

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 289th Newsletter, I want to give us a chance to consider Warts and the effects they can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them.

Warts are caused by Viruses that are Spreading RAPIDLY on the planet and Anyone can get them ... Lets learn to Prevent and Heal Warts NATURALLY!!!

Have you or anyone you know ever had a **wart**? It would be surprising if not! Warts are very common and they are incredibly **contagious!!!** If you or those you know or your children have never had one the chances are that they will. Please, keep reading this Newsletter because you will want to know how to **prevent and treat** warts for yourself of someone you know either now or in the future.

Warts are caused by one of the **150** related varieties of the **human papillomavirus (HPV)**, a pathogen that can infect the mucocutaneous membranes of the body. The HPV virus is multiplying at a fast rate on the planet and that means the chances of you **coming in contact** with it goes up every day. In this Newsletter we will tell you all about the **causes** of the HPV virus that causes warts. We will let you know how to prevent HPV ignited warts and how to treat warts naturally, if you need to.

In order to form a wart, the HPV virus produces **excessive growth** of benign, hard, crusty protein particles by targeting the keratinocytes in the skin. **Keratinocytes** are the predominant cell in skin and form a barrier against invading pathogens. The virus makes its way into the body when **cuts or scrapes** are present to weaken the protective barrier created by the keratinocytes.

However, the human papilloma virus (HPV) that causes warts is adept at going **unrecognized** by the human immune system. Because of this they tend to grow for months or even years without much attention brought to them. And since the body doesn't **fight the virus effectively** - this accounts for the persistence of the condition. Although slow, they are **tenacious**; removal methods must be thorough.

Although anyone can develop warts, **not everyone** who comes in contact with HPV develops warts. Some people are more at risk. **Children and teens** are particularly at risk, since their immune systems have not yet built up their defenses against the numerous types of human papillomavirus that exist.

Also people who have **weakened health** and a weakened immune system are at much higher risk. Nail-biting, meat handling, and immunosuppression are also risk factors for warts. **90% of renal transplant** patients develop warts.

With children warts are very common as they interact together in school, etc. Although uncommon in infancy they become more common in childhood. **10% to 20%** of children have common skin warts and they are most prevalent in children between the ages of **12 and 16**. Girls get more



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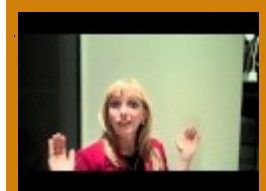
warts than boys.

You can contract this virus if you cut or damage your skin in some way, and then **touch someone** else who has it. Warts are acquired mainly through **person-to-person** contact. However, you can also catch the virus by touching items of someone who has the virus by **sharing** towels, razors, or other personal care items. In the same way, warts can be spread to other parts of a person's body.

Most warts are **harmless** and tend to disappear over time without intervention. Some unsightly warts linger for long periods causing grief and embarrassment. Certain types are **painful to touch** while others can bleed when scratched.

The real danger of letting warts linger is that **they will spread**. Any wart can be a "**mother**" wart that spreads to other parts of your body. Most dermatologists say it is best to treat warts, either at home or in the doctor's office, as **soon as they appear**.

There are (Cont. on next page)



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Warts are caused by Viruses that are Spreading RAPIDLY on the planet and Anyone can get them ... Lets learn to Prevent and Heal Warts NATURALLY!!! (Cont.)

over **70 different kinds of warts**—each looks different and will show up on different parts of the body depending on the HPV virus associated with it. Each of the 70 varieties looks different and will show up on different parts of the body such as: **hands, feet, face, genitals and skin.**

Here are the main types of warts defined by their appearance and the body part they are mostly related to:

Common warts (Verruca vulgaris): These most often occur on the **hands, fingers and back of the hands** and are small, flesh colored, white, pink, tan or gray-brown, hard, rough, raised and dome-shaped. Often, they look like they have **little dots** or seeds in them, which is why they're frequently called "seed warts." But what you see aren't seeds; they're merely dots produced by the **blood vessel** supplying the infected area. Palmer warts are found on the **palms**.

