

Root Cause of Mystery Symptoms and Effective Solutions

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Epstein Barr Virus is one of the most common human viruses. EBV is found all over the world. Most people get infected with EBV at some point in their lives. EBV spreads most commonly through bodily fluids, primarily saliva. EBV can cause [infectious mononucleosis](#), also called mono, and other illnesses.



- fatigue
- fever
- inflamed throat
- swollen lymph nodes in the neck
- enlarged spleen
- swollen liver
- rash
- Many people become infected with EBV in childhood. EBV infections in children usually do not cause symptoms, or the symptoms are not distinguishable from other mild, brief childhood illnesses. People who get symptoms from EBV infection, usually teenagers or adults, get better in two to four weeks. However, some people may feel fatigued for several weeks or even months.
- After you get an EBV infection, the virus becomes latent (inactive) in your body. In some cases, the virus may reactivate. This does not always cause symptoms, but people with weakened immune systems are more likely to develop symptoms if EBV reactivates.

Root Cause of Mystery Symptoms and Effective Solutions

INTRODUCTION

Millions of people suffer needlessly because they do not know the root cause, nor how to bring true healing. These are identified as “Mystery Illnesses.” Medical science has given names to these categories of symptoms, but are seldom able to share the root cause with their patients and give them a path to healing and abundant health. This document identifies a significant root cause of these so-called “Mystery Illnesses” and provides simple, effective solutions to restore abundant health. Learning the root cause can bring untold relief that empowers the sufferer to cooperate with the design laws that God established life to operate on for restored health and wellbeing.

I. WHERE MOST PEOPLE BEGIN

People struggling with health challenges often go through emotional and physical stages in their search for health and healing: *What’s happening to me? My energy is starting to flag; my jeans keep getting harder to tug on; at times my heart races without prompting; and I can’t believe it, my hair is coming out in clumps in the shower; I’m having hot flashes; and my mind is foggy, I can’t concentrate. What’s going on? Is this just aging? Am I going through menopause? Am I getting a disease? Help!*

So off to the Internet or to the doctor they go looking for some answers and help.

There are typically three kinds of answers or responses individuals get in their search. The first response may be, these are simply “signs of aging”. Second response is giving some

consolation that their symptoms have a name.¹ A third response is an attempt to reverse the symptoms by substitution, saturating the body with the missing hormones and vitamins.² They're making progress, but is there more help, and have they really gotten to the "root cause?"³

Most people really want, but are seldom able to receive, the fourth and higher-level response, that of understanding the "root cause" or true reason(s) for a person's aches and pains and then to discern a reliable treatment for those underlying issues.

In *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, noted author Anthony Williams, identifies root causes and gives simple solutions to "mystery illnesses." Williams maintains that:

A "mystery illness" is any ailment that leaves anyone perplexed for any reason. It can be a mystery because there isn't a name for a given set of symptoms...can also be an established, chronic condition for which there's no effective treatment of the root cause (because medical communities don't yet understand it), or a condition that is frequently misdiagnosed....For example, if you visit a physician and complain of elbow pain, then hear that you have rheumatoid arthritis (RA), that's just a tag—not an answer. You may receive prescriptions

¹James Balch, MD & Phyllis A Balch C.NC, *Prescription for Nutritional Healing*, A comprehensive & up-to-date self-help approach to good Health (Garden City Park, New York: Avery Publishing Group 1997) 334-336.

²Michael Greger, MDI, FACLM *How not to Diet*, (New York, New York: Flatiron Books 2019) 104.

³ Paul Pitchford, *Healing with Whole Foods*, Third Edition, Asian Traditions and Modern Nutrition (Berkley, California: North Atlantic Books, 2002) 319.

for medications and physical therapy, yet no explanation of why you have it or how you can heal from it.⁴

A. Categories of Mystery Illnesses

1. *Unnamed illness:* The blood work, MRIs, ultrasound, and other imaging and exams do not raise any red flags. If the doctor believes the pain is real, yet can't explain it, they will call it idiopathic meaning "unknown."

2. *Ineffective treatment:* Where a name is given for a set of symptoms, but no viable avenue for recovery and then medications to manage the symptoms are given.

3. *Misdiagnosis:* A person receives a name for what ails—except it's wrong. For example, hormones have taken the blame for any number of women's ailments that have nothing to do with menopause, or even hormonal imbalance. The medical world and even alternative medicine wants to help their patients though, so they can be taught to give certain labels to certain sets of symptoms and prescribe certain meds taking their clue from the past decades' movement in conventional medicine.⁵

Medical science is incredibly advanced at physical body repair. By why haven't they advanced more in understanding mystery illnesses?

In the 20th century medical science made great breakthroughs in virology, too... but it all got swept under the carpet. Because there was no funding to take these

⁴Anthony William, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, (New York, New York: Hay House Inc. 2015) 26.

⁵Ibid, 30.

discoveries to the next level, these amazing doctors were left in the lurch as their findings about certain viruses went largely ignored...It's time for medical communities to seek out answers and be open to the fact that they "just don't know" and make the same leaps and bounds regarding chronic illness that it's made in other areas, such as life-saving surgeries.⁶

B. Fads and Trends:

Fads and trends in medicine do not become popular because the diagnosis and treatments work or because of their healing benefits, but because of the "allure of vibrant health." Listen to promotional ads everywhere for every ache and pain. If a belief system finds some followers who market it attractively...then as the decades pass, it can become a grizzly bear of power over common sense. This fad process is behind the mistaken belief that a no-carb diet will solve Candida issues, or the incorrect conviction that Hashimoto's disease is a condition that the body's own immune system attacks the thyroid and the misguided attempts to treat Lyme disease with antibiotics...that is to say, trends aren't answers.⁷

"Most of the time, there's an actual, physical root cause to a chronic mystery condition. Medical communities just haven't named it yet; or figured out what makes it better."⁸

⁶Ibid, 27-29.

⁷Ibid, 31, 32.

⁸Ibid, 33.

Doctors can't help that they don't know the causes of these debilitating mystery symptoms—or that they have the wrong culprit pegged for a particular disorder. In some cases the funding just isn't there for the research that's needed, or fads take studies in the wrong direction. In other cases, it's only a matter of time (though sometimes decades) before the right diagnostic technology will be available.⁹

II. ROOT CAUSE OF MYSTERY ILLNESS: EPSTEIN-BARR VIRUS

Valued for insights and precision in causes of disease that often baffle conventional and alternative healthcare practitioners, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, has clearly identified the Epstein-Barr virus (EBV) as the root cause to some sixty-six “mystery symptoms” and to its co-factor and best friend, bacteria *Streptococcus*.... Unfortunately, a significant number of these symptoms have been blamed on the thyroid as the cause.

“There are over 60 strains of EBV—that can be categorized into six groups of escalating severity with roughly 10 types per group. Medical research and science have so far only found strains of the virus in one of those groups.”¹⁰

Epstein-Barr Virus was discovered by two brilliant physicians in 1964.

The virus actually began taking hold in the early 1900s. The initial versions that are still with us, are relatively slow to act and might not

⁹Ibid, 33.

