

MODERN-day West Nile Virus has achieved the level of fear in the population, aided by the media, that polio had in the mid-twentieth century. While it can indeed be an extremely nasty, and sometimes fatal, disease, it seems to us that the hype far exceeds the actuality. There are thousands more people who suffer and die from the flu each year than from WNV; or from automobile accidents; or from iatrogenic diseases. With horses, colic is far more common and deadly. In Africa, there are three thousand cases of deadly malaria per day in children, but there is no popular press nor apparent concern about this appalling fact. This does *not* mean, however, that we suggest ignoring the possibility of WNV, but we *would* like to keep it in perspective.

WHAT IS IT?

West Nile Virus as such, a *flavivirus* causing encephalitis or brain inflammation, was first discovered in the United States in 1999. Apparently carried by mosquitoes with birds as the vectors, the infected insects pass it along to humans and horses.

Humans and other animals do not have a high enough *viremia* to transmit the virus to others and so are considered “dead-end” hosts. What this means in practical terms is that a human cannot contract the disease from a horse, nor can a horse contract it from another horse; it is perfectly safe for unaffected horses to be able to touch noses, and share water, with an affected animal.

Current theory is that after the virus enters the host from an infected mosquito, multiplies in tissues and lymph nodes near the entry site, and gains access to the blood stream through the lymphatic system. Studies suggest that infection of the brain occurs when the virus crosses the blood-brain barrier. The CDC [WWW.CDC.GOV/NCIDOD/DVBID/WESTNILE] is looking into the possibility that hot, dry weather may be a factor in the rise in West Nile activity because it affects mosquito breeding areas. Mosquitoes breed in small, dense pools of water and in extremely hot weather, such pools are more common.

SYMPTOMS

Human: The vast majority of people infected with the virus neither become ill nor exhibit any symp-

toms. If symptoms do arise they usually occur 5-15 days after being bitten by a mosquito. There are **two clinical types** of the disease that occur in humans:

1. **Viral fever syndrome**—fever, headache, and malaise lasting for about 2-7 days; similar to any virus, it may last a bit longer.

2. **Encephalitis**—Dr. Lyle Petersen, a West Nile virus expert for the CDC, states that the virus causes severe symptoms in only one of every 150 people infected and that most people get either no symptoms, or else exhibit milder expressions of the disease. He says that at highest risk for becoming infected are the elderly, those with compromised immune systems and young children. Most infections are mild, and symptoms, which do not always appear, include fever, headache, and body aches, occasionally with skin rashes. A more severe infection may be marked by headache, high fever, neck stiffness and disorientation. The disease itself confers an natural immunity. For further information, see WWW.MERCOLA.COM/2002/AUG/31/WEST_NILE.HTM.

Horses: Equines may also exhibit no symptoms at all to listlessness, *ataxia* (stumbling, un-coordination, weakness of the limbs-especially hind end), partial paralysis, and death; usually there is no fever. Of the horses affected in the United States, only 32% were euthanized or died from the infection. It is likely that most horses recover from it without showing any signs of illness and some reports state that over 80% of horses show they have had it. Those horses then have a natural immunity. For basic equine info, WWW.EQUINEWESTNILE.COM/ABOUT.HTM#HOWHORSESGET.

We are just now beginning to understand, however, some of the longer term effects in hard-hit survivors which can range from a continued lassitude similar to Chronic Fatigue Syndrome, to continued *ataxia* and other more complicated neurological ramifications similar to Post Polio Syndrome; in each disease the *vegus* nerve, the long cranial nerve which extends to the abdomen, is affected which can cause life-time swallowing, breathing and digestive challenges.

DIAGNOSIS & TREATMENT

Since *ataxia*, the most alarming and visible sign of

the disease in horses, can also be indicative of EPM, EPSM, Eastern & Western Encephalitis, and even, according to holistic vets, vaccinosis and chemical deworming, the only way to know if it is truly WNV is with a blood test. Although national statistics can be accessed [[HTTP://WWW.APHIS.USDA.GOV/LPA/ISSUES/WNV/WNV.HTML](http://www.aphis.usda.gov/lpa/issues/WNV/WNV.HTML)] and local statistics via your state's Department of Agriculture, we believe that WNV cases are probably over-reported (we personally know of some ataxia cases reported as WNV but subsequent blood tests disproved this although, to our knowledge, the original reportage was never corrected) while WNV vaccination side-effects are probably alarmingly under-reported perhaps due to fears of lawsuits. Generally, the actual health/age/nutritional status of the affected horse prior to the advent of the disease is disregarded.

