



How to Completely Remove Moles and Warts Naturally!

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Introduction

There are many different irregularities that can grow on the skin. The most common irregularities are moles and warts. Other types of irregularities may be skin tags, lesions, and others.

Moles and warts can be painful or have an unsightly appearance. This can cause people to be rather embarrassed of the appearance, which will cause them to want to have them removed.

It is common for people to seek advice from a dermatologist when they have an unsightly mole, wart, or other irregularity on the skin. There are also a few surgical procedures which can be done to remove these things. Doctors might have medicines, creams, surgical procedures, and other methods.

Many people don't feel comfortable seeing a dermatologist for removal of a mole or a wart. Some people cannot afford the cost of removing such an unsightly growth on the skin. You don't have to pay to see a doctor for removal of these types of skin irregularities because there are methods of removal you can perform at home which are natural.

The purpose of this e-book is to educate you about moles and warts and provide many different natural methods you can perform at home. These methods are completely natural and safe to perform on any skin irregularity you might have. They are also known to improve the appearance of other skin problems people often suffer from.

It is always best to consult a physician if you naturally try to remove a skin irregularity and it continues to grow back or there is a problem. You also might want to consider consulting a dermatologist for advice on whether or not it is a good idea to remove a skin irregularity on your own. Seeking advice is the best option when you are not sure or if the growth is getting bigger or looks to be spreading.

Removing skin irregularities can be extremely expensive and leave scarring on the skin. When you naturally remove irregularities on your own naturally, in most cases there is not any scar tissue left behind.

What Are Warts?

A wart is actually caused by a viral infection and is known to be a benign tumor in the epidermis layer of the skin. A wart is known to be caused by a virus.

The human papillomavirus, also known as HPV, is a double-stranded DNA virus, which is responsible for causing warts to appear on the outer layer of the skin. The virus remains at the bottom layer of the epidermis. The skin may appear to be normal when it contains this virus.

There are different types of the human papillomavirus. Because there are many different types of the virus that can get into the skin, different types of warts may appear in the skin. Some of these sub-types are known to be a root cause of cervical cancer and other related cancers. A wart can appear anywhere on the body on the outer skin layers.

Warts are very common. Most people get a wart at least once in their lives. Warts can be extremely frustrating and bothersome. It is common for them to be painful if they are in a location like the heel of your foot. This can make it difficult to walk.

Many people believe that warts are caused from frogs. This is a myth. Frogs do not carry the human papillomavirus and they do not cause warts to appear on the skin. Warts are simply a viral infection and the virus comes to the surface of the skin in the form of a wart.

Another common myth about warts is that they have roots. A wart does not have a root in the bottom or underneath it. Warts grow to the top layer of the skin, which is known as the epidermis. When a wart seems as if it has grown downward or deep into the skin, it is not a root. A wart will displace the dermis, which is the second layer of skin. It will not grow into the dermis.

A wart may feel hard and solid on the outside. It may feel rock hard and deep but it really is only on the top layer of the skin. When a wart is removed from the skin it actually is not hard at all. Underneath a wart is actually soft and tender. The air causes a wart to harden.

Appearance of Warts

In most cases warts tend to grow in cylindrical columns on the skin. When a wart grows on the face the cylindrical columns will not fuse together. This is because the skin on the face is thin and it doesn't provide for the growth.

When warts grow on the fingers or the feet where the skin is much thicker, these cylindrical columns will actually fuse together. The columns fuse together and they are packed together tightly. It is common for the surface of the skin to have a mosaic pattern on thicker skin.

Black dots can also arise in the center of the top of a wart. These black dots are actually blood vessels. Blood vessels will grow rapidly and irregularly into a wart. They will thrombose and clot at the base of a wart and give it a black dot.

Different Types of Warts

There are many different types of warts. This is because there are many different strains of the human papillomavirus. The different strains of the virus will depend on which type of wart grows onto the upper layer of the skin. The different types of warts include classic, plantar, periungual, flat, and the molluscum contagiosum.

Most warts are non-cancerous. In most cases, warts are extremely painful and they are a nuisance. Almost all warts are unwanted and very unpleasant, especially if they appear on the skin where they are visible to others and cannot be hidden by clothing or accessories.

Warts are commonly flesh colored and the surface will be rough and irregular. They might have a dome shape also. Warts can appear anywhere on the body.

The classic wart is the wart that is most common. They are called common warts or classic warts. A classic wart is usually frustrating and can be painful depending on where on the body it appears. Common warts can appear anywhere on the body and they are most common in children.

