EPSTEIN BARR VIRUS

It is thought that the Epstein Barr Virus has successfully infected at least 95% of the population. [pubMed-ncbi.nlm.nih.gov/pmc/articles/PMC2776035/]. Epstein-Barr virus belongs to genus lymphocryptovirus of the subfamily. Gammaherpesvirinae in the Herpesviridae family. It consists of a double-stranded 172 Kb DNA genome, enclosed within an icosahedral capsid, surrounded by a phospholipid rich envelope. Epstein-Barr virus can be cultured in lyphoblastoid cell lines. The virus can infect B-cells and epithelial cells. [public health agency of Canada: phac-aspc.gc.ca/lab-bio/res/psds-ftss/epstein-barr-eng.php

EBV has also been linked with other, more serious conditions such as Burkitt's lymphoma and nasopharyngeal carcinoma, as well as B-cell lymphomas in patients with supressed immune systems, T-cell lymphomas, acute leukemia and Hodgkin's disease. More recently, associations were also made between EBV and multiple sclerosis (MS) and systemic lupus erythematosus (SLE).

The following is a compilation of works from various researchers. Anthony William who wrote "Medical Medium" is one of the more interesting informants, giving information far more inciting than orthodox or alternative medicine has identified.

Anthony William is a Medical Medium and before you think what he says is of no consequence, the government and many medical doctors are sitting up and listening to what he has to say. It is now common to go onto internet sites such as WebMD and Pub Med to see this new information is being taken very seriously.

A. William believes that chronic fatigue, thyroid problems, fibromyalgia etc. are not auto-immune diseases where the body is attacking itself. He feels the body can not attack itself, it is contrary to what it is designed to do. It is not our own immune system that is responsible for hypothyroidism or hyperthyroidism, thyroiditis (inflammation of thyroid), or nodules, tumors, cysts, and tissue damage to the thyroid gland. It is the Epstein Barr Virus operating at an advanced stage. It is not your own immune system system causing the autoimmune-labeled Hashimoto's thyroiditis or Graves' disease. It is the virus that is responsible. The immune system is on your side, and knowing this helps your ability to heal.

He feels everything boils down to people contracting the Epstein Barr Virus (EBV). This virus is a virus in the herpes family. The virus has been traced back to the late 1700's where it was a beneficial bug, scavenging for toxins throughout the body which at that time was a benefit to us. It is suspected that 100% of our population has this virus resident within it.

What happens to all these viruses that enter our system: rotavirus, epstein-barr virus, chicken pox virus etc? Well, a virus is extremely tiny so it can easily escape detection unless the body is making a lot of anti-bodies against it. It therefore remains dormant residing in the body until circumstances allow it to emerge and proliferate. Chickenpox virus lies dormant in the spine until there is an emotional upset and the person is sufficiently weakened, then it re-emerges as Shingles, an attack on the nerves in particular areas, with symptoms of pain and skin rash. The residues and imprints of these virus are passed on down to the children so you don't get a clean slate when you are born. In homeopathic medicine it is referred to as Miasm.

What happened to the Epstein-Barr Virus? EBV feeds off chemicals, hormones, nutritional deficiencies, heavy metals, emotional trauma, and many other things. It did not become a problem until modernization and manipulation of chemical compounds, usage of toxic heavy metals, pollution of our air and waterways, which turned the EBV into what it is today. As those pollutants entered our systems, it slightly poisoned the virus and in order to survive it excrete them in a more toxic form.

In the 1900's the use of fungicides, herbicides, and antibiotics were created which contained arsenic, copper, lead, petroleum. Fungus and mold were grown on petroleum waste, just the right fuel the EBV needed.

At the turn of this century, Synthroid was the #2 selling drug in the world for thyroid problems.

Considering this is a water planet and the thyroid feeds off iodine (as in seaweeds, seafish), it is ludicrous that we have thyroid problems. But with the advent in the 1900's of nuclear testing of over 2,000 bombs, which started in 1945, and ended in 1999, we were introduced to a whole new chemical attack on the body. Iodine detoxes radioactive material from the body so our body's have been using up the iodine that is critically needed by the thyroid just to keep us alive from the fallout around the world.

Around the same time, in the early 1950's that we were getting hit by radiation, we also started to use vaccines indiscriminately on babies, and we used antibiotics for just about every illness we had, thinking it would cure everything. Many of us in the 1950's and 1960's received the Polio shot - unfortunately they used the African Rhesus monkey's kidneys as an incubator, not knowing that that monkey carried rotavirus, which was then injected into millions of children, further endangering our bodies.

It was in 1960 that scientist Bernice Eddy discovered that rhesus monkey kidney cells used to make the Salk polio vaccine and experimental oral polio vaccines could cause cancer. Later that year the cancer-causing virus in the rhesus monkey kidney cells was identified as SV40 or simian virus 40, the 40th monkey virus to be discovered. The SV40 contaminated stocks of Salk polio vaccine were never withdrawn from the market but continued to be given to American children until early 1963 with full knowledge of federal health agencies. Between 1955 and early 1963, nearly 100 million American children had been given polio vaccine contaminated with the monkey virus, SV40 That particular vaccine was halted when it was found the children receiving the vaccine were actually contracting polio and dying. Many however received the vaccine and it just became part of the constitution of the body, to be passed on to their children, and children's children.