They are **usually** found on kids, because they always have some kind of sore on their fingers, and people with lowered immune system **deficiencies**, since they are more susceptible to all types of viral infections.

Plantar warts (verruca, Verruca plantaris): These grow on the **soles of the feet** and are hard and thick with dark specks. They can be painful when you walk. Plantar warts do not stick above the surface the way common warts do. That's because the pressure from walking pushes them **back into the skin.** Plantar warts are:

- Usually found on the **weight-bearing** areas of the foot (plantar means bottom of the foot)
- Usually gray or brown
- "Seedy" and rough to the touch
- Hard
- Flat

- **Painful.** At the very least, a plantar wart can feel like a stone in the shoe. It can also cause a sharp, burning pain. At worst, the repetitive pounding of simple footsteps can irritate these nuisances, sometimes so badly they bleed.
- Able to grow to an inch in circumference or more and spread out into clusters called **mosaic warts.**

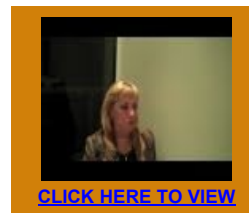
Since Planters warts can look **similar to a callous** this is how you can tell the difference:

- Plantar warts grow anywhere on the bottom of the foot; **calluses** develop on areas of the foot that bear the most pressure when walking and standing.
- Plantar warts grow randomly and usually affect one foot only; calluses grow more-or-less **symmetrically** on both feet.
- Plantar warts have a speckled appearance, indicating a **capillary supply**; a callus is gray, yellowish or whitish, depending on the person's skin tone.
- If it hurts pushing straight down on it – It's a **callous.**
- If it hurts putting pressure on the sides (by squeezing it)—it's a **wart.**

Flat warts (Verruca plana): These can grow on the **face, arms, and legs.** They're small, have flat tops, and may be light yellow, brown, or pink. Flat warts are the smallest of the warts. Flat warts are:

- Found in **clumps of 20 to 100**, usually on the face and neck, but also on the chest, knees, hands, wrists, and forearms. In men they're common in the bearded area, most likely picked up from shaving irritations and nicks. In women, they're common on **shaved legs.**
- Tiny
- Flat
- **Smooth**
- Flesh-colored, gray, or brown

Filiform warts: These can grow on the face, usually around the mouth,



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By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!** I passionately invite you to do the same!

nose, or chin. They are the same color as the skin, but they have thread-like growths sticking out of them. These grow very quickly.

Periungual warts: These are cauliflower-like clusters of warts that occur under and around the fingernails and toenails.

Mosaic Warts: This is a group of tightly clustered plantar-type warts, commonly on hands or soles of the feet.

Subungual Warts: These appear under and around the fingernails or toenails.

Genital Warts (venereal wart, Condylomaacuminatum): are usually found on the **genitals**, in the pubic area, and in the area between the thighs, but they can also appear inside the vagina and anal canal. Genital warts are **sexually transmitted diseases** caused by a sub-type of the human papillomavirus (HPV). It spreads by skin-to-skin contact via sexual activity. While only a small percentage infected with genital HPV actually develop genital warts, they (Cont. on next page)

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can transmit the virus to **sexual partners**.

Genital warts may appear as **flat lesions, small cauliflower-like bumps or tiny stem-like protrusions**. In women, genital warts appear most commonly on the vulva but may also occur near the anus, on the cervix or in the vagina. In men, genital warts may appear on the penis and scrotum or around the anus. Genital warts rarely cause **discomfort or pain**, though they may itch.

There is enormous controversy over genital warts, **particularly with women**. These warts have been associated with cervical cancer however **most cases** of cervical cancer are caused by two specific varieties of genital HPV and these strains **don't cause warts**. Common warts can also be spread to the genitals or the rectal area so you cannot know what strain of HPV is involved just by seeing a wart.

One of the biggest controversies about genital warts has to do with **vaccines** that have been created for HPV. These vaccines, which only supposedly prevent **4 strains** of the 150+ HPV, are promoted to reduce the amount of cervical cancer they say are caused by HPV. We are bringing this up in this Newsletter in hopes that you will take the time to **educate yourself** about these vaccines.