Plantar warts are very painful. These warts are most commonly found on the soles or the bottom of the feet. Children often get plantar warts more than adults do. A plantar wart on the bottom of a foot can almost disable someone from being able to walk because they can be so painful.

A plantar wart is usually flesh colored but they may have small black dots in the middle of them also. These black dots are actually broken blood vessels. Plantar warts do not take on the same flesh affects as a callous or a corn.

If you were to get a plantar wart on your fingers, you would notice that you do not retain your fingerprints across a wart as you would a callous. Warts do not maintain fingerprints but they eliminate them until the wart is removed from the finger.

Periungual warts are the warts that are most commonly found around fingernails and toenails. These often appear when you don't properly care for the hygiene of your feet. You might have a lot of fungus around your feet and toes or you may be prone to ingrown toenails. This can also make you susceptible to periungual warts.

Periungual warts are common around the fingers also. The best way to avoid these types of warts is through proper hygiene. Periungual warts experienced a big outburst when women started getting their nails done through salons. Today, salons are very careful about the types of equipment used to do fingernails and they are well versed on hygienic issues regarding the fingernails.

Flat warts are most commonly found on a child's face. They are called flat warts because the tops of them are flat. They usually have a smooth surface also. These are not as unsightly as they look as a plantar wart but they do show up on the face which makes them just as bad. These warts are not as painful as a plantar wart but they should be removed.

Molluscum Contagiosum is not exactly a wart. This is considered to be a wart and doctors often refer to them as warts. They are caused by a different type of virus, known as the poxvirus. Warts are caused by the human papillomavirus and these are caused by the poxvirus, which is what sets the two apart. However,

Causes of Warts

Warts are caused by the human papillomavirus. This virus does not affect every person in the same way.

This is because all bodies are different and react to viruses and infections differently. Some people are less prone to develop a wart and may never get one in their lifetime, while other people may develop many warts on different areas of their body often.

The human papillomavirus comes in over 100 different strands. This virus develops in the epidermis of the skin and can cause warts all over the body. Warts can grow anywhere on the skin, on the genitals and the rectal area, and even on the inside of your mouth. The most common types of warts develop on the fingers and hands.

The cause of the human papillomavirus is unknown. This virus is not one that can be treated or minimized in individuals because there is not a cure for the virus. Doctors know how to treat warts when they arise from the virus but they do not have a cure on preventing them from developing on the skin or throughout other parts of the body.

Because there are so many strands of the human papilla virus, there are hundreds of different types of warts. Not all warts can be treated the same way. Some warts can be treated and removed with basic over-the-counter medication in just a few days while other types of warts may remain for months and be very difficult to remove.

It is also common for a wart to grow back in the original location also. Not all warts act or look the same because they may come from different strands of the virus.

Some warts may be very painful while others may remain unfelt by the person who has the wart. Some people might choose not to remove a wart if it is not painful and if it is not on an area of the body where it is entirely visible to the public. It is usually up to the person who has the wart.

In addition, the most painful warts are usually the parts of the body where the skin is thinner or if the wart is a plantar wart. If a wart is constantly irritated by rubbing up against something or stepped on (on the bottom of a foot), this can be the cause of the pain.

Are They Contagious

Most warts are extremely contagious. They can be passed from one person to another by contact. When children have a wart on their hand and they hug their mother by wrapping their hands around her neck, it is possible for her to get a wart on the back of her neck. Children are usually responsible for passing warts around and causing them to spread.

When children have warts on their hands it is the most dangerous place to have them. This is because children often rub their eyes, touch their face and other parts of their body. Warts can spread by touching them.

Warts can also be passed through the use of a towel that is contaminated. If there is a towel hanging in the bathroom people use to dry their hands after they wash them, this towel can hold the virus of a wart and cause another person to get a wart. It is advised to never use community towels with children who have warts and to use separate towels and things.

Genital warts are also very contagious also. These types of warts are often passed through anal, vaginal, and oral sex. If you or your partner has genital warts it is very important to have protected sex or not have sex at all.

When a woman has genital warts they can actually grow and spread on the cervix. The cervix is inside of the vagina. A woman may go for a long time without knowing she has warts on the inside of her vagina or on the cervix. These warts can be passed to a sexual partner and the woman will not even know it.

Hygiene is vital when someone in your family or that you have contact with has warts. It is important to keep these things in mind and not share towels or touch things that a wart may come in contact with.

You should never touch someone's wart because you may develop one. Women who are sexually active should always have a yearly exam to be sure they do not have any genital warts on their cervix.

