



Warts

What a conundrum plantar and palmar warts can be, growing on our hands and feet and often impossible to get rid of!

The story of mine is quite amazing. About fifteen years ago, I had a huge plantar wart under each foot that had been burnt several times without success with liquid nitrogen by a dermatologist; I had also tried several times to get rid of them with salicylic acid ointment and even with sap from my fig tree leaves. Everything had failed and those warts were very painful sometimes waking me up in the middle of the night from suffering. In addition, I also had benign, painless warts that looked like moles that had colonized my appendicitis scar when I was a teenager.

At the age of 38, I decided to stop taking the pill, that I had been taking for ten years, to have a baby. Two months later, the warts on my appendicitis scar started swelling slightly and itching; the phenomenon lasted for about ten days. Then all the warts on my body fell apart and never appeared again. My birth control pill, and the resulting hormonal imbalance, had unexpectedly made my body vulnerable to warts. After my daughter's birth, I chose not to use hormonal contraception ever again because, if my pill had an impact on my ability to defend myself against warts, I don't know what other invisible effects it had had on my body.

Getting back to the warts, my husband also developed two plantar warts after my daughter's birth and my daughter developed several under her feet when she was 8 years old which multiplied exponentially over a few months. We started searching again for treatments to cure them and, at last, we had a success with essential oils that allowed my husband and daughter to get rid of them all within a few weeks (my husband's was the size of a 50 cent coin).



Here is the recipe, found on the internet, that we used and that I am happy to share with you, hoping it will be helpful for you as well:

In a glass bottle – no plastic or it will melt –, mix:

- 10 drops of Mountain Savory essential oil
- 10 drops of Cinnamon essential oil
- 40 drops of Lemon essential oil
- 40 drops of Tea Tree essential oil

Every evening, dip a Q-tip in the mixture and apply it on the wart(s) for several seconds. After two to three weeks, the warts will turn brown and disappear.

Caution: Essential oils cannot be used on children under age 6 and pregnant or breastfeeding women. This treatment should not be used on the face, only on hands and feet.

Nature provides us with treatments that are often more effective – and less harmful – than those offered by pharmaceutical companies. Let's not forget that the chemical molecules used by those companies were, at the beginning of drugs industrial development, derived from substances produced by plants, such as aspirin naturally present in Meadowsweet or White Willow.

Nevertheless, it is important to be very careful concerning the use of essential oils which are very concentrated with very powerful active ingredients; this is why they should not be used by pregnant women and children under 6.