

West Nile Protocol (Prevention):

- **Staphysagria** specifically acts as a prophylactic protecting against being stung by mosquitoes. If you're sensitive to being bitten by mosquitoes, take a dose every week during mosquito season as a prophylactic. If you know you're going to be outdoors -- especially in the woods -- take a dose before leaving. Taking Staphysagria after being bitten may reduce redness and itching at the site of the bite.
- **Ledum** is used to antidote the effects of mosquitoes. Take two to three doses over the first day or two immediately after being stung. Carry some with you in your pack if your going out into the woods and take 3 times daily.
- **Colloidal silver** - 1 teaspoon daily
- **Wellness Formula** (by Source Naturals) - 6 capsules every 2x's daily
To supply: Vitamin D, Zinc, Selenium & Vitamin C
- **Vitamin D** (recommended dose is 5,000iu's per 35lb's of bodyweight)



West Nile Virus Protocol (if infected):

- **Wellness Formula** (by Source Naturals) - 6 capsules every 6 hours
To supply: Vitamin D, Zinc, Selenium & Vitamin C
- **Magnesium**
- **Lithium** 2-5 mg's
- **L-Lysine** 1,000mg's / 3x's daily
- **Glutamine**
- **Iodine**
- **Pokeweed** tincture - 3x's a day
- **Boneset** tincture - 3x's a day

Wishing all of you good health!