Homeopathy: It is said Epstein Barr sits in the liver. Carcinosin 10M is the classical remedy to address this. Can do epstein barr nosode if the virus is still there.

DDT (dichloro-diphenyl-trichloroethane) was developed as the first of the modern synthetic insecticides in the 1940s. It was initially used with great effect to combat malaria, typhus, and the other insect-borne human diseases among both military and civilian populations. Around the world it was used by farmers to kill off any pesticides and it took many years to find out the damaging results it caused to our populations. It was outlawed in Britain in 1986, and worldwide in 2001.

Lately, we have been hearing about the "ROUNDUP" damage that poison has done to our soils and of course our bodies. It appears, we just adopt the next poison that looks like a solution to pests that attack our crops rather than learning good husbandry and farming procedures to strengthen the plants against predators.

The EBV is wide spread and often can be detected as antibodies through blood tests when it is in the bloodstream, usually traveling to a favourite gland or organ, but often not found when it covertly hides within the gland or organ. Although we most likely have the imprint of the virus in our constitution, it is easily transmitted through many ways from person to person. Anthony William says EBV is responsible for an overwhelming number of autoimmune conditions including: CFS (Chronic Fatigue Syndrome), aka ME (Myalgic Encephalomyelitis) or SEID (Systemic exertion Intolerance Disease, Fibromyalgia, Eczema and Psoriasis, Psoriatic Arthritis; Hepatitis A, B, C and D; MS(Multiple Sclerosis); RA (rheumatoid arthritis) and Lupus.

In some cases, the virus prompts the thyroid to overproduce hormones, those people receive a tag of "Graves' disease" and are told it is an autoimmune disease. When the virus is more aggressive is causes an assault on the thyroid, prompting the gland to overcompensate by rapidly creating new cells and tissue which produces extra thyroid hormones resulting in bulging eyes, enlarged thyroid, swelling in the throat, some fatigue and temperature fluctuations. Most symptoms associated with Graves like sweating, high blood pressure and nervousness, are virus related and not a direct result of an overactive thyroid. William says if you have had larger thyroid tumors that are cancerous, they are caused by rare strains of the EBV, and their formation usually indicates that a person also has toxins such as elevated heavy metals and pesticides in their organs.

If a person with a thyroid nodule or cyst doesn't have enough calcium in the bloodstream because they aren't eating enough calcium-rich foods, the immune system will extract calcium from the bones, which leads to osteoporosis.

Here is a list of the triggers that he says activates the virus:

- **Mold (prolonged exposure, wears away at the immune system)**
- **Mercury based dental amalgam fillings – especially when having them removed. Have them taken out one at a time.**
- **Mercury in other forms – as in foods such as tuna and swordfish.**
- **Zinc deficiency – this can be inherited also.**
- **B12 deficiency – even if blood tests say they are normal, you may not be absorbing it into the body. Use spray B12 to get into the system.**
- **Pesticides and herbicides (incl. DDT) exposure and these can be passed on from generation to generation.**
- **Insecticides in the home such as flying bug spray, ant spray, roach spray etc. Toxins can build up in the organs, contributing to depression and fuel the thyroid virus.**
- **Death in the family: emotional trauma can weaken the immune system, can cause adrenals to release hormones associates with 'negative' emotions that can feed viruses.**
- **Broken heart or betrayal – difficult divorce, breakup etc.**
- **Taking care of a sick loved one which burden's the person and weakens the immune system, strengthening the thyroid virus.**
- **Virus friendly prescription medications. Such as antibiotics, benzodiazeprines that weaken the immune.**
- **Over-prescribed medications, especially if taken at high doses.**
- **Hormonal changes during puberty, pregnancy, childbirth.**
- **Recreational drug abuse – contains toxins that can throw off the immune, giving fuel for thyroid virus infection.**
- **Financial strain – worry, fears, weakens the immune etc.**
- **Physical injuries – these are traumas to the body and the virus sees an opportunity to come out of dormancy and make the move to infection.**
- **Professional carpet cleaning – contains many toxins. Opt for 'green' type carpets, organic cleaning solutions.**
- **Fresh paint – toxic fumes. Select no or low VOC paints.**
- **Summer swimming – if red algae is in lakes or along ocean shore in warm weather, encourages bacteria growth, weakening the immune. Keep your eye out for red tide warnings.**
- **Runoff from old land dumps and other toxic sources can contain heavy metals etc.**
- **Insomnia – any prolonged sleep issue disrupts the body, and over time gives the virus an opportunity to spring to life.**
- **Insect bites and stings such as spider bite, bee sting, tick bite etc. leaves behind venom or a piece of the insect in the skin which can get infected which in turn can weaken the immune.**

TRANSMISSION:

- **From mother to baby**
- **Infected Blood, eg. Blood transfusion**
- **Eating out eg. if chef has cut finger or hand and transmits into food**
- **Bodily fluids eg. sex, kissing**
- **Drinking from someone's glass that has EBV**
- **Miasmically, already in your DNA/genes from forefathers**

Epstein Barr manifests in stages:

Stage one:

- **Virus is initial dormant period floating round in bloodstream, building its numbers. If you become physically exhausted for weeks, giving no chance to recover and are deprived or essential nutrients like zinc or B12, or if have traumatic emotional experience like a breakup or death of loved one, the virus detects your stress-related hormones and will choose that time to take advantage. It feeds off hormones. If you are going through major hormonal change like puberty, pregnancy or menopause, emotional upset, it can act. Many feel various symptoms when going through childbirth (fatigue, aches, pains, depression) – EBV find hormones a powerful food source, their abundance acts as a trigger. Hormones flooding through your body effectively do for the virus what spinach does for Popeye. So in stage one it is fortifying itself, waiting for an ideal opportunity which can take weeks, months or even a decade or longer, depending on circumstances. The virus is vulnerable during Stage One, but it is undetected because it is causing no symptoms.**

Stage two:

- **Makes its presence known.**
- **Turns into mononucleosis. Every case of mono is stage two of EBV.**
- **Symptoms of mono are fatigue, fever, lack of appetite, rash, sore throat, swollen glands in neck, weakness and sore muscles.**
- **Virus now most contagious through exposure to blood, saliva or body fluids.**
- **Body's immune system goes to war with the virus, identifies virus cells by placing hormone on them that marks them as invaders, then sends soldier cells to seek out and kill the tagged cells. How successful the war depends on the person and what strain of EBV the person has. You can have mono for just a week or two with mild scratchy throat and tiredness in which case you aren't likely to realize what's really happening so you don't see a doctor and have a blood test performed. However if you get hit hard with fatigue, sore throat, fever, headaches, rashes and more than hang on for several months, you usually see a doctor who tests your blood and Epstein Barr virus will show up as a form of mono most of the time.**
- **During this stage EBV seeks long term home by making a run for one or more of your major organs – usually the liver and/or spleen. EBV loves being in these organs because mercury, dioxins and other toxins accumulate there and the virus thrives on these poisons. Chinese Medicine identifies chronic fatigue and the like as Spleen Qi Deficiency.**
- **The best friend to EBV is Streptococcus. So the body is not only dealing with the virus, but also the bacteria that further confuses the immune system, producing other symptoms. This is Epstein Barr's number one co-factor. Streptococcus can travel up to create strep throat and/or infest sinuses, nose or mouth. It can travel down to create infections in urinary tract, vagina, kidneys or bladder and eventually causing cystitis.**

Stage three:

- **Once virus settles in liver, spleen or other organs, it nests there. Tests may show antibodies indicating past infection when EBV was in its mono phase but will not find EBV presently active in the blood. The immune system relaxes, the mono ends however EBV has not left. Typically EBV can lie dormant in an organ for years or decades but if you have an aggressive variety there can be serious problems brewing while it is nesting. It may borrow deep in the liver and spleen causing inflammation and enlargement.**

- **EBC creates 3 types of poison: Toxic waste matter (viral byproduct) which becomes significant as the virus grows more cells, expanding and expanding, excreting poisonous byproduct. The waste matter is often identified as spirochetes which can trigger false positives on Lyme disease tests.**
- **When the virus cell dies after a six week life cycle, the debris left behind is toxic and further poisons the body. This becomes worse as the EBV multiplies, creating fatigue.**
- **The poisons the virus creates those processes can generate a neurotoxin (a poison that disrupts nerve function and confuses your immune system). It will secrete this special toxin at strategic periods during the 3rd stage, and continuously during stage 4 to prevent the immune system from identifying and attacking it.**
- **When the virus nests in the liver the liver performs sluggishly that it can't properly flush the toxins out of your system. Hepatitis C may actually be caused by EBV. The poor performance of the liver leads to lowering the stomach's hydrochloric acid which leads to the intestinal tract becoming toxic. That in turn results in some food not being fully digested, instead putrefies the intestinal tract, causing bloating and/or constipation. You develop food sensitivities. When the virus consumes a food it likes like cheese, it transforms into something your body doesn't recognize.**
- **The virus bides its time until it senses stress related hormones indicating you are in an especially vulnerable state eg. resulting from burning the candle at both ends, enduring severe emotional bow, or suffering a physical gold from say being in a car accident, or when it senses you are undergoing hormonal upheaval such as during pregnancy or menopause. Then it starts excreting a neurotoxin adding to the burden on your system already created by EBV's byproduct and virus corpse debris.**
- **Lupus if easy to misdiagnose. The mysterious symptoms caused by EBV can easily be called lupus. It is thought by some that lupus is just a viral infection of Epstein-Barr.**
- **Hypothyroidism is widespread, especially amongst women. Once the immune system is in disarray, the virus can leave the organs it has been hiding in and run to a major organ or gland, which is usually the thyroid. Although the thyroid disease can be caused by radiation, most of the time the culprit is EBV. When someone says the body is attacking your thyroid as in Hashimoto's, it is now felt that EBV not your body is attacking the thyroid. The EBV drills into the tissue, killing thyroid cells and scarring the organ. The immune system tries to intervene, causing inflammation but between the virus's neurotoxins release, and the poisonous corpses confusing things, the immune system can't tag the virus for complete destruction. The thyroid however has the ability to rejuvenate and heal itself when it is given what it needs. To compensate, the immune system tries to wall of the virus with calcium, creating nodules in the thyroid. Most of the virus cells evade this attack and remain free and the virus cell that the immune walls off typically remains alive and turns its calcium prison into a comfortable home where it feeds on your thyroid, draining it of energy. The virus cell may transform its prison into a cyst creating further strain on the thyroid. These attacks can hurt you if you aren't eating enough calcium rich foods because the immune system can't get the calcium to wall off the virus from your bloodstream, it will take what it needs from the bones, creating osteoporosis. This attack on the thyroid can lead to weight gain, fatigue, mental fogginess, impaired memory, depression, hair loss, insomnia, brittle nails, muscle weakness and other symptoms. It is rare, but if it is an aggressive variety is can create cancer in the thyroid. Why did the virus invade the thyroid? It seeds to confuse and place on the endocrine system. The strain on the adrenal glands makes more adrenaline which is a favoured food of EBV, making it stronger and better able to go above the ultimate target: the nervous system (stage four)**

