The only way to retrieve a file from a [Pirate Bay Proxy](#) is to ensure that when uploading torrents, the Internet access is untraceable. Through using a virtual private network, or VPN, you can encrypt your identity and IP. So your actual IP is hidden by a VPN that routes all your Internet traffic through another IP.

Read Also: [Kickass Proxy](#) | [1337x Unblock](#) | [EZTV Proxy](#)