Who Gets Warts?

Warts most commonly appear in children and teenagers. However, people of all ages can develop warts anywhere on the body because of the way they spread through touch.

Warts can develop overnight upon touch or they might take a few days. They also may resolve themselves. Some warts may resolve within a couple of weeks while others may take months.

It is common for people to have to find a way to remove warts if they do not resolve on their own. A wart can stay on the body for years. There is no definite time frame for a wart to go away on its own or a guarantee if one will for sure.

Anyone can get warts. Some people are not prone to them because their immune system is not affected by the human papilloma virus. Everyone reacts differently to this virus and some people do not at all.

The immune system is what directs a wart on the body and how long it will stick around. If a person develops a wart on their body and it goes away easily it usually means they have a healthy immune system. People who are ill with immune-related diseases like lymphoma and AIDS often tend to get warts that will last longer on the body.

People who are undergoing chemotherapy often have a breakdown of their immune system during this period and may have the same results with a wart. It is also common for it to be more difficult to get rid of a wart when the immune system is weakened due to illness or something like chemotherapy.

Natural Treatments for Wart Removal

There are many different known treatment methods for removing warts people use every day. Not every method of wart removal works for everyone because every body is different. It is best to use a method you are comfortable with.

The most common methods of wart removal include duct tape, salicylic acid, cantharidin, liquid nitrogen, aloe vera, tea tree oil, Echinacea pills, and more. If it doesn't work you can try another until it goes away. There are over the counter methods of wart removal you can use if you want to try these too.

Duct tape is considered to be 85% effective. This is a very popular method of wart removal because it is completely natural. It involves placing a piece of duct tape over a wart and leaving the wart covered up for a period of 6 to 7 days.

After a week, you will remove the duct tape and soak the wart so it is very tender and can be scrubbed off with an emery board or a pumice stone. These two things will scratch the top of the skin off of the wart. You will then reapply the duct tape to the wart for another week and continue the process.

The duct tape method of wart removal is known to be effective in almost 80% of people. However, it is important to understand that this method can take up to three months to completely remove a wart. The body may also naturally remove a wart in three months time, which means it is hard to know for sure if this method really does work or if the immune system is disposing of the wart on its own.

Salicylic acid is very similar to the use of duct tape. However, this method requires daily attention to the wart but it may be more effective in removing a wart faster. The salicylic acid will be applied to a wart every day after the wart has been prepared through soaking it and scrubbing the top of the wart off with an emery board. Place a band aid over the wart because it will help the wart absorb the salicylic acid. Salicylic acid can be used on warts that have developed on the knees, feet, and hands.

Liquid nitrogen is another common method for treating warts. This method of treating warts is an updated version of the old-fashioned remedy of freezing warts off of the skin.

Liquid nitrogen is applied by using a spray or by using a cotton swab to apply the treatment. The method of freezing a wart may cause the wart to blister and fall off. Many treatments may be necessary in order for it to be entirely effective.

In most cases, liquid nitrogen is a painless procedure. When the wart blisters, this will usually last for one day and may be slightly painful but the wart will fall off rapidly once it blisters.

One complication of the use of liquid nitrogen is that the wart may actually spread to the surface of the blister, resulting in an even bigger wart after the treatment. Scarring also occurs with the use of liquid nitrogen.

Aloe Vera is used for just about everything when it comes to curing problems with the skin. It is known to be an effective treatment for eliminating warts also. First, you will soak a cotton ball in the aloe vera.

The best type of aloe vera is straight from the plant. You will tape the cotton ball by using a band aid or a piece of medical tape, directly to the wart. Every few hours you will add to the aloe vera. You will wear the band-aid for a few days and continue to reapply the aloe vera. This method of wart removal is known to be effective in only a few days.

One of the most potent methods of naturally killing warts is by the use of essential oil of tea tree. This is because tea tree is a powerful antiseptic and it is known to kill almost any type of bacteria. The rate of success of eliminating warts is very high, which makes this natural method one of the most popular. All you have to do is apply the tea tree oil on the wart daily until it disappears. You don't have to cover up the wart with a band-aid or anything else.

Echinacea pills are another method of removing warts. Echinacea is a well-known method for repairing the immune system. Since warts rely on a healthy immune system to leave the body naturally, this is another popular way to remove a wart.

Echinacea pills are known to heal skin infections and other things wrong with the body too. All you have to do is take one or two capsules daily, or as the bottle directs. You will see the wart go away after a few days or weeks.