To our awareness at this time, there is no standard allopathic treatment for WNV except for palliative and supportive care. One vet we know has observed that horses given steroids seem to get better initially and then do far worse; he chooses to give Vitamin B support instead.

We consider the following to be very important considerations:

Nutritional Support

For those currently taking **DYNAMITE® Specialty Products**:

- Double the amount of basic **Regular** vitamin pellets
- Add 1-2 squirts **DynaPro** to each feeding
- Add in **Hiscorbadyne Super Stress for Horses** or **Hiscorbadyne+ for Humans** at maximum levels for two weeks; then go on maintenance dose (plain **Hiscorbadyne for Horses**) for the rest of the mosquito season
- **MSM** is a natural and very effective anti-inflammatory following label directions; **Yucca** also is a natural anti-inflammatory with its natural *saponin* "steroids"; **Free and Easy** contains both so may also be an option
- Go through one jar of **SOD** for horses or one bottle of **SOD** for humans according to label directions
- Also helpful is **Relax** and **Tranquil** orally; individuals have found 50-60 sprays of **Relax** and 80-120 sprays of **Tranquil** 4 x daily to be the preferred amounts for relieving both anxiety and muscle spasms.
- Because Magnesium and B-vitamins help in both calming and building nerve tissues, distributors have found **Easy Boy** which contains those and more, at 2 oz/feeding for 2 days to be helpful or **PMS** for humans along with a good, balanced "B" complex. Additionally, extra **Izmine** might also be forced at 1-3 oz/day for horses or 3-4 capsules for humans.

- Additionally, Choline at 600 mg/horses or 100 mg/humans
- The homeopathic *Hypericum*, a specific for nerve damage @ 30 c (follow directions), can be of particular value in this instance.
- In order to maintain critical electrolyte balance during the stress of illness, many individuals have chosen to add 1 cup **DYNAMITE® Elixir** to 1 gallon **Super ACV** plus 5 teaspoons **DynaSpark** feeding the mixture at ¼ cup twice daily.
- We also are trying a modified Parvo protocol developed by a **DYNAMITE®** distributor for dogs using **Solace** colloidal silver at the rate of approximately ½-1 teaspoon (measure with plastic spoon) for humans and 10-12 cc's (app. 30cc/oz) for horses taken every hour for 6 hrs daily for three days and then once per day for three weeks; always dilute in a 1:10 ratio with distilled water. This may be syringed directly into a horse's mouth, or, if eating well, simply added to its grain ration. Humans can drink it in a glass of distilled water.
- A modification would be to use **Trace Minerals Concentrate** at the equine rate of 30 drop per day in a single dose and at up to 20 drops/single dose for a human—both of which need to be diluted with appropriate amounts of pure water and given for 10-14 days.

Homeopathic Protocols

An excellent paper [[HTTP://IAATH.COM/PG/CONF/02CONF/NANCY%20STEPHENS%20PAPER.HTM](http://IAATH.COM/PG/CONF/02CONF/NANCY%20STEPHENS%20PAPER.HTM)] was presented at the International Alliance for Animal Therapy and Healing conference held in Portland OR in October, 2002 by Florida resident and **DYNAMITE®** Distributor Nancy Stephens. She developed, along with Dr. Wessner (below), a protocol utilizing various **DYNAMITE®** products, essential oils and homeopathic remedies. To obtain the protocol, contact Nancy [NSHORIZONS@ATT.NET].

Florida homeopathic veterinarian Dr. Gerald Wessner [352-245-2025 or HOLISTICVET@EARTH.LINK.NET] and Oregon vet Dr. Donna Starita [503-663-7277] both offer WNV *nosodes*, homeopathic alternatives to vaccines, and are available for telephone consultations. Additionally *nosodes* can be purchased at WWW.HOMEOPATHYWORKS.COM.

PREVENTION

Vaccine

While there is an FDA approved equine vaccine available from Fort Dodge, there are far too many instances of severe to deadly side-effects we have heard of, and personally witnessed, for us to encourage its use. Of course we have grave reservations about most vaccines anyway [*BASICS: VACCINE*], but

when a veterinarian, Sunny Weyland, DVM, writes of entire foal crops being lost [[HTTP://LOST-FOALS-GROUP.4T.COM/](http://LOST-FOALS-GROUP.4T.COM/)], and others are anecdotally reporting of horses developing years-long ataxia and other neurological problems not to mention horses dropping dead within hours of receiving the vaccine as happened to 2 of 3 stallions we heard about locally, we realistically believe there is reason for caution.