Stage Four:

- **The ultimate goal of EBV is to leave the THYROID and inflame the central nervous system. The immune system normally won't let this happen, but EBV has already worn the body down in Stage 3 by entering the thyroid and if there is also a physical or severe emotional injury, the virus will take advantage causing a multitude of strange symptoms like heart palpitations, generalized aches and pains, and nerve pain. EBV detects that hormone the injured nerves trigger and rushes over to latch onto those damaged nerves. The nerve has little root hairs hanging off it and when injured they pop off the sides of the nerve sheath – EBV looks for those openings and grabs onto them, keeping the area inflamed even if it is a small injury. Results from this viral**

inflammation can include muscle pain, joint pain, painful tender points, back pain, tingling and/or numbness in hands/feet, migraines, ongoing fatigue, dizziness, eye floaters, insomnia, unrestful sleep and night sweats. Patients with these issues are sometimes diagnosed as having fibromyalgia, chronic fatigue syndrome or rheumatoid arthritis.

- **CHRONIC FATIGUE Syndrome is also known as Encephalomyelitis, Chronic Fatigue Immune Dysfunction Syndrome and Systemic Exertion Intolerance Disease. It is becoming common for young women in college to return home mid-semester with the condition, feeling stuck and unable to live up to potential. Women who get Chronic Fatigue Syndrome in their 30's, 40's or 50's have their own obstacles because they have established responsibilities like families to look after, jobs to do. Along with this comes guilt, fear and shame that accompany the many misdiagnosis they receive when told "you look perfectly healthy". The real problem is EBV systematically afflicting the body and inflaming the central nervous system, weakening the adrenals and digestive system.**
- **Those suffering from FIBROMYALGIA are under a very real and debilitating attack. It is EPV causing the disorder, inflaming the central nervous system and nerves throughout the body, creating ongoing pain, sensitivity to touch, severe fatigue and on and on. We do find that there is an emotional component to fibromyalgia, occurring after a trauma or great stress.**
- **TINNITUS (ringing in the ear) can be caused by EBV getting into the inner ear's nerve channel (the labyrinth). The ringing is result of viral inflaming and vibrating the labyrinth and vestibulocochlear nerve.**
- **VERTIGO and MENIERE'S DISEASE can be caused by EBV's neurotoxin inflaming the vagus nerve.**
- **Anxiety, dizziness, tightness of chest, chest pain, esophageal spasms, asthma can also be caused by EBV inflaming the vagus nerve.**
- **Insomnia, tingling and numbness in hands and feet can be caused by phrenic nerves becoming perpetually inflamed by EBV.**
- **Heart palpitations can result from buildup of EBV's poisonous virus corpses and byproduct in the heart's mitral valve.**

TYPES/STRAINS OF EPSTEIN BARR

There are over 60 varieties of Epstein Barr virus. It has existed for over 100 years. The strains can be organized into 6 groups of escalating severity, with roughly 10 types per group.

Group 1

- **Oldest, mildest.**
- **Takes years, even decades to transition from one stage to another.**
- **Effects might not be noticeable until you are in your 70's or 80's and then result in little more than back pain.**
- **Might remain in your organs and never reach Stage 3 or 4.**

Group 2

- **Moves from stage to stage quicker than Group 1 therefore you might notice symptoms in your 50's or 60's.**
- **May partially linger in the thyroid and send only some of their virus cells out to inflame nerves, resulting in relatively mild nerve inflammation.**

Group 3

- **Transitions between stages faster than Group 2, symptoms might be noticeable around age 40.**
- **These viruses fully complete Stage 4, that is they entirely leave the thyroid to latch onto nerves.**
- **Viruses in this group can cause variety of ills including joint pain or fibromyalgia, fatigue, heart palpitations, tinnitus, vertigo(dizziness), low level chronic sore throat, brain fog.**

Group 4

- **Creates noticeable problems as early as age 30. Its aggressive action on nerves can result in symptoms associated with fibromyalgia, chronic fatigue syndrome, brain fog, confusion, anxiety,**

moodiness, and everything caused by Groups 1 to 3.