Native Americans commonly use Echinacea for just about everything when it comes to healing the body. The United States began using Echinacea for healing methods in the early 1900's as the most popular healing herb for medical practice. Today, it is still one of the most commonly prescribed natural methods of healing today.

Lemon oil and castor oil are two additional methods you can use to remove a wart on the skin. When you use lemon oil you will use only a single drop directly on the wart. The lemon oil will dry out the wart and it will go away.

Castor oil can be applied directly on the wart and massaged into the wart. This should be used twice a day, in the mornings and in the evenings. Keep the wart covered with a bandage at all times, except for when applying more castor oil. The wart should go away in as little as a few weeks.

Banana peel is another natural method of removing warts on the skin. This method of treatment is not proven to be effective but some people say it works. It is said that you can rub a banana peel on the skin every single day and the wart will go away after a few

weeks. You should rub the banana peel on the skin several times throughout the day for the best results.

There are many other methods of removing warts people use at home. These home remedies include the use of chalk, dandelion, baking soda, papaya, aspirin, and even milkweed.

When using natural home remedies for wart removal it is every important to remember that there is never any guarantee. What might work for you may not work for your friend or family member. Everyone has a different immune system and is affected by the human papillomavirus differently.

Another consideration when you try to cure a wart or eliminate one from your skin is any allergies your body might have. If you are allergic to consuming any natural methods of eliminating a wart, chances are good you should not rub it on your skin also. If you have an allergic reaction to an ingredient stop using it.

All warts can act very differently also. Be sure to remember if you have a couple of warts you are trying to remove, one may fall off right away while the other sticks around for some time. You might have to try a couple of different things in order to get the wart to completely fall off or be eliminated.

There is never a guarantee to home remedies because of the body. If the home remedies do not work, you might want to try an over the counter method that you can purchase in your local pharmacy.

Things You Need to Know about Warts

1. At least 10% of children are prone to developing warts. It is most common for teenagers to develop them. However, children at any age can develop warts.
2. Warts are extremely contagious and in most cases are spread from direct contact from one person to another. They can also be spread through touching a contaminated towel, clothing or something else that contains the bacteria.
3. If you want to avoid warts, it is important to maintain good hygiene practices and keep bites, rashes, and scrapes clean and covered at all times. It is also important to wear shoes when in public places. Children who go barefoot in public tend to get plantar warts more commonly than those who wear shoes.
4. If warts do not go away, you might want to seek the advice of a pediatrician or a dermatologist. Pediatricians have access to higher dosages of salicylic acid if it doesn't work at home for you.
5. Genital warts should not be treated by the use of a home remedy. You should consult a physician to treat these types of warts.
6. Warts are benign tumors that develop when the skin cells known as keratinocytes become infected.
7. There are immune system drugs such as Aldara, which is given if other treatments for wart removal are not effective.

What are Moles?

Moles are growths on the skin that are common in everyone. The medical terminology for a mole is called nevus. The plural form for multiple moles is known as nevi.

Moles are irregularities in the skin. To many people they can be very unsightly and annoying. When moles appear on the face or parts of the body that are visible they can be very embarrassing also.

Moles are usually tan, pink, brown, or they can even be the same colors as your flesh. They develop on the skin when the skin cells called melanocytes grow in clusters along with the tissues that surround them.

When the melanocytes spread evenly, they tend to produce the pigments in the skin which is what is responsible for giving the skin its natural color. When a person exposes their skin directly to the sunlight, it causes the melanocytes to produce more pigments in the skin. When more pigments develop in the skin, this is how the skin becomes tan.

A person can be born with moles on the skin. Sunlight isn't always the direct cause of moles on the skin. Most moles are non-cancerous. However, some moles are a direct sign of cancer in the body or the mole itself can be considered a form of skin cancer. It is best to get a biopsy of a mole if it changes shape or size. Moles with irregular shape such as asymmetrical or if it is protruding, itches, or causes pain and bleeds, it may be a cancerous mole.

A mole grows on the outer layer of the skin and is a pigmented spot, usually colored. In most cases they are round, flat, and they can even be oval in shape. They are usually raised off of the skin.

Moles can develop on the skin singly or in large clusters anywhere on your body. There are types of moles that grow in large stalks which rise above the surface of the skin. These moles that grow above the skin with stalks usually fall off on their own after time.

A mole lasts for up to 50 years on the skin before they will completely fall off or begin to fade away from the skin. It is common for some moles to disappear entirely, while others never lose their coloration or lighten. There is never a guarantee if a mole will go away on its own without having it removed.