Just **two strains** of cancer-causing HPV are among those 4 HPV strains but researchers have identified at least **15 cancer-causing HPV strains!** Interestingly enough, there is a **total lack of evidence** that cervical cancer appears in women with HPV more often than in women without it.

Research presented at the 2015 annual meeting of the American Association for Cancer Research showed that women who were vaccinated against HPV had a **higher risk** of developing non-vaccine

strains of the virus. In the research links listed below this article you can read about the **health nightmares** created with the HPV vaccines, which are approved by the FDA for children **9 years old** and up and are being recommended by the CDC for both boys and girls **11 - 12 years old**.

By mid-March 2015, the HPV vaccine Gardasil had generated more than **35,000 adverse reaction reports** to the US government, including more than **200 deaths**. These adverse reactions range from mild to life threatening physical and mental disabilities. It is estimated that **less than 10%** of the adverse effects have even been reported.

From a conventional **dermatologist** perspective the following treatments are utilized on warts: **Cantharidin, Cryotherapy (freezing), Electro-surgery (burning) and Curettage, Excision, Laser treatment, chemical peels, Bleomycin, and immunotherapy**.

The not often promoted, but great news is that warts, and the HPV virus can be **treated naturally**. Not only that but through nutrition and lifestyle choices our **immune systems** can be built up and boosted to prevent the susceptibility to the HPV virus in the first place. In our next article we will cover natural treatments and prevention for warts.

There are dozens of other skin problems that may look like warts such as **moles**. If you have any concerns, consult your physician. What looks like a wart to you it could be something much more serious, such as a **skin cancer**. In addition, if you have diabetes, circulation problems, peripheral artery disease (PAD) or impaired immunity, you should consult a holistic healthcare provider before you treat warts **on your own**.

See your doctor for common warts

if:

- The growths are **painful** or change in appearance or color
- You've tried treating the warts, but they persist, spread or recur
- The growths are bothersome and interfere with activities
- You also have a **weakened immune system** because of immune-suppressing drugs, HIV/AIDS or other immune system disorders
- You aren't sure whether the growths are warts

A Raw VEGAN Living Foods DIET including **plenty** of Leafy GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the **greatest way** that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to a **healthy, long lasting life**. I invite you to TRY IT ON and INJOY it with me. You will forever thank yourself and feel better than you EVER did your ENTIRE LIFE!!!

The Research Links below will allow you to investigate more deeply about warts:

- <http://www.webmd.com/skin-problems-and-treatments/features/warts-on-children>- What's Up With Warts on Children?
- <http://www.webmd.com/skin-problems-and-treatments/warts-faq-questions-answers>- Warts: 10 Answers to Frequently Asked Questions (Cont. on next page)

