

# Molluscum Contagiosum (water warts)

*Molluscum* is a common viral skin infection that causes small, harmless, raised spots to appear on the skin. It is caused by the *molluscum contagiosum* virus. Once infected, a child can easily spread *molluscum* to other people, or to different areas on their own body.

Kids can get molluscum contagiosum in a few different ways. It spreads easily, and most commonly, through direct skin-to-skin contact, but kids can get it by touching objects that have the virus on them, such as toys, clothing, towels, and bedding. It can also spread in water, for example bath or pool water.

Molluscum spots may stay on the body for a few weeks, several months or more than a year or longer depending on various factors.

The molluscum contagiosum virus remains in the top layer of skin (epidermis) and does not circulate throughout the body; therefore, it cannot spread through coughing or sneezing. Since the virus lives only in the top layer of skin, once the lesions are gone the virus is gone and you cannot spread it to others.

Treatment strategies specific for warts

## Where gut dysbiosis exists

In cases where we think gut dysbiosis exists, we utilise scientifically researched strains of probiotics, including *Lactobacillus rhamnosus* GG - one of the most extensively studied probiotics with proven efficacy.

## Stress factors

Taurine, glycine, magnesium, B vitamins (in combination)

Maintaining a healthy cortisol response may assist in optimising immune function. There is a lot of research available that demonstrates how stress impairs immunity. This in turn reduces the body's ability to destroy the virus.

## Gastric acid support

At a time where many people take antacids, thinking that this is the cause of reflux (we are devoting another section on this topic) this reduces the amount of hydrochloric acid available for digestion and other important gut functions. Of course lack of hydrochloric acid is a result of many other factors as well. Hydrochloric acid plays a vital role in improving immune function by destroying many microorganisms entering the gastrointestinal tract. Low levels of hydrochloric acid has been commonly seen in patients with warts. Except for lowering the effectiveness of the immune function, reduced levels of hydrochloric acid reduces the absorption of some nutrients such as zinc (again required for immune strength).

To help us understand the importance of normal hydrochloric acid levels, here are some symptoms people may have if levels are low:

- Brittle nails

- Bloating after meals
- Burping
- Heartburn (can happen from both over and under acidity)
- Diarrhoea
- Flatulence
- Indigestion
- Hair loss
- Fatigue
- Iron deficiency anaemia
- Numbness, tingling, in extremities

## Zinc

Zinc is probably the single most effective remedy in ridding the body of warts. (About 6% of the body's zinc is found in the skin)

Zinc has an important effect on the immune system and it has been used as an immunomodulator to treat a variety of skin disorders including warts

A combination of zinc and vitamin C provides immune support. Zinc deficiency causes a dramatic impairment in the body's ability to properly respond to microbial infections. It reduces the number of Th1 lymphocytes available to attack viruses.

As Molluscum contagiosum is specifically caused by the poxvirus, a specific herb with anti viral properties for this is pomegranate.

Studies have been conducted on the antiviral activity of Pomegranate. The fruit's antiviral effects have been reported against various viral types of infections.

*The information provided on this website is for educational purposes. It is not intended to replace advice from your health practitioner. Do not embark on any treatment without proper supervision.*