Many people want to have moles removed because of the way they look or the unsightly aspect of them. Not all moles need to be removed. Many people see doctors to remove moles from their body but there are many different natural remedies you can use to remove moles off of your body.

Different Types of Moles

There are many different types of moles people can get. They can be a menace to people, especially if they are painful. The most common types of moles that grow on the skin are the junctional, compound, dermal, sebaceous, and the blue moles.

The junctional moles are common on the skin. These appear to be flat, round, light or dark brown and slightly rose off of the skin. Junctional moles in most cases are benign and non-cancerous. These are the most common type of mole people develop on their bodies.

Compound moles are also slightly raised on the skin. These types of moles vary in different colors which include tan, dark brown, and even pink. Compound moles have melanocytes, which are the pigment producing cells. These moles grow deep in both the upper and lower layers of the skin, known as the dermis and the epidermis.

Dermal moles also range in different colors from natural flesh colors to dark brown. They are also elevated off of the skin. Dermal moles usually occur from the torso and up and are rarely found on the lower body. These types of moles often contain hairs growing out of them.

Many people who have over active oil glands in their skin who cannot control the oils develop sebaceous moles. These moles are usually yellow in color. They do not vary in color at all. The texture of the sebaceous moles is usually very rough.

Women usually get blue moles. Men can get them but most cases appear in women. These moles are blue in color caused by the pigments that are deep inside of the skin. They most commonly appear on the upper body portions of women on the scalp of the head, face, neck, and the arms.

The majority of moles are benign. However, the atypical moles often develop into malignant melanoma. This is known as a form of skin cancer that can be potentially fatal for some people.

These atypical moles are usually the size of a pencil eraser or even bigger. The pigmentation of the mole and the shape will not be consistent. The mole may have different colors and the mole will not be a perfect circle but look as if the circle went wrong somewhere in the growth. Moles that people are born with are less likely to become skin cancer than atypical moles that grow later on in life.

Lentigomaligna is another form of moles which is called melanotic freckle of Hutchinson. These types of moles grow most commonly on the face of people after the age of 50. When these moles develop they will first appear as a flat round spot on the face. They will have two or more different shades of tan and slowly become larger and darken. Over 30% of these moles turn into a type of skin cancer known as lentigo malignant melanoma.

Who Gets Moles

Moles are very common and they usually develop on people between the ages of 10 and 40. Over time, people can develop new moles until they reach the age of 40. These moles can be raised above the skin or they can be flat. The most common shape of moles is oval or round. They are also not larger than the eraser on a pencil.

When moles grow on the skin, they start off as small flat spots and slowly grow in diameter and also rise above the skin. After time, moles may flatten again, change back to the color of your skin and fall off.

Most people have at least a few moles somewhere on their body. It is common for people to develop the most moles around the age of 20 and they may appear or look like freckles on the skin. The color and shape of these moles usually will not change over time.

However, teenagers and people who experience changes in their hormone levels can develop moles. Hormone level changes in the body can also cause the color of a mole to become darker and the size of a mole to be much larger.

New moles often appear when hormone levels peak also. This is common for teenagers, pregnant women, and people who take hormone medications.

When babies are born they can have moles already present on their skin. In most cases, these moles are non-cancerous. Approximately 1%-3% of most babies are born with at least one mole on their body somewhere on their skin. Moles present at birth have a medical terminology known as congenital nevi.

Causes of Moles

The cause for how or why the body develops moles is unknown. This includes moles that develop at birth and moles that arrive when hormone levels spike or change throughout the body.

Some moles are considered to be hereditary. These are usually the atypical moles that usually end up on being cancerous. When family members have moles that are irregular in shape and the moles take on multiple colorations it is important to watch for them on your body too.

The chances of people developing the same or similar moles are very high. There is not a cure for stopping or preventing mole growth on the body.

Many people assume a mole means cancer. This is not the case at all. The majority of moles are non-cancerous. Everyone develops moles on their body. It is assumed that free radical damage and the rays from the sun cause moles to develop on the body also. Only a very small percentage of moles are cancerous and require the attention of a dermatologist.

Moles that require medical attention will have many different characteristics. You should keep these in mind if you notice a new mole growth on your skin. These things include if the mole appears after the age of 20, if the mole bleeds, itches, or looks different than a normal mole.

If a mole experiences any changes in the shape, from a perfect round shape to an abnormal circular shape that is squiggly, it may have become cancerous.

Skin Cancer and Moles

Although a very small percentage of moles are known to be cancerous, it is very important to pay attention to them, even if you have had the same mole since you were a child. There are many things to look for in a mole on your skin and they may mean different things.