¹⁰Anthony William, *Thyroid Healing*, 18.

even create notable symptoms until late in life.... Many people have nonaggressive EBV strains.... Among the reasons EBV is thriving, and so little is understood about it.¹¹

“The Epstein-Barr virus has evolved over the decades, and each generation of the virus has grown more challenging than the one before... Viruses tend to mutate and hide in unrelated places in the body and as a result are very difficult to identify.”¹² 40

A. Secret Epidemic:

Epstein-Barr has created a secret epidemic. Out of roughly 320 million people in the U.S., over 225 million Americans have some form of EBV. Epstein-Barr is responsible for many illnesses of every category. For some people, it creates fatigue and pain that go unnamed. For others, EBV symptoms prompt doctors to prescribe treatments, such as hormone replacement. And for so many people walking around with EBV, it gets misdiagnosed.¹³

B. Transmission:

The original Epstein Barr-Virus was more difficult to catch, generally transmitted through blood and occasionally saliva but with the newer mutations “the virus is only a sneeze or a sip from a shared glass away.”¹⁴ According to the National Centers for Disease Control and Prevention:

¹¹Ibid, 39,40

¹²Ibid, 40.

¹³Ibid, 39.

¹⁴Anthony William, *Thyroid Healing (Carlsbad, CA: Hay House Inc.2017)*17.

Epstein-Barr Virus is one of the most common human viruses. EBV is found all over the world. Most people get infected with EBV at some point in their lives. EBV spreads most commonly through bodily fluids, primarily saliva but anything while it is moist. Most commonly, kissing, sharing drinks and food, using the same cups, eating utensils, or toothbrushes, having contact with toys that children have drooled on, also sexual contact, blood transfusions, and organ transplantations.¹⁵

C. Mononucleosis:

EBV infections in children usually do not cause symptoms, or the symptoms are not distinguishable from other mild, brief childhood illnesses. Those who get symptoms from EBV infection, usually teenagers or adults with weakened immune systems, can experience fatigue, fever, inflamed throat, swollen lymph nodes in the neck, enlarged spleen, swollen liver, and/or rash. These individuals get better in two to four weeks, yet, some may feel fatigued for several weeks or even months. These are identified as having Mono. After a person gets an EBV infection, (mono) the virus becomes latent (inactive) in the body. In some cases, the virus may reactivate. Symptoms may reoccur with those who have a weak immune system.¹⁶

¹⁵Centers for Disease Control and Prevention, *Epstein Bar and Infectious Mononucleosis*, [National Center for Immunization and Respiratory Diseases](https://www.cdc.gov/epstein-barr/about-ebv.html), 8 May 2018, <https://www.cdc.gov/epstein-barr/about-ebv.html>.

¹⁶Ibid.

Many young people today are being sidelined because the numerous EBV mutations are creating debilitating symptoms. With these mutations progressing, William predicts:

Epstein-Barr virus is spreading at such an epidemic level right now that in 20 years, there will be close to 100 varieties—with most of the new ones hitting youth. It's bad enough that 17 out of 100 college students do not return to school after their first or second year due to the health effects of newer mutations of EBV. They're left back at home, lost and struggling with the virus's debilitating symptoms, and many of them receiving Lyme disease diagnosis.¹⁷

D. 4 Stages of the Epstein-Barr Virus:

It is helpful to understand the four important stages the Epstein-Barr Virus can move through, to identify the root cause by understanding the symptoms, and to be able to effectively tame the virus and rebuild the body's strength:

Stage 1 – The Baby Stage: Dormant and slowly replicating

Stage 2 – The War Stage: Mononucleosis

Stage 3 – The Thyroid Stage: Nesting in Thyroid or other organs

Stage 4 – Mystery Illnesses Stage: Attacking the central nervous system¹⁸

1. Baby Stage - Dormant or slowly replicating itself

¹⁷Anthony William, *Thyroid Healing*, 19.

¹⁸Ibid, 20-29.

At this stage, the EBV is not detectable through any tests, doesn't cause any more symptoms than a brief and mild scratchy throat with some tiredness, and is not contagious until stage 2; so a person isn't even aware it is there. It can be in this stage for weeks to decades, floating in the bloodstream, slowly replicating itself, growing in numbers, until some point the body is weakened and less able to ward off infection.¹⁹

2. The War Stage - Mononucleosis

Mononucleosis, “the kissing disease”, is medically diagnosed with typical symptoms being: sore throat, headaches, swollen glands, and even a rash—lasting a week or so or prolonged for several months. This is the most contagious stage. During this stage the EBV moves to one or more of the major organs to seek a long term home, typically the liver or spleen, thriving on the mercury, dioxins, and other toxins that accumulate there.... At the same time, a person can often have Strep, a co-factor and best friend of EBV. Strep moves to the throat and or infects the sinuses, nose, or mouth or can also move to the urinary tract, vagina, kidneys, or bladder, eventually causing cystitis. The immune system has both a virus and bacteria to combat setting up conditions for the next stage of the Epstein-Barr virus.²⁰

3. Nesting in Organs

¹⁹Anthony William, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, 41.

²⁰Ibid, 42.

At Stage 3, medical tests do not find the EBV presently active in the bloodstream, because it's now living in an organ, and no tests have been developed to detect this. The current tests only see antibodies from the EBV and are considered to be results of when they had mono. From this point on the virus hides undetected in the organs, still alive, burrowing deep into the organ, causing new symptoms, eluding tests for EBV. The body assumes it's won the war, the invader destroyed, the immune system returns to normal, the mono ends, and medical tests say "you're healthy." Unfortunately, the Epstein-Barr virus has barely begun its voyage through your body. Depending on the variety, the EBV could lie dormant for years, possibly decades, and if it's an aggressive variety, or a person experiences "triggers" in their life, or the organ becomes weakened, it may create serious problems even while it's nesting in the organ.²¹

While nesting in the organ – the Virus creates three kinds of poisons:

- *Toxic waste matter, or viral byproduct* (spirochetes) (often misdiagnosed as Lyme).
- *Toxic virus corpse* (every 6 weeks the virus cell dies) the corpse that is left is toxic and further poisons your body – as the army continues to grow, this becomes more severe (usually felt as fatigue).
- *Neurotoxins* - The poisons from the waste matter and the corpses of the EBV create a neurotoxin that *disrupts nerve function and confuses the immune system*;

²¹Ibid, 42.

thus preventing the immune system from zeroing in on the virus and attacking it. It will secrete this special neurotoxin at strategic periods during Stage 3 and continuously during Stage 4.

