WARTS

- **Warts are from viruses. They often appear because of stress on the immune system. It seems warts come during the winter months when we don't have enough Vit. D for the immune system. Take 10,000 IU Vit. D3 every day from October to May (winter).**
- **Get good quality duct tape from hardware store and cut up a piece to completely fit over the area of the mole. Leave for 3-4 weeks, changing as it wears off or becomes loose. The idea is to smoother the wart.**
- **2 drops iodine (povidone is less toxic), with crushed fresh garlic to give you a couple of drops. Mix, use cotton swab onto area, cover with bandaid, twice a day. Can keep in the refrigerator. Make fresh batch each daily. May need to do up to 2 weeks.**
- **Salicylic acid (aspirin) or celandine juice from stems (herb) – put in a little water and apply, cover with bandage.**
- **Vitamin D is important to take, powers up the immune system.**

HPV warts:

- **You get this from human papillomavirus (HPV). Most warts clear upon their own in 1-2 years. You can help speed up the process using: Salicylic acid (aspirin), cryotherapy (can get on amazon), apple cider vinegar.**
- **Cutting them may make them worse.**
- **Give the body ketones, avoid carbs for a while, eat less frequently (intermitten fasting).**