

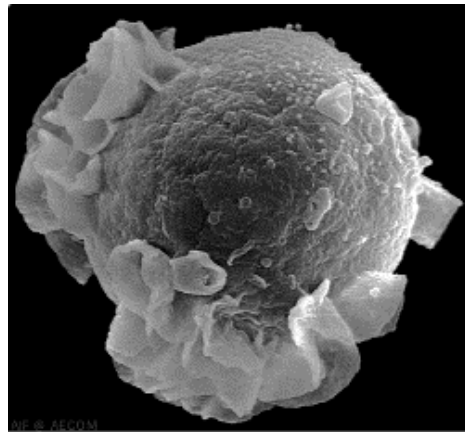
COULD YOU HAVE CHRONIC ACTIVE EPSTEIN BARR VIRUS INFECTION?

Have you been diagnosed with an autoimmune condition(s)?

Do you feel your body turned against you?

Have you gone from doctor to doctor for your chronic fatigue and nothing is helping?

Chronic Active EBV is common, epidemic and mostly missed in medical practice!!! Well, that is about to change. In this short Freebie, I want to share with you medical conditions and complaints that have been linked to EBV in research!!! If you answer yes to 2 or more questions below, please get EBV tested! This Freebie will show you what markers to request and if your doctor is not willing to test it for you, there are direct to consumer labs - you can still do it!!! Finally, let's take a look at how to interpret your lab result!!!



What's next? If you have chronic EBV, we are working hard on the EBV book and an EBV Recovery Program online to help with the recovery and management, so you can reclaim your life again and thrive (our website www.ebvhelp.com is being built as we speak). I also have limited one-on-one availability, so check out the Intro Session on our website!

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Chronic active EBV can be expected in "chronic illness, which cannot be explained by other disease processes at diagnosis". (Okano et al., 2005)

Self-Assessment: Take this quizzes. If at least 2 answers total are positive, you may have chronic active EBV infection. I based these statements on available research.

Quiz #1: I have experienced any of these in my life:

1. I have had "the worst flu ever" that would linger.
2. I have had tonsillitis, tonsils removed, or pharyngitis.
3. I was really hit during hormonal change(s): puberty, post-partum, or menopause (e.g. postpartum depression).
4. I have celiac: despite being meticulously GF, I still don't feel well.
5. I have had infectious mononucleosis or I was extremely fatigued in past (e.g. during college).
6. When I had to take corticosteroid medications, I felt as if I had been hit by a truck.
7. My lymph nodes can really get inflamed, especially during stress.
8. I got very ill during a severely stressful period of my life.

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9. I have had periods of depression and/or low-grade fever.
10. I have been tested positive for heavy metals.
11. I have had blood transfusion.
12. I have developed a strong sensitivity to mosquito bites.
13. I have developed an egg allergy.

Quiz #2: I Have Had These Diagnoses:

1. Thyroid: Hashimoto's Thyroiditis or hypothyroidism; Graves or Hyperthyroidism
2. Multiple Sclerosis
3. Systemic Lupus Erythematosus
4. Rheumatoid Arthritis
5. Lyme Disease
6. Sjogren's Syndrome
7. Acute or Autoimmune Hepatitis
8. Chronic Fatigue Syndrome
9. Atherosclerosis
10. Scleroderma (Systemic Sclerosis)
11. Crohn's Disease with atypical multiple intestinal ulcers or intestinal tuberculosis with an unusual clinical course
12. A different type of autoimmune disorders (many more possibilities)

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Quiz #3: I have had any of these complications:

1. Chronic Inflammatory Demyelinating Polyneuropathy
2. Encephalitis
3. Meningitis
4. Acute Disseminated Encephalomyelitis
5. Cerebellitis
6. Myelitis
7. Myositis
8. Parkinson's Disease (a hypothesis)
10. Chronic Inflammatory Demyelinating Polyneuropathy (CIDP)

