

The hype about West Nile Virus blasted across all the media is guaranteed to make people fearful for themselves, their loved ones and their horses. While it can be an extremely nasty disease indeed, 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 who are getting WNV; 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 press on this appalling fact. This does not mean that we suggest ignoring the possibility of WNV, and it is in full swing here in Colorado, but we *would* like to keep it in perspective.

WHAT IS IT?

West Nile Virus, a *flavivirus* causing encephalitis or brain inflammation, was first discovered in the United States in 1999, although some believe it to be a variation of other encephalitic diseases. 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 other humans or animals, thus they are considered “dead-end” hosts. After the virus enters the host from an infected mosquito, it multiplies in the tissues and lymph nodes near the entry site. The virus 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 theory 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: Most people who are infected with the virus do not become ill or do not have any symptoms. If symptoms do arise they usually occur 5-15 days after being bitten by a mosquito. There are **two clinical types** of 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 be longer.
2. **Encephalitis**—sudden onset of fever and headache which may progress to a stiff neck, disorientation, tremors, and coma; severe infections can result in brain damage or death and tends to occur in adults 50 yrs of age or older.

Dr. Lyle Petersen, a West Nile virus expert for the CDC, concurs saying the virus causes severe symptoms in one of every 150 people infected and that most people get either no symptoms, or milder expressions of the disease. He says that at highest risk for becoming infected with the mosquito-borne virus are the elderly, those with compromised immune systems and young children. Most infections are mild, and symptoms, which don't 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. Also see www.mercola.com/2002/aug/31/west_nile.htm.

Horses: Equines exhibit listlessness, ataxia (stumbling, uncoordination, weakness of the limbs-especially hind end), par-

tial 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. For basic equine info, see www.equinewestnile.com/about.htm#howhorsesget.

DIAGNOSES & TREATMENT

Ataxia can also be indicative of EPM, EPSM, Eastern & Western Encephalitis, and even, according to holistic vets, vaccinosis and chemical deworming. Absolutely the only way to know if it is truly WNV is with a blood test. Although national stats can be accessed [<http://www.aphis.usda.gov/lpa/issues/wnv/wnv.html>] and local stats via your state's Dep't 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) while WNV vaccination side-effects are probably under-reported; generally, the actual health/age of the affected horse prior to the advent of the disease is disregarded.

There is no standard allopathic treatment for WNV except for supportive care although we consider the following:

Nutritional Support

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

- Double the amount of basic **Regular** vitamin pellets
- 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”
- 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.
- 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. Additionally, Choline at 600 mg/horses or 100 mg/humans and the homeopathic *Hypericum* 30 c (follow directions) can be of value.
- 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 local vet far prefers a B vitamin paste over steroids.

Homeopathic Protocol

An excellent paper [<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

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Nancy Stephens [850-893-0693 or nshorizons@att.net]. Nancy has developed a protocol utilizing various **DYNAMITE**[®] products in addition to a variety of homeopathic remedies; she offers her protocol for sale for \$12. Also, FL homeopathic veterinarian Dr. Wessner [352-245-2025] has a WNV homeopathic nosode, and protocol, and is available for telephone consultations. A WNV nosode can be purchased online at www.homeopathyworks.com.

PREVENTION

Vaccine

While there is an equine vaccine available from Fort Dodge and approved by the FDA, there are far too many instances of severe to deadly side-effects we have heard of to encourage us to suggest its use. Of course we have grave reservations about most vaccines anyway [see *Basics: Vaccine*], but when we hear of entire foal crops being lost [www.lostfoals.com] and horses dropping dead within hours of receiving the vaccine as happened to 2 of 3 stallions we heard about locally, we do believe there is reason for caution. If you choose to vaccinate, and many do without apparent side effects, we suggest you follow the protocol given in our article 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**) following the injection. Or consider the homeopathic nosode instead.

Mosquito Control

For state and county mosquito control, many 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 them but only sets up the guidelines for the testing which the chemical companies conduct on their own submitting the 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 great 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: 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/>; *Insect Repellent Safety*: <http://www.epa.gov/pesticides/citizens/insectpr.htm> & <http://www.epa.gov/pesticides/factsheets/skeeters.htm>.

For individual mosquito control, it does seem a little ironic to us that repellents containing DEET, which has been shown to cause brain abnormalities in animal studies at Duke [www.dukehealth.org/news/article.asp?unid=FDBA084D3CE3DB8B85256BAC006E6369] University, are being suggested as a deterrent to an encephalitic disease! In fact, the New York State Department of Health [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 the preferred way to go.

We have chosen to put up "bug zapping" lights which have worked well for us; 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. It depends on the lay of your land which one, or mix, will be appropriate for you.

Immune System Support

To our holistic way of thinking, the best defense 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.

CONCLUSION

To be perhaps horribly blunt about it, absolutely no one gets out of here alive. We all, and our horses, too, have to die sometime; it's a matter of how and when. Rather than risk poisoning the entire population and environment alike, wouldn't it 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? Wouldn't that be appropriate, actually, for the entire human and equine population? Wouldn't it also be appropriate to pay at least a little 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 book *The Body Electric?*

We have long believed that you cannot poison a living organism to health. Rather, health, and a superior immune system, is a result of personal choices in avoiding poisons of both body and mind. West Nile Virus is simply one more in a long series of past, present and future "culling" viruses 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.

. . . And remember that astute caution is one thing; fear (or foolish disregard), quite another. Sometimes fear can be a bigger killer than whatever it is of which we are afraid. ■