Nesting weakens the organs:

- Liver: becomes sluggish, unable to flush out toxins effectively
- Digestive System: Liver's sluggish performance leads to digestive issues
 - Lowering of stomach's hydrochloric acid
 - Intestinal tract starts to become toxic.
 - Bloating and or constipation happen because the food is now not being fully digested and instead is putrefying in your intestinal tract.
- Food sensitivities develop – allergic reactions
- Strep, bacteria, also nesting, weakening and working in organs: throat, sinus, vagina, urinary tract, kidneys, and bladder, etc.²²

Moves to the Thyroid

As the body becomes more and more toxic the virus leaves the organs or glands they were nesting in and moves to the thyroid. Rather than the claim that the body is attacking itself, it's the EBV attacking the thyroid. "Once in the thyroid, EBV begins drilling deep into the thyroid, scarring and killing thyroid cells and

²²Anthony William, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, 45.

moving into its tissues. At this point its effects are diagnosed Hypothyroidism and Other Thyroid issues.²³

Immune System Response to Thyroid Nesting

“The deeper the virus hides in the thyroid, the harder it is for the immune system to tag the virus for destruction.”²⁴

- *Inflammation:* The immune system’s response is *inflammation*. Between the EBV’s neurotoxin, (viral byproduct, and poisonous corpses) confusing things; and the EBV hiding in the thyroid causing it to be less effective, the immune system cannot tag the virus for complete destruction, but sees its effects and inflammation results.
- *Cysts:* Another effort by the immune system is to contain the virus with poisons and calcium in a nodule in the thyroid. The contained virus is still alive, feeding off the thyroid, eventually turning it into a living growth or cyst. If the person doesn’t have enough calcium-rich foods, this can lead to osteoporosis. The hundreds of virus cells that aren’t imprisoned in nodules can still weaken the thyroid making it less effective at producing the hormones the body needs.²⁵

Hundreds of EBV cells not imprisoned in nodules:

²³Ibid, 45.

²⁴Anthony William, *Thyroid Healing*, 24.

²⁵Anthony William, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, 46.

Those cells not imprisoned in nodules continue to weaken the thyroid making it less effective at producing the hormones the body needs to function. This lack of adequate thyroid hormones, coupled with EBV's toxins, can in turn lead to weight gain, fatigue, mental foginess, impaired memory, depression, hair loss, insomnia, brittle nails, muscle weakness, and/or dozens of other symptoms.... Some especially rare aggressive varieties of EBV go even further to create cancer in the thyroid. The rate of thyroid cancer in the US has been rising rapidly.²⁶

Not all EBV move to the thyroid:

Some virus cells stay behind---camping out in the liver, spleen, and reproductive system—even after much of the virus has moved on to colonize the thyroid...The virus continues to contribute to organ issues such as sluggish, stagnant, or fatty liver, infertility, heart palpitations; digestive discomforts, or brain fog.²⁷

4. EBV Moves to and Attacks the Central Nervous System.

In Stage 4 the EBV virus leaves the thyroid and moves to the central nervous system where it latches onto the nerves. If the immune system is strong, it will not continue to move to this stage; but if a “trigger” hits while the virus has successfully worn the person down, it will move to the *central nervous system*, “Stage 4” creating new

²⁶Ibid.

²⁷Anthony William, *Thyroid Healing*, 24.

challenges while still leaving some in the thyroid to continue weakening it further.

Again any testing doesn't detect what is going on. According to the Centers for Disease Control and Prevention the Blood test, X-rays, and MRIs reveal antibodies but are interpreted as past infections.²⁸

The presence of antibodies... suggests past infection (from several months to years earlier). Since over 90% of adults have been infected with EBV, most adults will show antibodies to EBV from infection years earlier. High or elevated antibody levels may be present for years and are not diagnostic of recent infection.”²⁹

Stage 4 Epstein-Barr is a major source of mystery illnesses to the medical world as to the real cause and how to heal it.³⁰

Mystery Neurological Symptoms Resulting in Stage 4:

ADHD, Bipolar, Depersonalization, Fibromyalgia, chronic fatigue syndrome, rheumatoid arthritis, tinnitus, vertigo, Meniere's disease, pulmonary fibrosis, cystic

²⁸National Center for Immunization and Respiratory Diseases, May 10, 2018. Centers for Disease Control and Prevention. <https://www.cdc.gov/epstein-barr/laboratory-testing.html>

²⁹Ibid.

³⁰Anthony William, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, 47.

fibrosis, interstitial lung disease, Ehler-Danios syndrome, other connective tissue disorders, sarcoidosis, restless legs syndrome, and MS.^{31 32}

Explanation for all of these:

At Stage Four of EBV, viral neurotoxins flood the body's bloodstream and travel to the brain where they short-out neurotransmitters. The virus also inflames or goes after the nerves throughout the body making them sensitive and even allergic to the neurotoxins. As a result of moving to the central nervous system, it is common to experience even heavier brain fog, memory loss, confusion, depression, anxiety, migraines, joint pain, nerve pain, heart palpitations, eye floaters, restless legs, ringing in the ears, insomnia, difficulty healing from injuries, and more.³³

This may all sound very unnerving, but the body has the ability to rejuvenate and heal itself when it's given what it needs.

III. FACTORS THAT STRENGTHN VIRUS ACTIVITY

A. "Triggers"

The virus can advance from the bloodstream to lymph nodes to organs (thyroid & liver) ultimately to the central nervous system.... The virus will hide out in the body building its

³¹Anthony William, *Thyroid Healing*, 26,27

³²See Appendix 2 for a list of 66 Symptoms with explanation as to the underlying cause.

³³Ibid, 27.

numbers and waiting for the right moment to make its next move. And what determines those “right moments” to move to the next stage? Triggers!³⁴

“Triggers are the events, emotional experiences, environmental factors, and other circumstances that can give the EBV just the fuel it needs to go into an active growth state--in other words, cause a symptomatic challenge.”³⁵

Triggers that fuel the virus causing it to multiply quickly and move to the next stage:

- *Mold*: Very dangerous! Prolonged exposure in home or office can wear away at your immune system allowing the virus to take advantage. Very dangerous!
- *Mercury*: One of the virus’s favorite foods, avoid it in any form.
 - a. be very careful having silver fillings removed. The mercury they contain tends to be stable where it is, whereas removal can send toxic mercury into the bloodstream. If removing them, remove one at a time.
 - b. Frequently eating seafood, especially large fish such as tuna and swordfish that tend to contain significant amounts of mercury.
 - c. Mercury also tends to travel through bloodlines, contributing to health problems in generation after generation that are mistaken for genetics.

Research; question what is offered, especially in vaccines.

³⁴Anthony William, *Thyroid Healing*, 9, 10.

³⁵Ibid, 9.

- *Zinc Deficiency:* This deficiency can also be inherited and worsens over generations. If zinc levels are low, this can trigger viral activity.
- *B12 Deficiency:* Even if blood tests show normal, the central nervous system, liver and other organs may still be severely deficient allowing the thyroid virus to grow rapidly.
- *Pesticides, Herbicides, including DDT:* Exposure to these toxins from sprayed lawns, parks, gardens, golf courses are passed along from generation to generation and feed the virus. Insecticides in the home, meant to kill insects, can fuel the virus and contribute to depression.
- *Emotional Stress:* “Negative” emotions from emotional trauma in any form cause the adrenals to release hormones that feed the viruses such as death in the family, broken heart or betrayal, or caring for a sick loved one.
- *Virus friendly prescription medications:* Antibiotics and Benzodiazepines can weaken the immune and feed the thyroid virus. (Consult the doctor about reassessing meds).
- *Overprescribed medications:* Taking high dosages of many medications at once can create an overwhelming cocktail for the immune system.
- *Hormonal Changes:* Puberty, pregnancy, or childbirth can feed the EBV with one of its favorite food sources: Hormones. An abundance of these hormones flooding the bloodstream fuels the virus causing many new moms and adolescents to find themselves suddenly sick or just feeling really low.

