

EPSTEIN-BARR VIRUS

A reactivated EBV infection cannot be treated by any conventional medication and even complementary healthcare practitioners can only minimise the health effects. The main aim of nutritional intervention is to support the immune system and ensure detoxification is working well. Adequate rest, exercise and nutrition are essential for the maintenance of general wellbeing and the prevention of the infection recurring. It is also important to determine any underlying causes of a depressed immune system, which may have allowed a reactivation of an EBV infection.

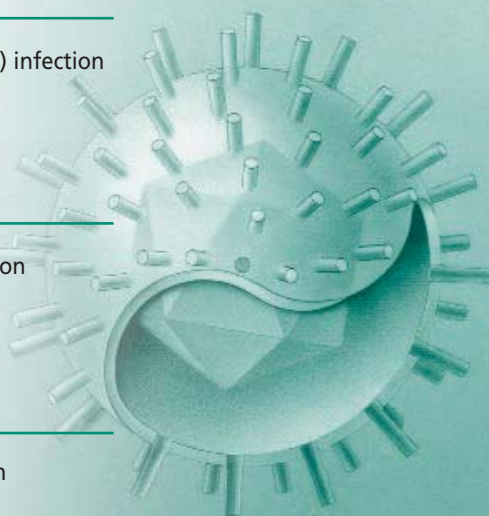


Possible underlying causes of reduced immunity:

- Excessive exercise
- Inadequate rest
- Chronic stress
- Nutritional deficiencies including zinc, selenium, vitamins A, C and E
- Elevated levels of toxins including toxic metals, pesticides, organic solvents, drugs
- Intestinal dysbiosis including chronic candidiasis
- Hormonal dysfunction including hypothyroidism

Result Interpretation:

Marker	Result	Interpretation
EBNA-1 IgG	Negative	No previous exposure.
VCA IgG	Negative	Non Immune
EA IgG	Negative	Susceptible to infection
VCA IgM	Negative	
EBNA-1 IgG	Negative	Acute primary (fresh) infection
VCA IgG	Positive	
EA IgG	Positive	
VCA IgM	Positive	
EBNA-1 IgG	Positive	Late phase of infection
VCA IgG	Positive	
VCA IgM	Negative	Previous exposure
EA IgG	Negative	
EBNA-1 IgG	Positive	Reactivated infection
VCA IgG	Positive	
VCA IgM	Positive or Negative	
EA IgG	Positive	



NUTRITIONAL SUPPORT FOR THE IMMUNE SYSTEM:

- The active compound of Olive leaf, oleuropein has potent anti-viral properties, which inhibit several viruses including EBV.
- Liquorice root works by both supporting the immune system and by directly inhibiting various viruses. Glycyrrhizin and glycyrrhetic acid, two active constituents of liquorice root, enhance interferon activity. The induction of interferon leads to significant antiviral activity because interferon binds to cell surfaces where it stimulates synthesis of cellular proteins that inhibit the attachment of viruses to the cell, thereby blocking the production of viral DNA in infected cells. Interferon also increases the activity of macrophages and natural killer cells. Glycyrrhizin has been shown to directly inhibit the growth of several DNA and RNA viruses in cell culture and to inactivate the herpes simplex virus.
- Aloe Vera contains a polysaccharide called acemannan, which can raise both white blood cell and interferon production.
- Garlic has well-demonstrated immune enhancing abilities as it inhibits the production of nitrosamines - the carcinogenic compounds formed during the digestive process. It also has strong anti-viral properties.
- Ginsenosides found in American and Korean Ginseng and Eleutherosides (Siberian Ginseng) enhance white blood cell activity and also increase tolerance to stress, which can further promote resistance to infection.
- Rhodiola is another adaptogenic herb that supports the immune system - at the same time increasing tolerance to stress.
- St Johns Wort has been shown to exert a strong anti-viral activity
- Cats Claw is useful as an immune enhancer and has anti-viral properties, with certain components having the ability to increase phagocytosis (the ability of various white blood cells to attack and engulf viruses).
- A vitamin A deficiency can result in increased susceptibility to infections, as it is required for proper mucosal health and the production of several types of white blood cells.
- Vitamin C deficiency is another common condition that will result in seriously depressed white cell function and reduction of cellular immunity, and decreased local inflammation (which is necessary to stimulate humoral immunity).
- Vitamin E is another crucial nutrient, which is needed for proper production of lymphocytes.
- Both the minerals Selenium and Zinc are anti-viral and are needed for proper immunity. Deficiencies will reduce white blood cell and thymic activity.



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