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- tions
- <http://www.webmd.com/skin-problems-and-treatments/tc/warts-and-plantar-warts-topic-overview> - Warts and Plantar Warts - Topic Overview
 - <http://ezinearticles.com/?Human-Papilloma-Virus-%28HPV%29&id=183944>- Human Papilloma Virus (HPV)
 - <https://www.aad.org/public-diseases/contagious-skin-diseases/warts>- Warts: Overview
 - http://www.medicinenet.com/warts_common_warts/article.htm- Common Warts
 - <https://en.wikipedia.org/wiki/Wart>- Wart
 - <http://www.healthline.com/health/skin/warts>- What Are Warts?
 - <http://www.mayoclinic.org/diseases-conditions/hpv-infection/basics/definition/con-20030343>- HPV Infection Definition
 - <http://www.raysahelian.com/hpvvirus.html>- HPV virus infection and natural treatment with dietary supplements, risk of vaccine
 - <http://www.cdc.gov/hpv/parents/whatis HPV.html>- What is HPV?
 - https://en.wikipedia.org/wiki/Human_papillomavirus- Human papillomavirus
 - <http://www.webmd.com/sexual-conditions/hpv-genital-warts/hpv-treatment-is-there-hpv-cure>- HPV/Genital Warts Health Center
 - <http://articles.mercola.com/sites/articles/archive/2012/10/16/unproven-hpv-vaccine-safety.aspx>- Protect Your Right to Informed Consent and Defend Vaccine Exemptions
 - http://www.naturalnews.com/031432_HP_V_vaccines_alternatives.html- HPV and Natural Alternatives to the HPV Vaccine
 - <https://www.wellbeingjournal.com/the-hpv-vaccine-risks-benefits-and-alternatives/>- The HPV Vaccine: Risks, Benefits, and Alternatives
 - <http://www.thedoctorwithin.com/hpv/human-papilloma-virus-the-first-cancer-vaccine/>- Human Papilloma Virus: The First Cancer Vaccine
 - <http://healthimpactnews.com/2015/gardasil-vaccine-promoted-to-12-year-old-boys-to-double-the-market/>- Gardasil Vaccine Promoted To 12-Year Old Boys To Double The Market
 - <http://articles.mercola.com/sites/articles/archive/2015/05/05/hpv-vaccine-gardasil.aspx>- HPV Vaccine Can Make You Susceptible to More Serious Strains of HPV
 - <http://healthimpactnews.com/2014/why-is-the-cdc-ignoring-explosion-of-recorded-hpv-vaccine-injuries-as-other-countries-move-to-take-protective-action/>- Why is the CDC Ignoring Explosion of Recorded HPV Vaccine Injuries, as Other Countries Move to Take Protective Action?
 - <http://journalofethics.ama-assn.org/2012/01/msoc1-1201.html>- The HPV Vaccine Controversy
 - http://www.naturalnews.com/HPV_vaccine.html- HPV vaccine news, articles and information
 - <http://naturalsolutionsradio.com/blog/natural-solutions-radio/hpv-vaccine-controversy>- The HPV Vaccine Controversy
 - <http://bodyecology.com/articles/natural-alternatives-hpv-vaccine.php>- The Natural Alternatives to the New HPV Vaccine
 - <http://anhinternational.org/hpv-vaccination/>- HPV VACCINATION
 - <http://www.trueharmonywellness.com/articles/articles HPV, Everything You Need to Know PR.html>- What Every Women Needs to Know about HPV
 - <http://www.getridofthings.com/health/infections/get-rid-of-hpv/>- Top Ways to Get Rid of Warts

Wart Prevention and Treatment Can be COMPLETELY NATURAL!!!

From a **holistic perspective** the first step in preventing warts is strengthening our immune system through nutrition, exercise and lifestyle adjustments such as reducing **adverse stress**. Eating immune boosting natural, **organic foods** filled with all the necessary vitamins, minerals, **anti-oxidants** and other micronutrients is key. This would include a whole array of vegetables and fruits **preferably eaten as raw** as possible to retain their life-force energy. Also avoiding those foods that **kill off** the immune system (sugar, caffeine, refined foods, dairy, meats, processed foods and all foods with

chemicals, etc.) is important.

You can see our Newsletter on the Immune System for complete information on building your **Immune System** but here are some of the basics for preventing and healing warts:

- Vitamin A (beta-carotene converts to Vitamin A)
- Vitamin C
- Vitamin E
- Folate and other B vitamins
- Potassium
- Zinc
- Selenium

- Carotenoids
- Lutein & indole-3-carbinol (found in dark green leafy vegetables)
- Lycopene (the red pigment in tomatoes, papaya, grapefruit, watermelon and pink guava)
- Nettle tea (an infusion) is high in **Vitamins A, B, D, and K**, iron, carotene, magnesium, chromium, potassium, and zinc.

Getting your essential vitamins and minerals will keep your immune system (Cont. on next page)

Wart Prevention and Treatment CAN be COMPLETELY NATURAL!!! (Cont.)

tem **strong**. If you have warts then strengthening your immune system will **enhance and speed up** any treatment you utilize for them.

Focus on getting them **from your foods** by eating or drinking garlic, carrots, spinach, sweet peas, kale, cantaloupe, papaya, pumpkins, watermelons, turnips, red peppers, collard greens, kale, mustard greens, horseradish, watercress, turnips, cabbage, broccoli, **cauliflower**, squash, tomatoes, pumpkin, sweet potatoes, lettuce, legumes, **asparagus**, oranges, yellow and red bell peppers, kale, kiwi, broccoli, berries, oranges, peas, strawberries, peaches, artichokes, blueberries, shiitake mushrooms, **sprouts and wheatgrass**.