- *Recreational Illegal Drugs:* Illegal drugs contain toxins that can both weaken the immune system and also provide fuel for EBV infection.
- *Financial Strain:* Worrying about bills, losing the home, needing to take on extra work, fear of failure, fear of dying, loss of self-image, and shame can definitely weaken the immune system's ability to fend off infection of EBV.
- *Physical Injuries:* A twisted ankle, broken leg, or accident, or other physical injury or trauma can wear down the body to a point where the thyroid virus sees an opportunity to come out of dormancy and make the move to infection. If an operation is required, the virus sees even more of an opportunity because antibiotics usually accompany surgery.
- *Professional Carpet Cleaning:* Traditional carpets and professional cleaning solutions contain synthetic highly toxic chemicals. Consider "green" carpets, organic cleaning solutions or "green" carpet cleaning service.
- *Fresh Paint:* Always select no- or low- VOC (volatile organic compounds), and even then circulate with plenty of fresh air.
- *Summer Swimming:* Watch out for warnings of red tide. Red algae can accumulate in lakes or along ocean shores in warm weather creating a loss of oxygen in the surrounding air and causing the marine life to die. Red algae encourage the growth of bacteria and weaken the immune system.
- *Runoff:* Swimming in contaminated lakes from run off of old land dumps and other toxic sources can contain heavy metals and other harmful substances.

- *Insomnia*: Any prolonged sleep issues will disrupt the body and can also be caused by viral issues in the first place.
- *Insect Bites and Stings*: Often venom or infection from a piece of the insect left in the skin gives EBV opportunity to take hold.
- *Electromagnetic Fields*: “Exposure to a 50Hz electromagnetic field induces activation of the Epstein-Barr Virus genome in latently infected human lymphoid cells.”³⁶

Again: These “triggers” are not to be mistaken for the root causes of thyroid virus symptoms. In order for these triggers to give fuel to the thyroid virus, EBV, the virus has to be there the system in the first place.³⁷

B. Avoid The Unforgiving 4

The four factors of DDT, heavy metals, radiation, and the viral explosion are the feeders behind most chronic and mystery illnesses:

Radiation:

When a nuclear power plant releases radiation into the air—as the Fukushima plant did following a 2011 earthquake and tsunami in Japan—that radiation lingers forever, mildly irradiating food, water, and air around the world. “That radiation still falls on us from the sky and will continue to

³⁶Journal of Environmental Pathology, Toxicology and Oncology: Official Organ of International Society for Environmental Toxicology and Cancer, 31 Dec 1996, 16(2-3):205-207. YouTube: Dana Ashle https://www.youtube.com/watch?v=CtfqUtW_8AA&feature=youtu.be, 22 February, 2020, 24 February 2020.

³⁷Anthony William, *Thyroid Healing*, 9-13.

long into the future. We're also exposed more when we are flying in airplanes. Additionally, X-ray radiation (take extra covering protection) can burn the thyroid, suppress the immune system that opens the door for the Epstein-Barr virus to take advantage of the thyroid, as well as all sorts of other illnesses to take hold in the body. Sea vegetables (Dulse, Kelp, Spirulina) can help protect your organs from radiation because they absorb toxins.³⁸

"Too much radiation exposure is a leading contributor to cancers, endocrine system dysfunction, bone diseases such as osteopenia and osteoporosis, bone spurs, immune system failure, and skin diseases."³⁹

DDT:

Not only does DDT survive in the environment, that means it can make it into our food supply, but it is also passed along from generation to generation...DDT's cousins are still in active use in the form of modern-day pesticides, herbicides, and fungicides...even though you'll find a skull and crossbones on some of those labels... Yet again, because it's passed down

³⁸Ibid, 117.

³⁹Anthony William, Life Changing Foods (Carlsbad, CA: Hay House Inc. 2016) 7.

through family lines, it disguises itself as a genetic weakness, so DDT no longer gets any attention.⁴⁰

“DDT makes our livers hypersensitive, instigating diabetes, enlarging spleens and hearts, causing poor digestion, triggering migraines and chronic depression, creating skin disorders, and disrupting hormones.”⁴¹

Toxic Heavy Metals:

They drain the immune system! “We can’t see the copper, arsenic, cadmium, lead, nickel, mercury, aluminum, steels, and alloys that enter our systems through pesticides, herbicides, fungicides, DDT, pharmaceuticals, such as antibiotics, and our bloodlines, so they must not be hurting us—or so the reasoning goes....These toxic heavy metals wreak havoc when they are not detoxed. They are the ultimate food for pathogens...Over time, the metals oxidize and leach byproduct and residue; they stain and damage tissue in the body with this toxic runoff, that is more refined and processed than the metals in their raw state, making them easier for pathogens to consume”.... Even worse these alloys from two or more metals bind together creating even more havoc...They build the army that causes illness such as thyroid disease, for example, to take hold.⁴²

⁴⁰Ibid.

⁴¹Ibid, 10.

⁴²Ibid, 7.

“Toxic heavy metals are behind some of the most widespread health issues today: ADHD, autism, Alzheimer’s infertility, Crohn’s, ulcerative colitis, Parkinson’s, depression, anxiety, cancers, seizures and many more. Toxic heavy metals are also fuel for many viral related illnesses.”⁴³

Viral Explosion:

“As viruses spread, they mutate and become even more pernicious. This is not gene mutations causing health problems as many researcher’s suspect; it is hundreds of viral mutations.”⁴⁴

“These viruses don’t get near the attention they should because they’re difficult to detect and so misunderstood.” Lyme, for example, from a virus, is thought to be from bacteria, the opposite of what is thought, so doesn’t get the help it needs.”⁴⁵

“These Unforgiving 4 don’t spell doom—not nearly! (emphasis added). With these factors, it’s all about awareness, that is why ignoring them is a great mistake. When a person looks out for these in their daily life, and knows how to detox them, move away from them, (and not continue to feed them), they don’t have to live in fear.”⁴⁶

C. Remove the Viral Feeders

Problematic foods that feed the EBV causing inflammation and other symptoms:

⁴³Ibid,

⁴⁴Anthony William, *Thyroid Healing*, 118.

⁴⁵Ibid.

⁴⁶Ibid.

Eggs: Eggs, regardless if they are organic and/or free range, are filled with hormones that the EBV loves. Eggs are the top food to avoid with EBV.

Dairy: Dairy protein is EBV's second-favorite part of your diet. This includes cheese, milk, butter, yogurt, cream, kefir, ghee.

Gluten: Gluten fuels pathogens. GMO wheat is even worse.

Canola oil: Damages the immune system, organs, and linings--- fuels EBV.

Corn: Due to early crops of corn being treated with enormous amounts of pesticides, herbicides, and fungicides, EBV started to identify corn itself with these toxins. Check your labels; corn is in a lot of things.

Soy: Soy, a relatively healthy food in the past, but now has overuse of pesticides and herbicides. Plus GMO tampering has made soy crops unstable. While soy does not fuel viruses and bacteria, enjoy sparingly organic and non-GMO soy.

Alcohol: Starves the liver of nutrients and feeds pathogens.