If you choose to vaccinate, and many do without immediate or apparent side effects, we suggest you follow the protocol given in **BASICS:VACCINES** of only one vaccine at a time, giving maximum doses of **Hiscorbadyne** both pre- and post-vaccination, and detoxing (both topically with a **Miracle Clay** poultice and **Release** spray and internally with **Excel**) immediately following the injection. Also dosing with homeopathic *Thuja* 30c is always suggested following vaccine use to help with possible side effects while adding *Hypericum*, a specific for nerve damage @ 30 c (follow directions), can be of particular value in this instance. Or simply consider the homeopathic *nosode* instead.

After vaccinating with anything, but especially with a neurological-based vaccine such as WNV, we suggest not riding or stressing the animal for about 10 days afterward (in other words, vaccination is highly discouraged if you are campaigning your horse) but do allow for free choice movement and exercise.

Mosquito Control

For state and county mosquito control, many officials are choosing wide-spread spraying of *malathion* or other chemicals. According to a report from the University of South Florida [WWW.SAFE2USE.COM/POISONS-PESTICIDES/PESTICIDES/MALATHION/UNKNOWN-RISKS.HTM], the EPA itself does not test such chemicals but only sets up the guidelines for the testing which the chemical companies then conduct on their own submitting the final test results to the EPA. In fact, there have been occurrences in the past, such as with Industrial Bio-Test Labs, in which falsified and fraudulent data was submitted to the EPA.

Below are just a few side effects found to occur after exposure to pesticides and chemicals when tested by various university research programs. Of immense concern is that the amount of chemical exposure required to cause these effects is many times **lower** than the amount required to cause cancer, birth defects, organ damage or other major effects which are generally the standard by which chemical

damage is gauged. These more subtle damages are far too often ignored: Learning Disabilities in math, reading, etc; Attention Deficit Disorder (A.D.D.); Hyperactivity; Lower IQ; Language or speech delays (found highly vulnerable to low level chemical exposure); Short term memory damage and more.

For more information, visit their website above or: **MOSQUITO CONTROL:** [HTTP://NPIC.ORST.EDU/WNV/](http://NPIC.ORST.EDU/WNV/); **INSECT REPELLENT SAFETY:** [HTTP://WWW.EPA.GOV/PESTICIDES/CITIZENS/INSECTRP.HTM](http://WWW.EPA.GOV/PESTICIDES/CITIZENS/INSECTRP.HTM) & [HTTP://WWW.EPA.GOV/PESTICIDES/FACTSHEETS/SKEETERS.HTM](http://WWW.EPA.GOV/PESTICIDES/FACTSHEETS/SKEETERS.HTM).

For individual mosquito control, it does seem rather ironic to us that repellents containing DEET, which has been shown to cause brain abnormalities in animal studies at Duke University, [WWW.DUKEHEALTH.ORG/NEWS/ARTICLE.ASP?UNID=FDBA084D3CE3DB8B85256BAC006E6369], are being suggested as a deterrent to an *encephalitic*, or brain disease! In fact, the NY State Health Department [WWW.HEALTH.STATE.NY.US/NYSDOH/COMMISH/99/WESTNILE.HTM] recommends taking these precautions when using DEET-containing repellents:

- Store bottle out of the reach of children and read all instructions on label before applying.
- Do *not* let children apply DEET themselves because they may put fingers in their mouths or rub their eyes.
- Avoid prolonged and excessive use of DEET. Use sparingly to cover exposed skin; do *not* treat unexposed skin.
- Do *not* apply repellents in enclosed areas. This is especially important when using sprays or aerosols.
- Do *not* apply directly on face.
- DEET can be applied to clothing, but may damage some synthetic fabrics and plastics.
- Wash treated skin and clothing after returning indoors.
- If you believe you are having an adverse reaction to a repellent containing DEET, wash the treated area immediately and call your physician.

Has any parent ever been able to keep a child's hands from its body and mouth? Or eyes? Or horses from grooming each other? How do you **not** inhale it? Rather than DEET sprays, we believe that natural sprays, such as the **DYNAMITE® DynaShield**, are by far the preferred and safer way to go.