Pure filtered, **living water** can't be stressed enough. Water is one of the most crucial components you can put in your body. It hydrates cells, enhances body organ functionality and also **eliminates toxins** out of your body. If you want a good immune system that can help prevent viruses and enhance the warts treatments you utilize, so they will be more **efficient**, you must consume a lot of water.

You can also take **immune boosting herbs** like Astragalus , Bayberry , Echinacea , Goldenseal , Schizandra, Olive leaf and/or Elderberry to also prevent and get rid of warts.

The presence of warts on **top of the skin** warns of a deeper weakness or susceptibility that allows them to continue and flourish. While removing the wart creates a blemish-free skin, it does nothing to correct this **underlying weakness** – the person is still vulnerable to future health problems. That is why it is **important** to start with healing your whole body, detoxing toxins and strengthening your immune system.

Like with all other so-called viral infections, the body needs to be **cleansed** and there must be an

emphasis on cleansing the blood and major eliminative channels (kidneys, liver, lungs, and colon), which serve as **filters** for the blood.

After cleansing the body's **blood and major eliminative channels**, the next thing one should do is go on a daily regimen consisting of powerful antiviral, nervine, and immune boosting or strengthening herbs.

- **Antiviral herbs** include: Olive Leaf (Olea europaea), Passionflower (Passiflora incarnate), Tronodora (tecomastans), Osha Root (Ligusticum porteri), Lomatium Root (Lomatium dissectum), Chaparral Leaf (Larrea tridentate), Echinacea Root (Echinacea angustifolia), Goldenseal Root (Hydrastis canadensis), St. John's Wort (Hypericum perforatum), and Usnea Lichen (Usnea spp.)
- **Nervine herbs** include: Kava Kava (Piper methysticum), Valerian Root (Valeriana officinalis), Passionflower, Jatamansi (Nardostachys jatamansi), Lavender Flower (Lavender vera), and Chamomile (Matricaria recutita).
- **Immune boosting herbs** include: Echinacea, Goldenseal, Astragalus (Astragalus membranaceus), Ginseng (Panax quinquefolium), and Lomatium Root.

Another thing to be present to in treating warts is to **not spread them**. Not only can warts be passed from person to person, but you can also spread them **around your own body** through touch. If you touch your wart, for instance, and then touch another part of your body before washing your hands, you may spread the virus, and notice **new warts** popping up several days later.

The wart virus can spread from you to others, and you can also keep **re-infecting** yourself. The virus develops into a wart by first finding its way into a scratch in the skin's surface - a **cut or a hangnail** or other wound, for instance. Even the everyday task of **shaving** can spread the flat warts on a man's face or woman's legs. Inad-

vertently cutting a wart as you trim your cuticles can cause an **infection**.

So keep the virus's travels to a **minimum** by not touching your warts at all, if possible. If you do come in contact with the lesions, wash your hands **thoroughly** with soap and hot water. Children should also be told that picking or chewing their warts can cause them to spread.

Typically there are **hundreds** of natural treatments for warts that are reported to work. In our research links below this article you can find out **complete lists** of remedies and directions on each of them. We are going to list a few of the most common treatments that have had scientific proof here for you.

The process is almost the same for each. It includes **applying** the particular ingredient and then **covering** the wart. Some warts may go away fairly quickly and others may take persistence **over months**, depending on the stain of the virus and your health and immune system. **Patience** and persistence is key with these natural treatments but the good news is that most seems to not only eliminate the current warts but, for many people, reduce a recurrence.