Pork: Has the highest fat content slowing down liver function and speeds up fat cell collection and weakens liver's immune system.⁴⁷

IV. BUILD IMMUNITY VS. ATTACKING THE VIRUS

The world-renowned master herbalist, Dr. Tei Fu Chen maintains that rather than trying to *treat the symptoms or kill the virus*, we need to put the focus on building or boosting our immunity so “our body can fight” the problem. The “Chi” is the internal energy flowing through the body so the body can fight

⁴⁷Anthony William, *Thyroid Healing*, 135-38.

back. When the body becomes weakened and there is viral activity, toxic mucus is produced. This toxic mucus clogs the energy flow in the body causing us to get sick. Rather than becoming paranoid about life, focus on eliminating what's feeding the virus and then enjoy fortifying and restoring the vitality (Chi) specifically to the Immune and Respiratory (lymphatic) Systems, while building up and restoring the balance in the entire body.”⁴⁸

A. Remove the Mucus so Internal Energy can Flow: Exercise!

Mucus causes viral activity to flourish. Our immune system's internal pump is actually our muscles. Movement and exercise pumps or moves the toxic mucus in the body thru the lymphatic system to be eliminated. For internal energy to be able to flow through the body (Chi), it is very important to get rid of the toxic mucus that creates an environment for viral activity to flourish. Movement (exercise) is the only pump for moving this toxic mucus out. Many medical scientists and movement specialists recommend for those with sedentary lifestyles to give 10 minutes of movement or exercise for every hour where there is little movement to move out the toxic lymph.⁴⁹

B. Strong Immunity Starts in the Gut - Microbiome

To start rebuilding the immune system it is critical to have a healthy gut.

The health of our gut determines whether a pathogen will move into our body

⁴⁸ Dr. Tei-Fu Chen, “Support Your Immune System with Sunrider Products,” YouTube Video, March 11, 2020, https://youtu.be/jYL_bk05I64.

⁴⁹ Ibid.

and take hold or if it will be destroyed or eliminated right from the start. In a groundbreaking bestseller Dr. William W. Li notes that “Far beyond a simple digestive container, the gut is a *command center* for your health, that is *helmed by the microbiome*.”⁵⁰

1. Microbiome – Gut Ecosystem

The gut includes “A highly complex ecosystem including 39 trillion bacteria, mostly good, teeming inside and on your body’s surface... These are amazingly hardy, resisting stomach acid and the chemical cauldron of your intestines.”⁵¹

During the late 19th and early 20th century

As a researcher, Dr. Li acknowledges that the microbiome has only recently come of age, this field is now “recognized as one of the most exciting and disruptive areas of medical research. It’s a fast-growing field. In 2000, only seventy-four articles were published on the microbiome. In 2017, more than 9,600 research articles emerged. The science is advancing so swiftly...and the knowledge will transform how we understand our health, as well as the practice of medicine, public healthy policy, and the ways that the food, supplement, pharmaceutical, and diagnostic testing industries produce future products.”⁵²

⁵⁰William W LI, MD, *Eat to Beat Disease*, (New York, New York: Grand Central Publishing 2019) 43.

⁵¹Ibid, 35.

⁵²Ibid, 39.

Our microbiota can make the difference between life and death, between developing a serious disease or resisting it...Food has an astonishing ability to influence these powers of the microbiome. After all, our bacteria eat what we eat. They metabolize the food and drink we consume and create beneficial (or harmful) byproducts that influence our health.⁵³

“Because the microbiome influences our immune system, the medical community is now seeing alarming connections between the microbiome and rising ailments like food allergies, obesity, diabetes, and other chronic diseases that begin in childhood and plague us as adults.”⁵⁴

Diseases linked to Microbiome Imbalances:

Dr. Li, points out that “Disturbances of the microbiome, called dysbiosis, are now being discovered in serious health conditions ranging from obesity to metabolic syndrome to Type 2 Diabetes, and more.”⁵⁵

Dr. Li elaborates more specifically:

- “*Brain Challenges:* Emerging evidence that harmful bacteria growing in the gut can produce neurotoxins that provoke brain inflammation. Altered microbiome is seen in major depressive disorder, bipolar disorder, and even schizophrenia.”⁵⁶

⁵³Ibid, 36.

⁵⁴Ibid, 173.

⁵⁵Ibid, 159.

⁵⁶Ibid, 160.

- *Cancer, especially in the organs in the gastrointestinal tract* (esophagus, stomach, pancreas, gallbladder, colon, rectum) is associate with microbiome disturbances. The wrong bacterial residents interfere with the body's ability to defend itself.⁵⁷
- *Inflammatory bowel diseases*, such as Crohn's disease and ulcerative colitis.... pro-inflammatory bacteria are dominating the colon. These bacteria strip away the protective mucus layers in the intestines making the gut lining more vulnerable to inflammation and toxins.⁵⁸
- *Food allergies* are now linked to dysbiosis. "Children with less diversity in their microbiome are more likely to develop long-term food allergies."⁵⁹
- *Lung Diseases*: People suffering from asthma and chronic obstructive pulmonary disease have different bacterial profiles in their sputum compared to those without lung disease."⁶⁰
- *Parkinson's and Alzheimer's*: "Disruptions of the gut microbiome are also observed in people with Parkinson's disease and Alzheimer's disease."⁶¹

⁵⁷Ibid.

⁵⁸Ibid.

⁵⁹William W. Li, *Eat to Beat Disease*, 160.

⁶⁰Ibid.

⁶¹Ibid.

- *Bowel Diseases*: “Reduction of healthy bacteria is observed in multiple sclerosis, rheumatoid arthritis, celiac disease, and inflammatory bowel diseases.”⁶²
- *Cholesterol*: “Bacteria influence our body’s ability to manage blood cholesterol.”⁶³
- *Heart Disease*: “Dysbiosis is also associated with atherosclerosis and cardiovascular disease.... When the bacteria in your mouth, the oral microbiome, are disturbed, hypertension and heart disease can result.”⁶⁴

“All of these conditions are associated with abnormalities in the microbiome. It is very likely that many of the most serious diseases of our time share an altered microbiome as a “common denominator,” and conversely the right constellation of beneficial bacteria is a requisite feat of good health.”⁶⁵

“Whether these disturbances are the cause or effect are under investigation by some of the rising stars of scientific research. Meanwhile, the medical establishment is starting to take notice.”⁶⁶

4. Building and Destroying Microbiome:

⁶²Ibid, 160, 161.

⁶³Ibid, 160.

⁶⁴Ibid.

⁶⁵William W LI, MD, *Eat to Beat Disease*, 161.

⁶⁶Ibid, 50.

Dr. Li continues with key considerations for building and destroying our Microbiome:

- *Dietary Fiber*: “Dietary fiber comes from *whole plant-based foods* and is health food for your microbiome.”⁶⁷
- *Diversity*: “Microbiome *diversity* is an important hallmark of health, and a *plant-based, low fat diet* is associated with more diverse, healthier microbiome that can produce higher levels of protective short chain fatty acids SCFAs, neurotransmitters to the brain and immune system.”⁶⁸
- *Proportion of sugar and fat, to the amount of fiber* in food can determine which bacteria in the gut wind up becoming dominant.⁶⁹
- “*Eating meat* is hard on the microbiome.”⁷⁰
- *Red meat* can cause the body to produce higher levels of toxic substance trimethylamine N-oxide (TMAO) that damages the lining of blood vessels and makes it easier for dangerous atherosclerotic plaques to form inside the arteries, that can lead to fatal heart attack and stroke.⁷¹

⁶⁷Ibid.170.

