

Removal of Warts Using Apple Cider Vinegar

The successful removal of **warts** using apple cider vinegar has been the subject of many testimonials scattered throughout the net.

Most who have tried it have nothing but praise when describing how effective and **quick** this home remedy has worked for them. And in many cases this success comes after trying many other procedures involving duct tape, freezing kits, compound w, as well as over the counter (OTC) medications containing salicylic acid.

The apple cider vinegar treatment for warts works, and that is great news because warts are the second most common dermatological complaint right after acne. So it's nice to have an inexpensive natural home remedy for such a common problem.

Warts are actually benign skin tumors that can occur alone or in large packs on just about any part of the body. They are caused by a virus, the human papilloma virus (HPV), which enters the body through tiny cuts and breaks in the skin. Most people will experience one at one time in their lives usually on the back of the hand or fingers (common warts) or on the sole of the foot (plantar warts).

Reference: Mayo Clinic article on plantar warts.

Procedure for the Removal of Warts

For this simple procedure, the removal of warts using apple cider vinegar requires just 3 things:

- Apple Cider Vinegar
- Cotton balls (end of Q-tip will do)
- Band-aid

Each night before going to bed soak a cotton ball in apple cider vinegar, apply it to the wart and then hold it in place with a band-aid. Leave it on all night, or if you like, 24 hours a day but change the soaked cotton and band-aid each evening for a week.

The wart will swell and may throb as it reacts with the vinegar and then start to turn black within the first two days and after a week or two will be completely gone.

N.B. It is important to continue the treatment for a few days to a week after the wart has fallen off to help ensure it does not come back.

What comes out loud and clear after reading the numerous testimonials posted below is how **delighted** and surprised people are to find that such a simple and inexpensive procedure using natural apple cider vinegar can be so **effective** in removing warts.

The only drawback most often mentioned is the **pain** involved.

Not everyone experiences pain, but for those who do, it can last anywhere from a few hours to **3 to 4 days**. Depending on the individual and the type of wart, the pain can be very mild or relatively strong. In the latter cases, over the counter pain medication has been found to help.