Here are the most **commonly** used treatments:

- Raw Organic **Pineapple**, Papaya, Lemon juice.
- Banana & Potato peels – use the inner skin
- **Garlic** (very powerful – only leave (Cont. on next page)

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on a small amount of time unless towel.
diluted) and Onions

- Aloe Vera
- Crushed **Vitamin C**, Vitamin E Oil, Vitamin A Oil
- Tee Tree Oil, Frankincense Oil, Oregano Oil, (these all need to be diluted) and Castor Oil
- **Apple Cider Vinegar**
- Milk of Milkweed, Dandelions, Basil
- Curcumin, **Goldenseal**, Birch Bark, Zinc, Silver Nitrate, Astragalus, Thuja, Pau d'Arco

In addition to the above here is one of the many surprising treatments for removing warts that has been actually backed by science: **Duct Tape**. Duct Tape? Yes, plain ol' duct tape. In one study, 61 patients with common warts received either cryotherapy or duct tape treatment. After two months, **85 percent of those using duct tape were rid of their warts, while only 60 percent who received cryotherapy were wart-free**. Scientists hypothesize the treatment works by **starving the wart of air** and stimulating the immune system, thus removing the warts.

In order to use it you place duct tape over the wart and leave it on for about **six days**. Then remove the tape and soak the wart in water. Gently debride the wart with an **Emery board**. Repeat the whole process until the wart is gone. It may take a **couple of months** to completely remove the wart. NOTE: Duct tape was not intended to be used on human skin. The **safety of the chemicals** in it has not been evaluated. Using athletic tape is easier, has also been proven to work and is more likely to give good results, as they stay on the skin better.

With any of these treatments: Before you apply any treatments, you need to **sanitize** and dry the area of your skin with the wart. Wash your hands and then wash the area with the wart. Use warm soap and water. Dry the area with a **cotton**

Wash any cloth material that came into contact with the wart in **hot, soapy water**. You can also bleach the towels to make sure you kill off any wart virus.

You can use an **emery board** to help file away the skin of a wart. Hold the area with the wart over the sink. Dampen the wart. Use the rougher side of the board and **gently** rub the top and sides of the wart. Next, turn the emery board over to the smoother side of the board. Repeat the same path as you did with the rough side. **Do not** rub hard enough to draw blood. Also be careful not to touch any unaffected skin with the emery board.

There are also numerous **homeopathic remedies** that have been **successfully** used for warts including: Antimonium crudum (Ant-c.), Nitricum acidum (Nit-ac.) and Thuja occidentalis (Thuj.). Since homeopathic remedies work differently for each type of wart you can find more details in our research links below.

Do not attempt these treatments if you are **diabetic** or have poor blood circulation, or if the skin is infected or reddened. This treatment requires patience. It can take **2 or 3 weeks** before you see positive results. Don't get discouraged if not much happens the first week or two.

Do's & Don'ts

- DON'T scratch existing warts.
- DON'T shake hands with someone who has an **obvious** wart.
- DO wash your hands with soap and hot water if you've touched a wart.
- DON'T go **barefooted** in public places, including showers. Wear sandals or flip flops.
- DO use an electric razor if the area you shave has a wart. This helps to avoid the tiny nicks that will allow the virus to gain entry.
- DO keep your wart dry. Warts love to multiply in **moist** areas.
- DO cover your cuts and scrapes.

- At home, if someone else has a problem with plantar warts, encourage the one with warts (if old enough) to spray a **diluted bleach solution** in the shower stall or bathtub after use and then rinse.
- Assign one bath and hand towel to each adult and child at home, and do not **share towels**.
- The use of **condoms** can help protect against sexually transmitted diseases, including genital warts.

Some of the other modalities that have been successfully used with wart removal have been: **hypnosis, acupuncture and reflexology**.

Given every body is different, decide which diet works best for you and what matches the **severity** of your wart or HPV diagnosis. In conjunction with your diet plan, a few lifestyle and environmental changes are also recommended:

- Quit smoking
- Reduce (if you can, remove) **alcohol** consumption
- Limit or avoid the consumption of coffee (tea is great though!)
- Exercise** regularly
- Practice yoga and meditation
- Purchase non-toxic household products
- Sleep** eight hours every night (naps are great, too)

The Research Links below contains a lot more details about Natural wart prevention, healing and treatment:

- <http://www.livestrong.com/article/530657-vegan-diet-for-hpv-treatment/> - Vegan Diet for HPV Treatment
- <http://www.annmariegianni.com/warts-10-ways-to-get-rid-of-them-naturally/> - Warts—10 Ways to Get Rid of Them Naturally
- <http://nutritionfacts.org/video/why-might-vegetarians-have-less-hpv/> - Why Might Vegetarians Have Less HPV?

