandaid on and leave for a day, change the next day and repeat until gone.**

- **Put castor oil on the skin tag twice a day for 3 weeks. Some like to mix it with a little baking soda which they feel makes it more effective.**

- **There may be a relationship between skin tags and too much estrogen in the body.**

- **We see people with acidic pH developing skin tags, also if under stress which will also make the body too acidic.**