⁶⁸Ibid, 173.

⁶⁹Ibid, 47.

⁷⁰Ibid, 171.

⁷¹Ibid, 160.

- *Less fiber* leads to an unhealthy ecosystem of gut bacteria and less production of the good anti-inflammatory short-chain fatty acids...animal protein shifts the bacteria to behave in ways that generate more inflammation in the gut.⁷²
- “*Gut bacteria population* can shrink or expand depending on what we eat on an *hour-to-hour basis*.”⁷³
- “*Prebiotic* often refers to non-digestible foods that feed the healthy bacteria in our intestines.”⁷⁴
- “*Probiotics* are touted as an easy way to introduce healthy bacteria into our gut, but despite the massive industry that exists, *diet may well be the most powerful tool* for influencing our microbiome.”⁷⁵
- “*Lactobacillus and Bifidobacteria*, are two probiotic strains that are considered the safe and beneficial probiotics, because they produce SCFAs.”⁷⁶ Indications are that *Lactobacillus* is needed for digestion, *Bifidobacteria* for the intestines.
- *Unhealthy diets, even for a short time, wreak havoc* on the microbiome and can create serious imbalances that take time to recover even after a person returns to eating a healthier diet.⁷⁷

⁷²Ibid, 171.

⁷³Ibid, 52.

⁷⁴Ibid, 46.

⁷⁵Ibid, 51.

⁷⁶Ibid, 41.

⁷⁷Ibid, 48.

- *Unhealthy eating patterns, Environmental factors and Antibiotic use*, damage the gut bacteria.⁷⁸
- *Dietary Fiber*: “Science is finding that there’s a direct correlation between increasing the intake of dietary fiber and the overall protection of the gut and health, decreasing inflammation, improving immunity, restoring the balance, aiding stem cells, improving insulin sensitivity.”⁷⁹

Now that we understand the importance of the microbiome of eating a diet high in fiber low in animal protein, and based primarily on unprocessed whole foods, let’s look at how fruit affects the microbiome.

C. Fruits – The Great Healers

1. *Fruits Affect on Microbiome*:

- *Happier Children*: ***There’s a direct relationship between the amount of fruit a child eats in a week and how happy they are. A healthy microbiome equals happier children.***⁸⁰
- *Healthier Baby*: The quality of a mother’s microbiome that babies of natural birth pick up during delivery greatly affects the health of the child.. C-section

⁷⁸Ibid, 159.

⁷⁹Ibid,173.

⁸⁰ Howard, Jacqueline. “”The Surprising Link Between Gut, Germs, and Toddlers’ Tantrums?”” Science Nordic. “*The Huffington Post*.” The Huffington Post Company, 28 May 2015; WEB. 17 July 2016; Video-Seminar. Chad and Fadia Dreuzer “Gut-Brain Connection”2016; Viewed: 27 Feb. 2020.

babies typically have many more health challenges throughout their entire life than those with normal delivery.⁸¹

- *Depression:* Fruit can be a depression buster as it changes the quality of microbiome of the gut.⁸²
- *Addictions:* Eating a significant amount of fruit changes the microbiome and is highly affective overcoming addictions.⁸³

Over a 100 years ago this same advice was given to those struggling with addictions:

In our medical institutions clear instruction should be given in regard to temperance. The patient should be shown the evil of intoxicating liquor, and the blessing of total abstinence. They should be asked to discard the things that have ruined their health, and the place of these things should be supplied with an abundance of fruit. Oranges, lemons, prunes, peaches, and many other varieties can be obtained; for the Lord's world is productive, if painstaking effort is put forth.⁸⁴

⁸¹ Ringgaard, Anne, "Giant study links C-sections with chronic disorders." *Science Nordic*, 9 December 2014, WEB. 10 JULY 2016; Video-Seminar. Chad and Fadia Kreuzer "Gut-Brain Connection" 2016; Viewed: 27 Feb. 2020.

⁸² Gharibzadeh, Shahriar., Hosseini, Motaharsadat., Shoar, Saeed., Hoseini, Sayed., Shahabuddin. "Depression and Fruit Treatment." *The Journal of Neuropsychiatry and Clinical Neurosciences.*, 22(4):45; September 2010, E25 WEB. 17 July 2016; Video-Seminar. Chad and Fadia Dreuzer "Gut-Brain Connection" 2016; Viewed: 27 Feb. 2020.

⁸³ "Natural compound mitigates effects of methamphetamine abuse" *Science Daily*. 19 December 2013. WEB. 19 July 2016; ScienceNordic.com Dec. 2013, Dennis Miller et al; Video-Seminar. Chad and Fadia Kreuzer "Gut-Brain Connection" 2016, Viewed: 27 Feb. 2020.

⁸⁴White, Ellen G, Letter 145, 1904; *Counsels on Diet and Foods, Compilation 1938*, (Washington, D.C.: Review and Herald Publishing Association1938) 311.

2. Fruit Fear

- *Fear of fruit and carbs* making us fat or creating our health challenges has caused many to steer away from the things that keep us healthy. The emphasis turned to eating more fat and protein as the solution. Candida overgrowth has been blamed for many years on digestive system symptoms.⁸⁵
- *Candida Overgrowth*: “It is a huge misconception that eating a high-fat, high-protein diet starves Candida...Relying on fat as your main calorie source will result in the highest Candida growth.”⁸⁶
- The build-up of undigested proteins results in a breeding ground for Candida, fungus, parasites and bacteria.... The best anti-Candida approach is to eat a low-fat, low-protein diet that incorporates plenty of fruits and vegetables.⁸⁷
- *Candida – Something Else is Wrong*: Candida is seldom a substantial problem of its own; it is often an indicator that something else is wrong.⁸⁸
- *Strep vs. Candida*: Because of a weakened digestive system, it is the bacteria Strep that thrives and plays havoc with our health and creates all the symptoms that we have blamed as Candida.⁸⁹

⁸⁵Anthony William, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, 119,120.

⁸⁶Ibid, 119,120.

⁸⁷Ibid, 120.

⁸⁸Anthony William, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, 298,299.

⁸⁹Ibid, 116-118.

- *Fruit sugar leaves the stomach in three to six minutes and doesn't even touch the intestinal tract...Fruit's fiber, pulp, skin, and seeds kill not only all varieties of Candida, yeast, and fungus but also parasites, worms, and non-useful bacteria E. coli and Streptococcus. Fruit is our anti-Candida secret weapon.*⁹⁰
- *"Fruit is vital to gut health that is essential to a healthy immune system... For example, the pectin in apples, the skin, pulp, and fiber in figs and dates, are exceptionally effective at killing and/or clearing out anything that doesn't belong in your intestinal tract including fungi such as Candida, worms, and other parasites."*⁹¹
- *"Sugar in fruit is not the same as refined table sugar or high-fructose corn syrup."*⁹²

In a study 17 participants ate 20 servings of fruit a day for up to six months. That large quantity of fructose had the sugar content of drinking 8 cans of soda. The study showed that eating the fruit (sugar), the subjects actually lost weight; blood pressures improved; insulin levels dropped; and their cholesterol and triglycerides got better. This is the opposite of what one might expect.⁹³

3. Compare Fruit and Refined Sugar:

⁹⁰Ibid, 119. 298,299

⁹¹Ibid, 298.

