



Plastikos Plastic & Reconstructive Surgery
Plastikos Surgery Center
Millennium Healthcare
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HOLISTIC WART PROTOCOL

SUPPLEMENTS/HERBS:

1. Beta Carotene 100,000u/day
2. Zinc 50mg/day
3. Selenium 200mcg/day
4. B Complex 50-100 mg/day
5. Vitamin C 1000gms 3 times/day or Liposomal Vitamin C once a day.
6. Vitamin E 1000u/day
7. Milk Thistle (Super Thistle X by PhytoPharmica)
8. Garlic (raw or Garlitrin 4000 by PhytoPharmica)
9. Epi Cor 500 mg. 1 a day or Epi Cor Plus

DIET:

Eliminate sugar, caffeine, alcohol and avoid saturated fats.

TCM:

1. Chinese Herbs
2. Acupuncture
3. Tui Na

Topical Therapies:

1. Salicylic acid patches
2. Paper tape continuously over wart/may use tea tree oil on wart under paper tape.
3. Raw garlic patch (apply slice of garlic over olive oil and tape in place with paper tape).

Systemic Therapies:

1. Energy
2. Acupuncture

Traditional Therapies:

1. Surgery
2. Cautery
3. Cryotherapy (freezing)
4. Laser surgery

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