



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Natural Wart Remover

“Warts are a clue. The body is giving you a clue that your body does have a strong enough immune system to contain the virus, but it isn’t vibrant enough to eradicate it.”

I have one of the best jobs in the world. I get work with wonderful clinicians every day and they share with me the successes and yes, the failures that they experience as they teach their clients about true wellness. So, one of the reasons we started the Wellness Minute was to share those successes with you, one bite at a time, and give you hope and expand your vision as to the wonders of the human body.

Our bodies are so awesome. We are self repairing miracles. Give the body the basic building blocks it needs to repair, and it springs back to its optimal state. One doctor described disease as a repair deficit condition. Supply what the body is “deficient in” and the cells rebuild and repair themselves.

The problem is that suboptimal performing cells don’t repair and then pass on the blueprint for future generations of sub-optimal performing cells. I know this might sound basic, but if 60% of your heart cells are not working correctly, we have heart disease.

I always get excited about the home runs, when we add one or two nutrients and things miraculously turn around. But to have consistent, ongoing, vibrant health, we need to stay focused on 2 areas: clean the body and feed the body. Every healing system, every diet you will study has these 2 core principles at their foundation.

Let’s talk about warts. Nobody likes warts, especially kids. So if

we can help the body remove these unsightly blemishes, everyone is excited. Warts are viruses, and the body in its wisdom has quarantined the invaders to a specific area. We are all exposed to viruses, and fortunately, the body fights them off so efficiently that most of the time we aren’t even aware of them. In other sessions, we have talked about clues that the body gives us.

Warts are a clue. The body is giving you a clue that your body does have a strong enough immune system to contain the virus, but it isn’t vibrant enough to eradicate it. So, when you see warts, think immune deficiency. There are all kinds of folk lore on the internet about things that work topically.

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you’re not getting our Wellness Minute videos each week, sign up at the front desk.

Several clinicians have shared with me that they have found vitamin D to work very well. Vitamin D has so many active components it would be difficult to give you an exact mechanism. Remember that vitamin D is necessary for 2,000 of the 25,000 genes that have been mapped out. When we are exposed to sunshine without sunblock, our bodies make vitamin D on the skin. And then it is absorbed and transported, so we know if we apply vitamin D topically it gets absorbed.

For topical use I like Bio D-Mulsion from Biotics. Each drop contains 400 IU of vitamin D. Topically, apply 2 drops twice a day, and internally, take 10 drops in water or juice daily. Better yet, add it to the second clinical pearl for warts shared by a second set of clinicians. They added a tablespoon of powdered Arabino-galactans (IAG) with 3-4 ounces of juice and equal parts water twice a day.

I am always leery when people tell me they get “great results,” but when 2 or 3 different clinicians tell me the same thing, unsolicited I take note. Arabinogalactans HAVE been shown to increase natural killer cells and act as an immune modulator. Arabinogalactans are huge polysaccharide

molecules and come from the Larch tree. The beauty of this product is that it is basically tasteless. So, it is a great product for kids with colds, flu, or ear infections. That’s how we accidentally found out about its effects on the warts, because the product was given as for immune support, and the warts disappeared.

I heard an excellent lecture this week by Dr. Alex Vasquez who holds advanced degrees in Osteopathy, Chiropractic, and Naturopathy. When the topic of immune enhancement came up, he said something that I think is quite profound, “I never give an immune modulating product for the first 30 days, unless it is a crisis. I don’t want to beat a tired immune system that is depleted in many nutrients. I like to build the body with clean food like a Mediterranean type diet, a good multiple, essential fatty acids, vitamin d, and probiotics. If that doesn’t work, I go the next level, and by then, their body is strong enough to help itself with more powerful immune enhancers.”

Wow! That ‘s what we have been saying. That’s what your clinician has been saying ... clean the body and feed the body... see you next week.