Most people want to have moles removed because they are unsightly and hard to live with, especially if the location on the body is visible and hard to cover up. Some people want to remove a mole because it is painful but they don't consider what the pain may mean.

Pain in a mole may mean that the mole is cancerous. In this case, it is important to have a doctor look at a mole and perform a biopsy. When a biopsy is performed a doctor will remove a portion or the entire mole. It is painless when a doctor removes a mole and the pain will go away.

If a doctor removes a portion of a mole and determines that the mole is cancerous, the entire mole will be removed from the skin. It is very rare for moles to reappear after they have been removed. If they do continue to reappear then the doctor is not getting the entire mole from the bottom layer of the skin.

There are ways to naturally remove moles if the purpose of the removal is because they are annoying or unsightly and hard to live with. Moles can burden someone's self-esteem. It can make a really big difference with the confidence someone has with their body. Natural moles are okay to remove at home on your own.

You should not try to remove cancerous moles on your own because they contain cancerous cells. If you only remove a portion of a cancerous mole and the cancer is still in the skin, it will still be a threat to the body and can be fatal.

You can prevent moles by wearing sunscreen and limiting your body to exposure in the sun. If you have moles on your body already you should pay attention to them and do a self examination on the moles at least once a month.

When moles change their size or shape, color, or even the texture from a soft to rough, you should consult a dermatologist. If new moles appear along with moles you currently have, consult a dermatologist.

There are four major things you should know about moles if you are a sun lover. These four things are considered the ABCDs of melanoma. The ABCDs stand for asymmetry, borders, color, and diameter.

Asymmetrical is one of the most important things when it comes to moles and the way they look. When you examine a mole on your skin you should be sure they are not

asymmetrical. This means that if you draw a line down the center of the mole, both sides should be almost identical in color and shape. The sides will not be different in any way. This includes a black spot on one side but not the other or a dark color on one side but not the other, and more. Both sides of the mole should be exactly the same. An asymmetry mole will have different sides and not appear to be the same.

The borders of a mole are also very important. A cancerous mole may have a border around it that looks to spread away from the mole. The border may change in color or appear to widen the mole and make it look larger. The border of a mole with cancer will be very irregular and different. A normal mole will not have a visible border that is distinct. You should examine any moles monthly and pay close attention to the borders or the outside.

All moles on your body may be different in color. They all will never be exactly the same color. However, individual moles should have a set color. A mole on the body should not have multiple colors or different shades. A mole that has different colors or changes should be checked out by a dermatologist. If the mole is just one color and looks to be normal, you can remove it on your own through natural methods at home.

One of the first things a doctor is going to ask a person about a mole is the size or diameter. Measuring the diameter of a mole is easy. All you need is a pencil. You can use the eraser on the tip of a pencil. A mole should never be larger in size than the eraser on the tip of the pencil. If you notice you have a mole that is growing to be larger than the eraser you should not try to remove it yourself but seek the advice of a dermatologist.

How Doctors Remove Moles

Doctors use several methods to remove moles. If you have a mole with any of the cancerous characteristics it is best to seek the advice of a dermatologist.

If a dermatologist looks at the mole and thinks you are safe to move forward with your own natural methods of removal, you can. However, it is best to have a dermatologist look at a mole because if it is cancerous, the doctor should perform the procedure. This is because the procedure will ensure all of the cancerous cells are removed from the skin and you no longer have them in your body. If you perform a natural removal on your own you may not be able to remove all of the cancer.

There are many methods of mole removal a doctor might perform on a person. This usually depends on the type of mole growing on the skin, and what the person is most comfortable. These procedures include an excision with stitches, and excision with cauterization, laser surgery, and a shave biopsy.

It is common for a doctor to perform an excision with stitches. When a doctor performs this type of procedure he or she will cut the mole out of the skin. The doctor will have to cut the mole out in its full depth of the skin and then suture the wound. There may be scarring due to this type of mole removal method.

An excision with stitches is most commonly used today on moles where the doctor suspects the moles might be cancerous. Any irregular moles that might be flat against the skin's surface and not rise above the surface of the skin need to be cut out of the skin.

When a doctor cuts a mole out of the skin with an excision with stitches, he or she will then send the mole to a laboratory for tests to be run on it to confirm if the mole indeed was cancerous. The hole in the skin is then stitched up and will heal within a week or so.

A doctor will also perform an excision with cauterization to remove a mole on the skin also. This type of procedure to remove a mole requires the use of a cautery tool. A doctor will actually burn a mole off of the skin.