Another safe, simple mosquito deterrent is to take pure, unfiltered, unpasteurized apple cider vinegar daily. **DYNAMITE® Super ACV** is our choice. For horses, add ¼ cup per day into feed; humans usually take about 1 tablespoon per day either in water or as salad dressing. **ACV** can also be added as part of the dilution fluid for **DynaShield**; most people use from ¼- ½ **ACV**:water ratio.

Also important is electrolyte balance during

times of stress, dehydration or excessive sweating. Skewed electrolytes lead to a weakening of the total immune system, so we suggest that everyone give their horses about ½ - 1 oz. daily **DynaSpark** for prevention; obviously this would be increased with an increase of physical activity. Humans can increase their **Elixir** and **Izmine** use.

We have chosen to put up “bug zapping” lights which have worked well for us although some say they kill too many other insects which has not been our experience; others prefer the new mosquito “magnet” CO₂ devices which certainly are more mosquito specific, but they also tend to be relatively expensive investments from a monetary standpoint. Keeping grass cut short limits mosquito breeding grounds as does placing mosquito-larvae-eating fish in ponds and special mosquito control discs which are non-toxic to the environment [WWW.HOMEHARVEST.COM]. All of these methods work because mosquitoes are local and if you can disrupt local breeding situations, you have control. It will depend on the lay of both your land and your check-book as to which one, or combination, will be the most appropriate for you.

Immune System Support

To our holistic way of thinking, the best defense to any virus at all is an immune system in top condition. In order to have it that way, the fewer toxins ingested or inhaled the better and the better the basic diet, following the **DYNAMITE**® Basic Programs, the healthier our bodies will be to withstand onslaughts of various diseases. In addition to the Basics, for bodies under stress, extra (3-5 grams per day for adult humans) Vit C (**Hiscorbadyne**) is always recommended, plus rounds of **SOD** as immune system boosters when exposure is assured or stress levels increase.

CONCLUSION

To be perhaps horribly blunt about it, absolutely no one gets out of here alive. We all, and our horses, too, die sometime; it is simply a matter of how and when. Rather than risk poisoning the entire population and environment alike, would it not be more sensible for those at risk to personally avoid mosquitoes with a safer, less toxic spray or electronic capture system and to increase immune system response with extra Vitamin C and other immune-boosting nutrients and diet? Would that not also be appropriate, actually, for the entire human and equine popu-

lation?

Would it not be appropriate to be sure that such a virus even exists in the first place? Some holistic and other physicians are currently questioning that “fact.” In medical science, infectious agents must contain all four of Koch’s Postulates as presented by A. J. Cann in Principles of Molecular Virology, and some researchers state that such has not yet been proven in WNV.

Would it not also be appropriate to pay attention to researchers who are showing that the areas of bird deaths (indicators for the virus) is highest where power lines are most prevalent indicating that electro-magnetic fields could be interfering with immune system responses as warned by Robert Becker, MD in his classic and seminal book The Body Electric?

Another scientist, Dr. Ward Stone, a New York State Wildlife official, states that the leading cause of bird deaths is pesticide poisoning rather than West Nile Virus. He confirms that the vast majority of dead birds collected for sampling, had succumbed to poisoning by common lawn chemicals or other pesticides. It is interesting to note that the popular pesticides being used for mosquito control, such as *malathion*, are far more toxic to both birds and humans than the WNV they claim to prevent.

And activist Jim West has linked WNV outbreaks to the use of MTBE (Methyl Tertiary Butyl Ether) as a gasoline additive to reduce smog. He notes that the majority of cases in birds and humans are in areas with high levels of pollution and right where MTBE is used. Are these thoughtful possibilities not enough to question current theories?

We have long believed that you simply cannot poison a living organism to health as seems to be the popular perception. Rather health, and a superior immune system, is a result of personal choices in avoiding poisons of both body and mind. Perhaps West Nile Virus is simply one more in a long series of past, present and future “culling” viruses or plagues that assail our planetary population. We must accept that we are a part of the organism of Earth and learn to flow with, rather than fight against, all of Nature. Let us use our modern awarenesses to build health more in keeping with the earth’s rhythms and to accept fully all of earth’s cycles.

REMEMBER THAT ASTUTE caution is one thing; either gross fear or foolish disregard are quite another. And sometimes fear itself can be a bigger killer than whatever it is of which we are afraid. ■