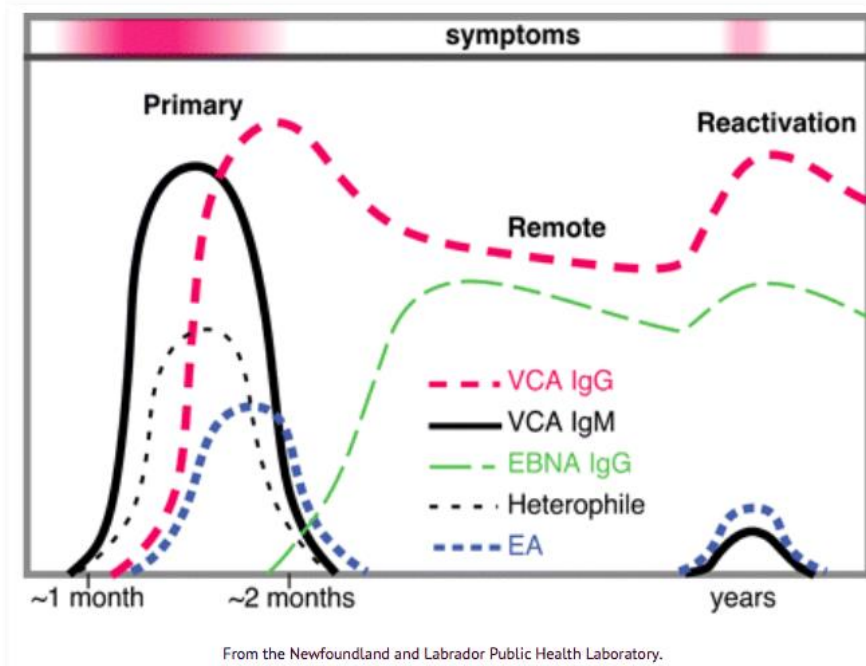
Quiz #4: I Have (Had) Any of These Types of Cancer:

1. Hodgkin and Non-Hodgkin Lymphomas
2. Burkitt Lymphoma
3. Nasopharyngeal Carcinoma
4. Stomach Cancer
5. Colorectal or Breast Cancer – so far we see some association
6. T/NK-Cell Lymphoma, Angioimmunoblastic T-cell Lymphoma, or nasal T/NK-Cell Lymphoma
7. Thyroid Cancer
8. Papillary Thyroid Carcinoma
9. Malignant Lymphoma of the thyroid.
10. More types of Cancer (also possible)

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As you can see, EBV is oncogenic and triggers a laundry list of autoimmune disorders, also often making you miserably fatigued, and sometimes causing serious inflammation to the brain and the central nervous system. Of course, there are many more conditions and symptoms that can be linked to EBV- everyone is different. At this point, if you suspect this may be part of your chronic health problems, let's talk about testing!!!

Test, do not Guess!



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I love the color-coded graph on the previous page- it will help you visually remember which antibody is which and when it is expected. Here are the antibodies you MUST include in your test:

1. VCA IgM – it will mostly show only if this is your first acute EBV infection, so expect it to be negative, especially after you have had EBV infection for more than 2 months and you suspect you have had EBV long term.
2. VCA IgG - this will most likely be positive, and by itself, it cannot be considered as current activation or reactivation; once you had EBV infection, this antibody will remain elevated all your life, and as you can see, it will increase during reactivation.
3. EA -(D) IgG - this Early Antigen should be positive if you have a current activation or reactivation, so it is very important that it is added to the panel.
4. EBNA IgG - the Nuclear Antigen by itself cannot be considered as current activation or reactivation; as you can see, it will only start appearing after 2-3 months of initial infection and will remain there long term like VCA IgG.

Most common scenarios:

If you only have (+) VCA IgG and (+) EBNA IgG, you have had infection before and you are in between reactivations.

If EA igG is negative but VCA IgG is (+), you are between infections. However, if both are positive, you are reactivating NOW.

If you have EA IgG (+), VCA igG (+) AND VCA IgM (+) along with them, then it is your very first infection (mono). VCA IgG may still show negative.

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There are quite a few complications with false positives or negatives when testing for EBV that have been reported in medical literature, so just be aware of it - and I have a complete chapter on just that in my upcoming EBV book. In addition, if you are immune-compromised, you should do blood work for total IgG, IgM to make sure that the EBV test is not false negative. More in my upcoming book on EBV!

Here is a good cheat sheet from Immunoscience Labs:

	Primary Infection	Convalescent (3 month)	Past Infection	Reactivated Infection
VCA IgM	+	+/-	-	-
VCA IgG	+	+	+	+
EA-D IgG	-	+	-	+
NA IgG	-	+/-	+	+
NA IgM*	+	+/-	-	+

* NA IgM is seldom tested, but add it if it is available.

Where do you test if you do not have a doctor to test for you? Here are just a few direct-to-consumer labs you can use, which should not be really very expensive:

www.requestatest.com

www.directlabs.com

www.lifeextension.org



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