



Plastikos Plastic & Reconstructive Surgery  
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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
6. Vitamin E 1000u/day
7. Milk Thistle (Super Thistle X by PhytoPharmica)
8. Garlic (raw or Garlitrin 4000 by PhytoPharmica)
9. Epicor 500 mg. 1 a day

### DIET:

Eliminate sugar, caffeine, and 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

*The following statements and/or supplements have not been evaluated by the FDA. The FDA suggests that you consult with a health care professional before using any dietary supplement. This product is not intended to diagnose, treat, cure or prevent any disease.*