- **This group can also create symptoms of post traumatic stress disorder, even if a person never underwent any trauma beyond getting inflamed by the virus.**

Group 5

- **Will create noticeable issues as early as age 20.**
- **Includes all the problems of Group 4, plus it feeds off negative emotions such as fear and worry.**
- **Especially nasty form because is strikes just when a young person is setting out to start an independent life.**

Group 6

- **Worst type, can strike hard in young children**
- **In addition to everything Group 5 does, Group 6 can create symptoms so severe that they are misdiagnosed as leukemia, viral meningitis, lupus etc.**
- **It suppresses the immune system which can lead to a variety of symptoms including rashes, weakness in the limbs, and severe nerve pain.**

These various strains of EBV explain why the virus presents so differently in different people and why the wide range of thyroid issues out there. Goiters for example, develop as a result of the first viral strain in Group 1. Hyperthyroidism and Graves' disease are caused specifically by those varieties in Groups 4 and 5. These are aggressive strains that prompt the thyroid to product extra thyroid tissue in self-defense, in turn causing the over production of thyroid hormones. EBV strains in Groups 4 and 5 also account for thyroid cancer. Benign tumors, nodules and cysts can be caused by varieties from Groups 2 through 6 and Hashimoto's thyroiditis and hypothyroidism can be caused by any strain of EBV in any group.

By-product of the Virus

As the virus consumes its favorite foods (toxic heavy metals, excess adrenaline, and even eggs), it excretes toxic waste matter. The more virus cells develop, the more byproduct excreted and more problems it causes like gumming up the mitral valve and creating heart palpitations.
Virus cells have about a 6 week life cycle which means the cells are often dying off. These viral dead cells are toxic as well and as the EBV grows in the body, there are more and more of them. They accumulate in the liver and lymph system which creates sluggishness and can contribute to fatigue, weight gain, fluid retention, constipation, bloating, hot flashes, heart flutters, brain fog and peri-menopause or menopause symptoms.
In later stages of the virus it produces neurotoxins that disrupt nerve function, causing pain and when unleashed through the body as the viral cell dies, it acts like a poison against the immune system as seen in Stage 3 and 4.
If there is copper or pesticides like DDT (even from generations past) present in the liver, the EBV excretes dermatoxins, causing pain, itching and/or rashes and can resemble psoriasis, eczema, or psoriatic arthritis.

DIET

NO:

- **White flour (as in breads, pastry), sometimes you also cannot have whole wheat**
  Sugars (glucose, sucrose etc.) you must read labels of everything - no White/brown sugar
  Alcohol, coffee, tea (except herb tea)
- **Fermented foods (pickles, vinegar, essene/manna bread, cheese, commercial salad dressings, mayonnaise**
- **Dairy products (milk, cheese, butter)**
- **Eggs often cannot be eaten with EBV**
- **A note about processed meats eg. sausages, bacon, ham. Many can not eat any meat but usually can tolerate fish or seafood.**
- **Nightshade family of tomatoes, potatoes, peppers and eggplant may be a problem. Certain nuts may not be tolerated**

- **Therefore, avoid beef, pork, chicken, fish, coffee, eggs, sugar in foods, pop, dairy(milk, cheese, butter, yogurt, cream, kefir, corn, gluten, canola oil, soy, GMO foods, preservatives and chemicals in foods. Also avoid chemicals in cosmetics, lotions, soaps, toothpaste etc. that enter the body through the skin, nails, or mouth.**
- **Also, if you tested against any other foods you should avoid those specific ones.**

WHAT CAN YOU EAT?

All vegetables :

- **Food Allies: aloe vera(fresh if possible); apples, argula, asparagus, dulse, kelp, avocados, bananas, basil, berries, cauliflower, celery, cilantro, coconut, cruciferous veggies, cucumbers, dates, fennel, figs, garlic, ginger, hemp seeds, kale, lemons and limes, lettuce, mangoes, maple syrup, nuts, onions, scallions, oranges and tangerines, papayas, parsley, pears, pomegranates, potatoes, radishes, raw honey, sesame seeds, spinach, sprouts and microgreens, squash, sweet potatoes, thyme, tomatoes, turmeric, watercress, wild blueberries.**
- **Have citrus fruits or juice, tomato juice, lightly steamed vegetables and salads to keep the body alkaline which the viruses have difficulty surviving in.**
- **Drink lots of fluids to keep from dehydrating, especially if diarrhea is happening if the stomach isn't upset have a nice hot soup - everyone's favorite is old fashioned chicken soup. There is usually very little chicken in the soup and it doesn't interfere with healing, it helps it.**
- **Coconut oil has shown to help thyroid.**
- **Parsley helps remove high levels of copper and aluminum which feed EBV**
- **Ginger helps nutrient assimilation and relieves spasms associated with EBV**
- **Garlic is antiviral and antibacterial, defends against EBV**
- **Cilantro removes heavy metals such as mercury and lead which are favoured foods of EBV**
- **Kale is high in specific alkaloids that protect against viruses such as EBV**
- **Sweet potatoes help cleanse and detox the liver from EGBV byproducts and toxins**
- **Cucumbers strengthen the adrenals and kidneys and flush neurotoxins out of the bloodstream.**
- **Fennel contains strong antiviral compounds to fight off EBV**
- **Asparagus cleanses liver and spleen, strengthens pancreas**
- **Celery strengthens hydrochloric acid in gut and provides mineral salts to central nervous systematically**
- **Sprouts are high in zinc and selenium to strengthen the immune system against EBV**
- **Spinach creates alkaline environment, provides highly absorbable micronutrients to the nervous systematically**

Best Fruits:

- **Wild blueberries helps restore central nervous system, flushes EBV neurotoxins out of the liver**
- **Apricots help strengthen the immune system and bloodstream**
- **Papayas: restore the central nervous system, strengthens and rebuilds hydrochloric acid in the gut**
- **Raspberries are rich in antioxidants to remove free radicals from the organs and bloodstream**
- **Pomegranates help detox an cleanse blood and lymph**
- **Grapefruit are rich source of bioflavonoids and calcium to support immune system and flush toxins out of the body**

HERBAL ASSISTANCE:

- **SEAWEEDS:**
  Kelp, sea vegetables, dulse (contains iodine, magnesium and potassium). Especially good if tired type of person. These all contain high levels of iodine needed for the thyroid and especially the hypothyroid. New thinking doctors feel that even with Hashimoto's you don't want to be iodine deficient, because it translates to greater susceptibility. When iodine reaches the thyroid, it kills off virus cells at an accelerated rate, which can in turn temporarily elevate inflammation. Therefore if you have a mild case of Hypothyroid, you do well on iodine, but if it is advanced like

Hashimoto's or if you have a high level of thyroiditis, too much iodine can be overwhelming when I starts killing off so many virus cells so quickly that the inflammatory response can be quite high and uncomfortable. This inflammation is often mistaken as an autoimmune response.
Spirulina or Chlorella (fresh water algae) helps build the immune and central nervous system and helps eliminates heavy metals.
Red marine algae is powerful antiviral and removes heavy metals such as mercury and reduces viral load.
Bladderwrack (fucus versiculosus) is a seaweed that stimulates the thyroid, often used for weight loss, edema and helping balance blood fats. This is not to be used for hyperthyroidism (overactive thyroid) or during pregnancy or breast feeding.

- **ASHWAGANDHA(Withania)** **is a herb, especially powerful if combined with Bladderwrack. It also helps with environmental stress, benefits the immune system. This herb can be used for children also. Withania boosts the thyroid hormone T3 (18%) and T4 (111%). It reduces elevated cortisol levels associated with hypothyroidism to help minimize adrenal surges that can feed EBV. Need 3-6g a day. No known side effects.**

- **BACOPA (bacopa monniera).** **The leaves and stems are used to boost T4 (41%), also acts as a brain tonic, cognition enhancer, nerve tonic, stress and anxiety reliever. Need 3-10g a day. This herb may cause or aggravate reflux.**

- **BUGLEWEED** **to help normalize overactive thyroid. helping to decrease certain hormones in the body incl. TSH and T4. Bugleweed helps with increased heart rate and palpitations. It therefore helps normalize overactive thyroid.**

- **BARLEY GRASS** **juice extract. Blocks EBV and helps prevent thyroid from atrophying.**

- **BUPLEURUM falcatum).** **The root is used as a liver tonic and protector. It assists the synthesis of thyroid transport hormones and the conversion of T4 to T3. Need 1.2 - 2.8g a day. This may cause or aggravate reflux. Don't take if pregnant.**

- **CAT'S CLAW** **is an herb that reduces EBV and co-factors such as strep A and strep B. It helps destroy all viruses and bacteria that cause inflammation.**

- **CHAGA** **mushroom kills that drives EBV out of the liver and thyroid while stimulating the liver and bringing it out of stagnation.**

- **COLEUS (coleus forskohlii).** **The root stimulates the thyroid, helps obesity, lowers blood pressure, is used as a heart tonic, helps the platelets not to stick, helps the muscles relax and is a vasodilator. Need 3-11g a day. Don't take if you have low blood pressure or a gastric ulcer. Don't use together with blood pressure drugs and blood thinning drugs like warfarin.**

- **CURCUMIN** **strengthens nervous system, acts as an anti-inflammatory, reduces nerve swelling**

- **ECHINACEA.** **The root is most often the part used to clean the blood and tone the lymph, for the immune modulating properties. Need 2.5- 5g a day.**

- **ELDERBERRY** **is antiviral; strengthens the immune system.**

- **GOJI BERRY (lycium barbarum).** **Also known as Wolfberry or lycii berry. The berries are an energy tonic, anti-oxidant, immune system regulator, liver tonic, tonic for the cardio and lowers**

blood sugar. Take 30-60ml a day (5-15g). Avoid if you have diarrhea or 'loose' stools. Guggul (commiphora mukul). The whole plant is used as a thyroid stimulant. It boosts T4 and increases the conversion of T4 to T3. It is a tonic for the endocrine system and the nervous system. Helps weight reduction, prevents blood clots, lowers cholesterol, prevents arteriosclerosis. Need 1.5g a day. Don't take during pregnancy and not for longer than 3 months or it may irritate stomach lining.