⁹²Anthony William, *Thyroid Healing*, 161.

⁹³McDonell, Kayla RD, "Is It Possible to Eat Too Much Fruit?" *Healthline*, March 25, 2017. <https://www.healthline.com/nutrition/how-much-fruit-per-day#section6>

Even though sweet in nature, fruit does not have that much sugar in it. Fruits are made up of living water, minerals, vitamins, protein, fat, other nutrients, pulp fiber, antioxidants, pectin—and just a fraction of sugar. If we wanted to compare 100 pounds of refined sugar to the equivalent amount of sugar you'd consume in fruit, it would be thousands of pounds of fruit.⁹⁴

4. Significance of Fruit with Health Challenges:

- *Stops pathogens in tracks:* One of the biggest reasons fruit is so important to eat is because it stops pathogens in their tracks. So many people have viruses and bacteria that cause the mystery symptoms.⁹⁵
- *Fruit-Absolute Necessity:* “There is no other food—and no pill—that enhances so many bodily functions as fruit. Fruit keeps the body going in ways that science hasn’t even begun to fully understand. It’s an absolute necessity.”⁹⁶
- *Entire Body needs Glucose:* The body needs foods with sugar in them, and the highest-quality source of sugar is fruit. Glucose fuels your brain, your nervous system, and the cells throughout your body. Every muscle in the body needs glucose to function.⁹⁷

⁹⁴Ibid.

⁹⁵Anthony William, “Fruit Fear,” Medical Medium Blog, May 30, 2018, accessed March 16, 2020, <https://www.medicalmedium.com/blog/fruit-fear>.

⁹⁶Anthony William, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, 296.

⁹⁷Ibid, 296, 297.

- *Liver*: “The best way to get someone better from liver disease and/or hepatitis C is to feed them solely fruits and vegetables. It’s the answer to their suffering.”⁹⁸ Almost all liver diseases are protein and fat related because viruses thrive on undigested protein and fat. So many fatty foods are also high in bad sugars.
- *Cancer*: “Fruit fights cancer more effectively than any other food... Vegetables combat cancer, too, but only about a quarter as well... Cancer cannot feed off the sugar in fruit that possesses critical components such as polyphenols including resveratrol, and other antioxidants. These cancer killers cannot be separated from the sugar in fruit; they travel together as a *team*.”⁹⁹
- *Viruses and Bacteria*: “Not only does fruit fight cancer, it kills all types of viruses and bacteria. Certain fruits, such as bananas, wild blueberries, apples, and papayas, are the most powerful natural destroyers of viruses on earth.”¹⁰⁰
- *E. Coli, Strep, Candida*: “Fruit’s fiber, pulp, skin, and seeds kill all varieties of yeast, fungus, parasites, worms, and non-useful bacteria like E. coli and Strep. Fruit is Candida’s secret weapon.”¹⁰¹

⁹⁸Ibid, 299.

⁹⁹Ibid, 297.

¹⁰⁰Ibid, 298.

¹⁰¹Ibid, 290.

- *Blood Sugar Imbalances:* Fruit protects the liver by providing the organ with the glucose reserve it needs in order to function and stave off illness, and to stabilize blood sugar. Hypoglycemia often starts due to a diet too high in fat and protein causing the liver to be dysfunctional losing its ability to store glucose reserves.¹⁰²
- *Fertility:* “Fertility—and overall health—depends specifically on the fructose and glucose that occur naturally in fruit, as well as the phytochemicals bonded to those sugars.... A woman’s reproductive system relies on the dozens of antitumor, anticancer, antioxidants and so many more components yet to be discovered by medical science, available only in fruit, as well as fruit’s essential polyphenol, bioflavonoids, disease-stopping pectin, vitamins and minerals.”¹⁰³
- *Aging:* “Antioxidants from fruit can even reverse aging?”¹⁰⁴
- *Brain & Neurological:* “Alzheimer’s disease, dementia, memory loss, and neurological diseases such as Parkinson’s and ALS can all be prevented by fruit.”¹⁰⁵

¹⁰²Ibid.

¹⁰³Anthony William, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, 292.

¹⁰⁴Ibid, 300.

¹⁰⁵Ibid.

- *Fruit Critical for poor health*: “Fruit is a critical part of how to overcome illness and poor health. Fruit does not cause sickness, rather, no other table food is as effective at preventing disease, killing pathogens, and repairing the body.”¹⁰⁶
- *Fruit - Fast Food*: Over a hundred years ago, this kind of “fast food” lifestyle was encouraged... “It would be well for us to do less cooking and eat more fruit in its natural state. Let us teach the people to eat freely of fresh grapes, apples, peaches, oranges, blackberries, and all other kinds of fruit that can be obtained.”¹⁰⁷

5. Whole Food is Where the Healing Is - Critical Clean Carbs:

It is interesting that so many leaders in the field of nutrition are finally realizing that “whole foods” is where the healing is: to help rid the body of EBV and heal from its effects.¹⁰⁸

D. Herbs – Restore the Body’s Balance

1. **Traditional Chinese Medicine** takes nourishing the body to the next level of effectiveness:

¹⁰⁶Ibid.

¹⁰⁷White, Ellen G. *Testimonies for the Church* Vol 7 (Mountain View, CA: Pacific Press Publishing 1902) 134.

¹⁰⁸See Appendix 3 for a list of both fruits and vegetables categorized as Critical Clean Carbs (CCC), listed in rough order of importance in healing the body.

“Traditional Chinese medicine focuses on *restoring the balance* of the systems in body and mind. A state of *balance* is where we want to be at all times. When it comes to keeping every cell in our body well nourished without feeding disease and preventing disease, there’s no equal to diet for safety. While some drugs can prevent specific diseases, pharmaceuticals are always associated with potential side effects of some sort because drugs are never truly about balance. Drugs are created to perform one black-and-white job, usually knocking out something or building something up. Consistent with the principles of homeostasis, our goal with food is to maintain the body’s state of harmony and balance.¹⁰⁹

Sunrider International: Whole Food Herbs

Most of society is focused on treating symptoms, disease, meeting deficiencies, and killing the internal enemies. Sunrider International, an herbal, whole food company, is focused on restoring the balance in the body through nourishing and cleansing the body with whole live concentrated properly combined herbal foods. When that balance is achieved, the symptoms and disease quietly go away killing or subduing the internal enemies. Sunrider’s formulas are based on Traditional Ancient Chinese Wisdom meticulously recorded along with cutting edge research and development.

The Blueprint for all Sunrider Products is the “*Philosophy of Regeneration:*”

¹⁰⁹William W LI, MD, *Eat to Beat Disease*, 90.

