

*Naturally*

food for what ails you

## Duct Tape for Warts



It's just so weird but a medical study has actually been released on the efficacy of duct tape for warts and can be found in "*Archives of Pediatrics and Adolescent Medicine*," (<http://archpedi.ama-assn.org>)

### HOW TO REMOVE A WART WITH DUCT TAPE

A person should apply gray (original) duct tape so that it completely covers the wart (not covering the skin around the wart), and leave it in place for six days. Remove the tape and then soak the affected area in warm water and then scrub with an emery board or pumice stone. Then put another piece of duct tape on the wart and repeat the process. After two months the wart should have disappeared.

There is another duct tape wart removal method which involves applying warts with salicylic acid before going to bed. Let it dry and then cover with duct tape. In the morning peel off the duct tape. Warts should get smaller each day. Repeat the process every nighttime until the wart disappears.

### REASONS DUCT TAPE MIGHT BE EFFECTIVE

A wart needs air to thrive and survive but smothering it with duct tape effectively suffocates the annoying growth. It is also thought that the duct tape may induce the immune system to attack the wart and virus, although this hasn't been proven by scientific research yet. The duct tape irritates the wart to a point where an elevated immune response occurs at the site of the wart. The immune system fights the human papillomavirus at the site of the wart and destroys the virus much faster than just letting the wart go away on its own. Another theory as to why the application of duct tape might be effective is that the sticky substance removes dead skin cells that harbor the virus.

### PROS AND CONS OF DUCT TAPE

The advantages of duct tape wart remover are that it is cheap, painless, and has proved to be effective. Duct tape wart removal usually takes approximately 2 months to effectively remove the wart compared to 1 to 2 years if left alone. A major disadvantage is that it can cause the skin under the tape to become red and soggy. If this happens the medical advice is to suspend the treatment for a few days to let the skin breathe, dry out, and recover.

One small study found that in 22 out of 26 people, common warts went away completely within 2 months. In most people, they were gone in 28 days.