- **IRISH MOSS (Chondrus crispus) is high in natural iodine, good for impaired immunity, muscle wasting, lung disease. Don't take if you are on blood thinners (anti-coagulants) or if bleeding disorder.**

- **LEMON BALM for overactive thyroid (Graves) to help soothe, relief anxiety and insomnia. Also works against EBV and its cofactor strep to kill off and repel viral and bacterial cells in the thyroid. Lemon balm is antiviral and antibacterial. Kills EBV cells and strengthens immune system.**

- **LICORICE ROOT helps destroy the EBV cells in the thyroid, liver, spleen and reproductive system. If you have high blood pressure, use the deglycerrized licorice root. Licorice root lowers EBV production and strengthens adrenals and kidneys**

- **MOTHERWORT to soothe heart palpitations, irregular menstrual cycle, anxiety.**

- **Nettle (Stinging Nettle) leaf provides vital micro-nutrients to the brain, blood and central nervous system.**

- **Red clover cleanses liver, lymph and spleen of neurotoxins from EBV**

- **SCHISANDRA (Schisandra chinensis) stimulates the thyroid, tones the liver, is energy producing and anti-depressant, a nervous system tonic. Not if pregnant.**

- **SIBERIAN GINSENG (Eleuthero) does not affect the thyroid directly but many people with hypothyroid have weak adrenals caused by long term stress and this herb can help with the adrenals and helping the person adapt to stress. It also boosts the immune system. Long term usage of at least 3 months is necessary.**

- **STAR ANISE is antiviral spice to help destroy EBV in the liver.**

NUTRITIONAL SUPPLEMENTS:

If your palms and soles are orange color, it is because the active thyroid hormone is required to convert carotene from the diet into Vitamin A. To help this you need to keep cholesterol blood levels low.

If you have normal thyroid function tests but show multiple hypothyroid symptoms you may occasionally show high levels of anti-thyroid antibodies and anti-microsomal antibodies. High doses of PABA, Vit. E and Evening Primrose oil or other essential fatty acids may help reverse the condition. If not, low doses of prescribed thyroid hormone (desiccated thyroid) slow release lio-thyronine (T3), glandular thyroid extract or homeopathic thyroid drops may help.
Here is a list of vitamins and minerals that the body requires to produce thyroid hormones. Deficiency of any of these inhibits the body from producing thyroid hormones.

- **5-Methyltetrahydrofolate helps strengthen endocrine system and central nervous system.**

- **CHLOROPHYLL neutralizes toxins in the blood.**

- **CHROMIUM supports adrenals, thyroid and the rest of the endocrine system.**

- **COPPER 2-5 mg daily along with selenium and zinc are necessary for the iodothyronine iodinase enzyme to convert T4 into the more potent T3. (tomato paste, chestnuts, almonds, cashews, olives, beef, mushrooms, Copper is found in liver and other organ meats, eggs, yeast, legumes, nuts, raisins, chocolate, shellfish, oysters. It is said that copper and zinc compete for absorption therefore consuming too much of one will create a deficient in the other. See information under Zinc.**

- **EPA and DHA omega 3 fatty acids fortify the endocrine system, strengthen the central nervous system. When taken on an empty stomach they can help inflammation.**

- **ESTER-C strengthens immune system and flushes EBV toxins from liver**

- **IODINE. Your thyroid hormones are iodine and your body breaks down iodine into its simplest form (iodide), oxidizes it, then joints it into the amino acid Tyrosine, and then you get a thyroid hormone. When we talk about taking iodine supplementation, we are talking about food grade iodine, not the kind of anti-bacterial you paint on your skin to kill infections. If you have hyperthyroidism, it is assumed you have an excess of iodine, and we have seen that is not necessary true. Food Sources of Iodine: kelp, dulse, arame, wakame, hijiki, nori (all seaweeds); haddock, mackerel, cod, clams, lobsters, oysters, sardines, lima beans, sunflower seeds, mushrooms. Avoid regular iodonized table salt because it usually contains aluminum. If you have a goiter, take thyroid extract and/or iodine, usually will eliminate symptoms in 6 weeks.**

- **L-LYSINE lowers EBV load and acts as a central nervous system anti-inflammatory.**

- **MANGANESE is needed for T4 production, allows body to access thyroid hormones within cells for use. Oatbran, wheatgerms, wholegrain flour, raisins, bulghur, brown rice, pineapple, barley, buckwheat, blackberries, raspberries, lima beans, hazelnuts, brazil nuts. It is estimated that approx. 40% of the population is manganese deficient.**

- **MONOLAURIN is antiviral, breaks down EBV load and reduced co-factors. It is often sold under the name Lauricidin (can get over the internet). Monolaurin is a natural, plant-based medium chain saturated fatty acid extracted from coconut oil. Lauricidin is also effective against Candida. Lauricidin tablets should be taken with cold water, swallowed whole(not chewed).**

- **SELENIUM - Selenium strengthens and protects central nervous systematically. In order for the conversion of T4 to T3 by the thyroid, Selenium is needed. Check and make sure you aren't deficient in this mineral. Along with selenium, copper and zinc are necessary for iodothyronine iodinase enzyme to smoothly convert T4 into the more potent T3. Brazil nuts, poultry, wholegrains, shellfish, fish, molasses, cashews, eggs, organic onion. Brazil nuts contain a lot of selenium so careful not to overdo it.. Supplementation of selenium over a period of 3 months decreases the level of thyroid antibodies (one of the key causes of hypothyroidism), by an average of 36%. Selenium improves thyroid antibodies commonly found in Hashimoto's disease Tyrosine is an amino acid called phenolenaline. It stimulates the thyroid gland like iodine.**

- **SILVER HYDROSOL: lowers EBV viral load**

- **TYROSINE. Thyroid hormones are literally components of tyrosine. Tyrosine also helps form three important neurotransmitters: serotonin, dopamine and norepinephrine which are responsible for functions like memory, mood, appetite, muscle co-ordination. Naturally found in almonds, tofu, tempeh, eggs, fish, beef, chicken, wild game. Don't just take tyrosine willy-nilly, but for some it may help, especially if there is dopamine deficiency (the amino acid precursor to**

dopamine is tyrosine). A healthy helping of dark greens 4 times a week will help the body get tyrosine. Taking the amino acid Tyrosine often helps and you will find it in many formulas for hypothyroid.

