

Warts

Warts are funny things. My research shows they are caused by:

- A virus
- A fungus either on skin or systemically
- Start as a bacteria and morph into a fungus

I do know we have tried several things on several different clients and have found that...there is no one answer. It seems to depend upon the person or perhaps it depends upon the wart. We have tried the same essential oils on different members of the same family and had some get rid of the wart and others keep theirs. I don't know if one was more diligent than another member of the family or if it means the warts were from a different source depending upon the person. The one thing I have found is that you need to be persistent and you may need to change/rotate the essential oil you are trying. We seem to see success either almost immediately, within a couple of weeks, or with persistence after changing or rotating oils.

Essential oils that eliminate warts:

- Cypress
- Eucalyptus Radiata
- Frankincense (excellent for stubborn warts)
- Fysical Touch Blend
- Guardian Blend
- Helichrysum
- Lavender
- Lemon*
- Lemongrass
- Oregano
- Spice for Life Blend
- Thyme

Dilute 1-2 drops of any ONE (that means you only use one of the above, not all) of the essential oils listed above in a few drops of carrier oil and apply on location. Several sources have also said that they use apple cider vinegar (1 teaspoon to 1 Tablespoon) as their carrier when dealing with warts. You can also use a little round bandage and drop 1 drop of the essential oil of your choice on the top of it, this keeps the oil on the wart longer. NOTE: Be very careful to get the essential oil ONLY on the wart. Several people have had to take time out of their wart-reducing regime because their skin near the wart gets a rash from detoxing because there is too much essential oil getting on it. Also remember: ALWAYS dilute Oregano before applying directly to skin as it can cause a 3rd degree burn, and Spice for Life will also probably need to be diluted (Thyme is another one that is pretty strong and you may want to dilute).

Recipe:

5 drops cypress

10 drops lemon

2 teaspoons to 2 Tablespoons apple cider vinegar

Apply 2 times daily and bandage, continue until gone.

Plantar Warts:

Apply 1 drop of Lemongrass, after it has absorbed, apply 1 drop of Guardian Blend. Takes about two weeks.

Helichrysum and Lemongrass (applied as above, substituting Helichrysum for Guardian) has also shown good results.

A note regarding plantar warts: often when these are dead they will fall out (or you'll pull them out) and they leave behind a hole. Apply Lavender to the hole to rebuild the surrounding cells so that you don't leave behind a scar.

Genital warts:

Dilute Guardian 50% and apply.

Are you one of those busy people who just can't seem to remember to apply the essential oils to the warts? The following have worked for people who want something internal as opposed to external.

- Rosemary, 3-4 drops in a capsule, fill with carrier oil, take 3 times daily for 2 weeks.

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- Liver cleanse and immune strengthening and balancing cleanse for at least a year to clear viral infections out of your body.

Immune Strengthening Cleanse:

Ingest:

1-2 drops Spice for Life Blend

1 tsp natural honey

Blend well and add to 1 cup of water, take in the morning as a cleansing beverage or at the end of the meal with warm water as an herbal tea.

For deep action or if you have difficulty taking enough of the blend with your food or water:

3-4 drops Spice for Life blend

2-3 drops Rosemary or Eucalyptus

In a capsule with carrier oil, take one with each meal.

In addition to ONE of the above:

- Use Tea Tree or Spice for Life blend: take a drop in your mouth and swish around each morning, noon, and evening.
- Each morning take 2-3 drops each of Tea Tree and Eucalyptus Radiata and massage your body where you have the greatest number of lymph nodes—sides of neck, under arms, and groin area above the genitals. Avoid genital areas. Mix a teaspoon of carrier oil with 2-3 drops of Spice for Life blend and 2-3 drops of Rosemary for a complete foot massage. You can also use Tea Tree and Eucalyptus Radiata for this massage. Perform this massage on yourself or with a partner 2-3 x a week or more.

Liver Cleanse:

1 Tablespoon freshly squeezed Lemon juice.

1 drop Peppermint Oil (Be Young brand only, suitable for internal use.)

1 drop Lemon Oil (Be Young brand only, suitable for internal use.)

Mix Lemon juice, Lemon and Peppermint oil in a full glass of water. Best if taken before eating in the morning.

Repeat each morning for 28 days then rest for one week and then resume.

Other options to use instead of or in addition to essential oils:

- Empty a capsule of vitamin E onto a small pad of gauze. Tape it to the wart (perhaps with a square of duct tape). Should work within a week.
- Put duct tape over the wart (from what I understand it suffocates it, and it has to be duct tape, not a different kind of tape).
- The Dandelion leaf's white, milky sap is said to remove warts.
- Some people see good results with Colloidal silver. Make sure it's real colloidal silver and of good quality.

There are a lot of essential oils mentioned in this article for internal use. Use ONLY Be Young essential oils internally!

*Lemon is a citrus oil. Citrus oils should not be applied to skin that will be exposed to sunlight within 48 hours.

To order, for class information, or if you have questions contact:

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