

# WARTS & MOLES

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## Definition

An elevation of the skin, more rarely of the mucous membrane, formed by hypertrophy of the papillae.

## Symptoms

Generally raised, darkened areas on the body.

## Cause

Warts and moles are usually the result of a nutritional deficiency and they should be treated internally, as well as externally.

Potassium deficiency.

## Herbal Aids

- **Sassafras for Warts:** Mix the oil (undiluted) with a thick sugar syrup and apply to the affected part.
- **Tormentil for Warts:** Apply the decoction as a fomentation, wrap with plastic bandage; when nearly dry, renew the application. Also drink the decoction internally.
- **General Information for Warts and Moles:** The warts, moles and skin blemishes are helped externally and are often cleared up by using the white milk from dandelions and/or from milkweed. Applying castor oil or garlic oil to the area several times a day and taping a piece of gauze soaked with this oil over the wart during the night will aid in clearing the condition. The use of a clove of garlic cut in half (or mashed or grated) and kept over the wart all night until it is gone has aided many. Black walnut tincture and the following combination tincture have been used with such success that a number of people swear by them. The combination tinctures consists of blue vervain, black cohosh, blue cohosh, skullcap and lobelia herbs in equal parts, using 90 proof or stronger alcohol as a base.
- **More General Information for Warts and Moles:** Use the mucusless diet and add plenty of raw carrots, kelp, dulse, or sea weed and onions to the diet.
- **Dr. Christopher's Black Ointment--an excellent drawing ointment for warts:** For use externally on old ulcers, tumors, boils, warts, skin cancers, hemorrhoids, excellent for burns and as a healing agent. This is made with chaparral, comfrey, red clover blossoms, pine tar, mullein, beeswax, plantain, olive oil, mutton tallow, chickweed, poke root.
- **Aloe Vera for Warts:** It has been used ...to help remove warts, the juice of the fresh leaf being applied daily over a period of weeks until the wart is reduced or removed.

- **Onions for Warts:** Warts have been said to disappear when treated perseveringly with raw onion dipped in salt.
- **Wild Lettuce for Warts:** The expressed juice is "much regarded as an application to boils, abscesses and carbuncles, and if put upon warts will cause them to drop off.
- **Garlic for Warts and Moles:** Here is a very successful routine for removal of these unwanted growths called moles, or warts. Take a button of garlic, slice or cut in two, and placed the cut area over a wart or mole. Tape it on, and as it dries out put a fresh piece. Many users have reported good results.
- **Cashew Oil:** The cashew oil, which must be used with great caution, is used as an application to warts, corns, ringworms, cancerous ulcers.
- **Potassium Deficiency for Warts and Moles:** When cysts or tumors grow in places where they can be seen outside the body, often we react by having them cut out. This defeats healing by working on the effect instead of the cause. You can cut cysts out, tumors off, and burn warts off (which are also a potassium deficiency), or get rid of as many moles as you wish, but unless you go to the cause, they will grow back again, and you may end up with as many or more cysts, tumors, moles as before. Different signs of potassium deficiency will keep popping out on the body because the condition that needs correcting is on the inside. You have to go into the cause, Dr. Christopher always insisted, which is the way we have been eating. Potassium sources: There are several ways to receive your potassium. Dr. Bernard Jensen sells a potassium broth made from dehydrated vegetables. Dr. Bronner makes a similar, excellent product. You can also make your own potassium broth by simmering equal parts of red potatoes, celery, carrots, onions, and herbs to taste. Raw vegetable and fruit juices also flood the system with potassium.

## Testimonials

**Cancerous Mole:** Most of the cancer research with chaparral has been done at the Universities of Nevada at Reno and Utah at Salt Lake City. (This does not include our success with hundreds of patients throughout the years). There is a well-known study by Dr. C. R. Smart, Dr. H. H. Hogle and others from the University of Utah College of Medicine Department of Surgery and College of Pharmacy at Salt Lake City. It involves an 85 year old man who had a recurring malignant melanoma (dark, cancerous skin growth) on his right cheek. The growth was associated with satellites of the original melanoma and a large tender mass in the right jaw and neck area. The man had lost much weight and was pale, weak, and lethargic. He had previously undergone three surgeries for removal of the melanoma and each time the mole grew back and increased in size. The fourth time the black mass of tissue measured about 3x4 cm, and the neck mass was about 5x7 cm. Surgery was again advised. The old man refused being repeatedly sacrificed to the same surgical specialist, declined any further treatment and went home. This was in October, 1967. In November of the same year, he began to take 2-3 cups of chaparral tea daily and faithfully on the advice of an Indian friend. By February, 1968, the cancerous growth had shrunk to 2 or 3 mm in diameter while the neck mass was entirely gone. His weight, color and general health had greatly improved.