A doctor does not require the use of stitches for this type of mole removal because they are not cutting the skin, they are burning it. The wound may hurt as a burn on your hand or any other type of burn.

However, the skin will heal naturally as any burn wound would when new skin cells develop. This method is not very painful but may sting for a few days because of the burn. The scarring may not be as bad as the excision with stitches.

One of the most common methods doctors use to remove moles from the skin today is by the use of laser surgery. This is the most common method when a mole is on the

face or in a visible place and someone wants the mole removed because of the unsightly skin irregularity. A laser is actually applied to the mole which will eliminate the mole from the skin. The laser works by sealing blood vessels and eliminating the tissues of the mole and surrounding the mole. This is done through evaporation.

When laser surgery is used to remove moles on the body a doctor does not need to use stitches or even sutures. This is a fast procedure that heals the quickest and is the least painful you can undergo. Laser surgery also minimizes scar tissue, which is why it is the best procedure for the face.

Some doctors use a method known as a shave biopsy on moles. This method is used for moles that often rise above the surface of the skin. The area of the mole will be numbed with an anesthetic so you will not feel anything. The doctor will then use a scalpel and completely remove the portion of the mole that is above the skin and make the mole skin level.

In most cases, a white mark will remain in the place of where the mole used to reside on the skin. The flat white mark may actually be the color the mole used to be. This is known to happen but not common. This coloration cannot be removed from the skin.

Scarring due to surgical procedures from mole removal is usually kept at a minimum. If a doctor is removing a mole because they suspect the mole is cancerous, scarring will be the least of their concerns.

An excision will most likely be performed and a small scar may replace where the mole did reside on the skin. You can be sure a scar doesn't stand out on your skin by using sunscreen when you are out in the sun. If you have a scar and you tan around a scar without using sunscreen, a scar will stand out and be more visible.

How to Remove Moles Naturally

If you have moles on your body and you want to remove them naturally, you can. It is always best to be sure the moles are not cancerous and just regular moles that have naturally grown on your body. There are many natural methods you can use to remove moles on your body.

There are many reasons to remove a mole from your body. The sight of a mole may not even bother you if it is on your arm or in a location that is not visible to the public or hard to cover up. Some moles may be painful if they rub against clothing or are on the legs or face and have been shaved over many times. This can cause a lot of discomfort.

The most serious reason why a mole should be removed from the body includes the risk factor of skin cancer. If the mole appears to be cancerous it is important to remove the mole right away. When moles are caught early, the skin cancer can be completely removed. This will reduce the risk of skin cancer from reoccurring or redeveloping.

There are many natural methods for removing moles on your skin. Many of the things you can use to remove them include cauliflower, garlic, pineapple, honey, castor oil, fig stems and hot water with vinegar, and more.

These methods of mole removal are not guaranteed for mole removal for all types of moles. You might need to try a few of these methods or seek a physician if you cannot get a mole to go away permanently. These are successful natural remedies you can use in the comfort of your own home to remove a mole from your skin.

When you use cauliflowers to remove moles you will actually prepare a cauliflower juice in a blender. Place the cauliflower in your blender and blend it up until it is in a puree form. You will not need to add any water or anything. Cauliflower actually contains enough juices in it and it will puree just fine.

This juice needs to be rubbed on your moles on a daily basis. After you begin this process in a week or two, the cauliflower juice will cause the mole to peel off of your skin naturally. This is an excellent method that minimizes any type of scarring or mark on the skin that is evident a mole existed their previously.

Garlic is another ingredient used to repair the skin and remove moles naturally in your home. You will use a real garlic clove. Be sure to peel the garlic and mash it up into a mushy substance. As you mash the garlic it will have the consistency of a paste like substance. You will then be able to paste the garlic directly onto the mole or moles.

When you use garlic, it is important to use a bandage on your skin and cover up the moles. This should be done at night only. During the day, you will remove the bandage

and allow it to breathe and reapply the garlic paste again the next night. The mole will eventually fall off after a short period of time.

Pineapple juice is another natural substance known to repair moles on the skin. You should make fresh pineapple juice for mole removal. Do not buy pineapple juice and use it out of a can because it will not work. Use a real pineapple and create freshly squeezed pineapple juice daily. You will rub the juice on your moles daily. This will actually cause the moles to become weak and fall off. If you have flattened moles that are surface level of the skin and cannot fall off, they will eventually begin to disappear and no longer be visible.