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Wart Prevention and Treatment CAN be COMPLETELY NATURAL!!! (Cont.)

- <http://nutritionfacts.org/2014/03/18/why-do-vegan-women-have-fewer-female-cancers/> - Why Do Vegan Women Have Fewer Female Cancers?
 - http://chezbettay.com/pages/health1/h_warts1.html - Warding Off Warts
 - <http://tripoliclinic.com/disease/genital-warts/diet-hpv-genital-warts/> - Diet for HPV and Genital Warts
 - <http://getskinnygovegan.blogspot.com/2011/09/weiner-warts-stds-from-meat-no-honey-it.html> - Weiner Warts. STD's from Meat? HPV in the Kitchen.
 - <http://wartremovalexperts.com/treat-hpv-naturally/> - What Is HPV and How To Treat it Naturally
 - <http://able2know.org/topic/94132-1> - Warts - how the devil do you get rid of them?
 - <http://www.nowloss.com/get-rid-of-warts.htm> - 29 ways to get rid of warts
 - <http://www.mdjunction.com/forums/hpv-discussions/general-support/3097376-boosting-your-immune-system-to-get-rid-of-hpv> - Boosting your immune system to get rid of HPV
 - <http://everydayroots.com/wart-remedies> - 10 Common Remedies to Get Rid of Warts
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 - <http://www.findhomeremedy.com/tips-to-cure-hpv-virus-naturally/> - 11 Tips To Cure HPV Virus Naturally

Beyond the Physical, Let's examine the Emotional, MENTAL and Spiritual side of Warts!!

Just as any physical health condition there are **mental, emotional and spiritual** elements. Louise Hay in her book, *Your Can Heal Your Life*, discusses the mental/emotional causes of our body describes warts as "*little expressions of hate. Belief in ugliness*". Hay goes on to say about warts, that they represent, "**Anger** at the very basis of your understanding. Spreading frustration about your future."

In traditional Chinese medicine there is the view that Warts in general are a symbol of **unworthiness** and indicate worry (notice that we call people who worry a lot "worry warts"). The view of Warts depends on the location of the wart as follows:

- **Feet** (also known as Veruca) - Walking one's path in a cold, heartless way and **blaming** someone for making you be that way
- **Hands- Fear** that one's work is useless and/or unappreciated
- **Genitals-** Belief that sex is **shameful**, or that one's sexual history is shameful and that punishment is required.

As usual, when we have an external indication of a health condition, no matter how **benign** it may seem there is always other physical, mental, emotional and spiritual things for us to deal with at a **deeper** level.

Reducing your **stress** through mindfulness practices such as meditation and deep breathing exercises reduces the stress on your body and improves your **immune system**. Working on our **love for ourselves** is also a key in us having an optimally healthy body at every level. I invite you to, if you have recurring warts or the HPV virus, to look for how you can **love yourself and forgive yourself** for whatever may have caused your HPV. Love and forgiveness starts the healing process.

Spiritually speaking; your Soul as part of Spirit is ALL-capable and the One that has the **Deepest and Biggest SAY** in all matters. Therefore in the case of Warts, as in any physical Disease, applying the perspective of CENTERING yourself in your Soul by remembering your **true Spiritual Nature**, through any Spiritual Practice that you prefer, is always a very HEALING thing to do and will totally help you HEAL faster. The **simpler the better!** Going for silence walks bare foot, deep breathing sessions,

journaling, prayer, real yoga, meditation will always help **center you back**, thus HEALING you from the INSIDE OUT!!

The following Research Links contain more information on the mental, emotional and spiritual aspects of warts:

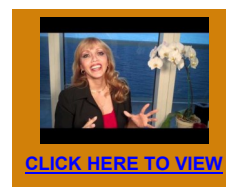
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SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:
 - my passion for **spirituality**.
 - my passion for our **earth/environment/plants/animals** and the future of them/us all.
 - my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....
2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our community (and our world) in their/our spiritual growth.
3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.
5. To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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