- **ZINC deficiency is one of the triggers of the Epstein Barr Virus. It assists enzymes to convert T4 into T3 and is involved in the transcription of thyroid hormone. Oysters, shellfish, fish, red meat, popcorn, pumpkin seeds, sesame seeds, sunflower seeds, almonds, muesli, dhal, wheat germ, whole grains, tomato sauce and paste, oatmeal, chicken, seafood (esp. oysters), liver, dried beans, bran, tuna, spinach, seeds as in pumpkin seeds, and nuts. There is concern that taking supplemental zinc will deplete all the copper in the body however, the world is zinc deficient right now which gives EBV the edge it needs. When you are zinc deficient, you are much more vulnerable to the symptoms and conditions. The best type of supplement is liquid zinc sulfate which doesn't remove essential trace mineral copper, it only removes any toxic copper. Even if you take a different type of zinc supplement, trace mineral copper is one of the most assimilable and available from everyday food sources so it should not be of concern.**
- **Vitamin B12 (methycobalamin and/or adenosylcobalamin) strengthens the central nervous systematically**

OTHER

- **It is very important to get good sleep. When tired, rest. Don't push the body. Even if you can't sleep, lie there and rest. Get to bed around 7:30 in the evening and stay in bed until 7:00 in the morning if possible. No partying!**
- **There is homeopathic "EBV" or "Epstein Barr" which is most likely made from the virus. Get it and do at least 3-4 weeks of the remedy.**
- **Sufferers are usually focusing down in shallow breath. You need to open up, breath deep. You may take a victim's role of feeling "something is attacking you". Some good books to read to assist in this area are "Learned Optimism" for Practitioners and "Awaken the Giant Within" by Anthony Robbins.**
- **Engage in light exercise only - eg. very small, easy walks for fresh air and movement. The only other exercise recommended would be short, gentle sessions of Tai Chi because it is soothing, flexible and creative. If you tire, it is because the adrenals are exhausted.**
- **Candida Yeast overgrowth almost always either precedes or follows this problem and must be helped.**
- **Don't take antibiotics if at all possible. If you have infections, try homeopathic methods, large doses of Vitamin C or essential oil treatments to control the infections. Antibiotics generally encourage the Candida Albicans yeast to flourish while the healthy bacteria gets killed off. Antidepressant drugs are usually ineffective.**
- **Eat small meals so the body's systems are not overworked and the energy can be spent on healing. Often digestion assistance is needed. Obtain digestive enzyme tablets at a health food store to be taken with meals to help the food digest and assimilate better.**
- **Do whatever it takes to lower your stress levels. Some good natural health remedies are: Exhilarin, Holy Basil, Kava Kava, Valerian root, B complex,**
- **Include blood purifiers in your health regime. Garlic is a natural blood purifier. The staff at a health store will also be able to give you herbal combinations that purify the blood. Another good blood purifier is Red Clover Blossom Tea.**
- **Pamper yourself. Take the time to enjoy bubble baths, eat off fine china, enjoy and relax, recreate and connect with nature, music. Do you have an artistic side that you have been ignoring lately? Open up that element of your nature to create balance.**
- **Don't listen to the people that tell you it's all in your head or you are a hypochondriac. Even the medical industry is still bewildered by this illness and many do not even believe it exists.**

HERE'S AN EXAMPLE OF ONE FELLOW'S REGIME THAT HE FEELS 'CURED' HIS EBV BY 95%:

- **10,000 IU daily of Vit. D3 for 3 months**
- **1,000 mg Lysine tablets first month three times a day, taken one hour before meals**
- **1,000 mg Vit. C three times daily before meals for the first month.**
- **Sambucol – antiviral, Elderberry Extract – take double dose 4 times daily one hour before meals for three months**
- **3 caps three times a day for 3 months of Milk Thistle (Thisylin brand he used)**
- **Healthy diet, no junk food, all organic veggies**
- **Sunday daily 30 minutes**

Stress

The thyroid gland is very susceptible to all forms of stress, but in this day and age it is not physical stress that we are under it is emotional and mental stress. Stress is not just all in someone's head, it is very physiological, and this can be seen by the effects that it exerts on the thyroid gland. In hypothyroidism, the adrenergic receptors (specific sites on the body that respond to chemical stimulus e.g. the chemical adrenaline) become lazy and unresponsive to the body's own energy chemicals, therefore people no longer are able to have that 'get up and go' feeling anymore.

Excess cortisol production (a by-product from stress), decreases the activity of T3, increases the risk of an autoimmune disease (such as Hashimoto's disease) and decreases the conversion of T4 into T3 in the body's peripheral tissues, and organs. Stress also 'messes up the hypothalamic-pituitary-adrenal axis which is a self-regulating system for the body; this greatly affects the thyroid on all levels of function. And as a result, to treat the cause, it is imperative to treat the nervous system as well.