Castor oil and honey also have the same affect as pineapple juice. You can gently rub castor oil on a mole and expect to see it weaken and disappear. Honey is known to have a similar affect on moles and they will eventually fall off.

Another method of natural mole removal is by scrubbing them with hot water five to six times a day. Allow the mole and the surrounding skin to dry completely. You will then use cider vinegar. This can be applied with a cotton ball or swab. Let the mole sit for only 10 minutes and then rinse the cider vinegar completely off. This needs to be repeated at least six or seven times a day for a week or more. The mole or moles will eventually leave your skin.

Fig stems also contain a juice inside of them which are known to be effective in mole removal. These can be hard to find depending on your locale. Juice from fig stems can be applied daily and will eventually cause a mole to be eliminated.

Natural mole removal is the best method to remove moles from your skin because they don't leave unsightly scars and there isn't a high cost associated with it like a surgical procedure performed by a dermatologist. Not all natural methods of mole removal are guaranteed to work. What might work for some people may not work for you. You can try different methods to see what works for you and what doesn't.

Removing Other Types of Skin Irregularities

There are other irregularities the body creates on the skin that people cannot bare to have. These irregularities include skin tags, lesions, and other things. There are natural ways to remove skin tags at home also.

A skin tag is additional skin that looks like hanging skin. This excess skin is usually benign but looks bad. Many people are embarrassed of skin tags because they are abnormal. They often are the same color of your skin and appear most commonly around the neck, underarms, eyelids, and even under the breasts. They also appear in the upper chest, in the groin folds and anywhere the skin tends to rub against clothing often.

In most cases of skin tags, they occur due to rubbing or irritation of the skin against something continuously for long periods of time. This excess skin may be removed from the body naturally or you can go see a dermatologist. If you seek removal from a dermatologist it may be very expensive and result in scarring.

Many people use duct tape for skin tag removal. As this method is used for removing warts naturally, you can also use it to remove skin tags. You will put a small piece of duct tape over the skin tag and leave it on your skin. When the tape begins to loosen, pull it off and see if the skin tag comes with the tape. If it doesn't, reapply the tape until the tag eventually pulls off with the tape.

Skin tags can also be removed by using vitamin E. Vitamin E is known for its skin healing capabilities. It is important to apply vitamin E to a band-aid or directly to the skin tag and check the skin tag when the band-aid loosens. An improvement in skin color will be evident and eventually the skin tag will fall off.

Some people who don't mind a little pain often removes skin tags by tying them off. They will use a short piece of string and tie it tight. This will cause the blood supply to be cut off to the skin tag. The blood supply is why a skin tag stays alive in the first place. By cutting this off, allows the skin to die off. This will then cause the excess skin to fall off of your body.

Conclusion

Removing irregularities in the skin is important to many people. Warts and moles are the most common irregularities that can be dangerous or just painful. There are natural remedies to remove these from your body so you don't have to see a doctor and pay the high dollar costs.

Many times insurance companies won't pay to have things removed from your body, especially if they do not pose a threat. In most cases, an insurance company will say the removal is cosmetic and they will not pay. If you choose to see a doctor be sure the procedure is paid for first. If the insurance company will not pay for the procedure, then you need to use one of the natural remedies listed in this e-book.

Warts can be painful if they are plantar warts at the bottom of your feet or somewhere else in the body. There are many different types of warts you can have on your body and they can be removed if you cannot wait for them to fall off naturally. It is important to remember that warts are caused by a breakdown in the immune system and when your body becomes healthy, the warts will fall off and new skin will grow over the affected area.

Moles can be a nuisance and very embarrassing, especially if they are visible. Moles can also be dangerous. Not all moles are cancerous but it is important to know the basics of moles and how to know if you have a normal mole or one you should have inspected by a doctor. When you know the characteristics of an abnormal mole you can be smart. You should never try to naturally remove a mole that is abnormal and possibly cancerous. This is because you want to be sure all of the cancer is removed from your body or it could be fatal. If you have an abnormal mole, have a dermatologist tell you if you are safe to remove it on your own or not.

Skin tags are irregularities in the skin also. They are very common and can easily be removed through many natural methods. These are not dangerous or painful, but they can be embarrassing if located in a visible place on the body that is hard to cover up.

Always remember that natural remedies that work for one person may not work for you. Everyone's body is different and there is never a guarantee that a method will work. You might need to try a few different methods in order to remove a wart, mole, or skin tag or the first time might work. If a wart or a mole continues to grow back on your skin you should be sure that you see a dermatologist and explain the regrowth to them.