The body is created with the ability to gain and maintain excellent health when given enough of the right kinds of whole foods. Sunrider's whole food combination nourish + cleanse = to restore the balance.¹¹⁰

The Right Kinds of Whole Foods means they are:

- System specific combinations designed to restore balance within the system.
- They are concentrated eight to 10 times.
- Food herbs are highest level of nourishment we can obtain.
- All herbs repel disease.
- Whole foods vs. isolates – isolates upset the delicate balance of the body.
- Food-grade herbs and these combinations do not affect medications used by the individual.
- SR's combinations are safe for pregnant and nursing moms, newborn to elderly; critically ill to those who want robust health.
- SR herbs are pure, safe, and effective, these are Sunrider's top priorities.
- SR is owned by, and the products are created by a world renowned herbalist, and a western trained medical doctor that lead a cutting edge research and development team.
- Sunrider products are self-manufactured to ensure top quality.
- Products are easy to eat; delicious to enjoy; effective to restore!^{111 112}

¹¹⁰Dr. Tei Fu Chen, *Philosophy of Regeneration-video* (Torrance, California: Sunrider International since 1993)
<https://www.youtube.com/watch?v=pmT5GvrO-Mg>.

¹¹¹Dr. Tei Fu Chen, *Philosophy of Regeneration-video* (Torrance, California: Sunrider International since 1993)
<https://www.youtube.com/watch?v=pmT5GvrO-Mg>.

¹¹²See Appendix 4 for a list along with explanation of the best whole herbal foods to Nourish + Cleanse = to Restore the Balance in the body.

V. 10-DAY RESET AND 90-DAY REBUILD

Once we have identified the “root cause”, two plans are recommended to help reset the microbiome in the gut to help rebuild the immune system and then to restore the balance of those parts of the body that are highly affected.

A. 10 Day – “Reset”

1. *Fruits & Vegetables only*: Flood your body with 7-8 servings of fiber rich servings
2. *Sunrider Whole Food Herbs*: Restore the “balance” with three servings of Basics.

B. 90 Day – “Rehab”

1. *Breakfast*: Fruit feast along with Sunrider herbal foods
2. *Lunch*: Vegetables & Legumes
3. *Supper*: Fruit feast and healthy grains
4. *Herbal foods*: 1-3 servings of each...the more the better you feel!

To optimize the benefits:

- Lower the fat and protein in the diet, eating lots of fiber rich life-changing foods—especially an ample amount of fruit and leafy greens.
- Starve the virus, not you. Eat till you are comfortably full. Never overeat.
- When eating fruits with other foods, make sure they also digest quickly to prevent fermentation.
- Notice that “simplicity” of eating brings the best results.
- Cleansing and restoring begins immediately. Recovery takes time.
- Be consistent is important so the body knows what to expect.

- Some people may experience cleansing/healing symptoms. They are simply preventing future serious health challenges. If you don't experience any cleansing signs, that doesn't mean the body isn't cleansing and coming into balance; it just means avenues of elimination are more open to cleansing.¹¹³
- Adding whole herbal food combinations adds a totally new dimension of internal energy, restoring the balance in your body.
- Check pH saliva and urine two hours after eating for several days in a row. A healthy balanced body will be at 6.24, not acidic and not alkaline pH.

90-day Whole Herbal Food Rehab Recommendation

Below is a 90-day rehab program using Sunrider whole herbal foods. Include one-three servings of the "Basics" a day, or more; and then add as much of the "Beyond the Basis" (3 or more capsules) for even more results. The combinations are synergistically significant! You never need to worry about the quantities; the more you eat the more regeneration and balancing takes place. Many choose to continue eating these Basics indefinitely to help maintain the progress they have made.¹¹⁴

Month 1: Liver Cleanse & Gut Release

- **Basics** – Restore the Balance
- Liver Cleanse – *Dandelion Root & Alpha 20-C*
- Gut Release – *Evergreen, VitaDophilus, SunBar*
- Protein - Highly Nourishing – *Spirulina*

¹¹³See Appendix: 5 to understand how the body responds when high quality nutrition is added to the diet.

¹¹⁴See Appendix 4 for an explanation on each of the following herbal foods and how to obtain them.

Month 2: Heavy Metal Release

- **Basics** – Restore the Balance
- Chelate with *Calli*
- Antibiotic - *Goldenseal*
- Immune - *Alpha 20-C*
- Clean & Oxygenate Blood & Digestion – *Evergreen*
- Protein - Highly Nourishing – *Spirulina*

Month 3: Thyroid Virus Cleanse

- **Basics** – Restore the Balance
- Glandular System - *Prime Again*
- Immune System - *Alpha 20-C*
- Cleanse & Oxygenate Blood & Digestion – *Evergreen*
- Protein – Highly Nourishing – *Spirulina*

VI. CLEANSING

The strong areas of the body cleanse and heal first, as the weaker areas do not have the strength to remove the impurities as quickly. It takes a while for enough internal energy to build up in these suppressed areas before sufficient cleansing can take place, allowing the symptoms to disappear. The symptoms will vary 1) according to the materials being discarded, 2) the condition of the organs and areas being cleansed, and 3) the amount of energy available. If the cleansing process is too strong, then slow the program down for a while, *rather than stopping* the program; keep the energy flow going. By eating the “Basics” to help balance the body, the cleansing symptoms aren’t usually a problem.¹¹⁵

¹¹⁵See Appendix 5 for the body’s response when higher quality nutrition is added to the diet. "Clean the House"

VII. CONCLUSION

Millions of people suffer needlessly because they do not know the root cause of their suffering nor how to bring true healing. These illnesses are identified as “Mystery Illnesses”. This document identifies a significant root cause of most all “Mystery Illnesses” and provides simple, effective solutions to restore abundant health.

The root cause of more than 66 Mystery Illnesses is the Epstein-Barr Virus. Learning what factors significantly weaken the body creating an environment for this virus to flourish, an individual can be proactive to avoid the four stages that this virus can move through creating havoc and untold suffering. Rather than trying to attack the virus and/or treat the symptoms, the focus is to build up the body and let the body heal itself. When the body is brought into “Balance”, the symptoms and diseases will quietly go away on their own.

By rebuilding the microbiome of the gut with fiber rich fruits and vegetables, significant health can be regained. Then, to take health to the next level, highly Nourishing and Cleansing with whole live concentrated herbal foods to quickly bring “Balance” to the body. By eating a fiber rich diet and highly nourishing and cleansing, we can help the amazing, self-healing machine, the body, gain and maintain excellent health.

Learning the root cause and how to heal can empower the sufferer to cooperate with the original design as identified by Hippocrates, the father of modern medicine, “let your food become your medicine and your medicine be your food.”

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Appendix 1 - Three Month Personal Evaluation

This is a three-month evaluation tool to encourage and evaluate progress. Evaluate current health by indicating 1-10 (10 being the most challenged by the symptom), then re-evaluate at the end of each month.

Mark 1-10: 1 – a little challenge; 10 – significant challenge

Symptom	Pre	1 month later	2 months	3 months
Date				
Weight Gain Mystery				
Difficulty losing weight				
Constant Hunger				
Hair: thinning & loss				
Texture & loss of luster				
Insomnia				
Brain Fog, memory				
Focus Issues, concentration				
Cold Hands and feet				
Hot flashes, night sweats				
Mood swings				
Irritability				
Anxiety				
Depression				
Edema				
Restless Legs				
Joint Pain				
Muscle Weakness				
Tingles/Numbness				
Twitches/Spasms				
Trembling Hands				
Heart: Palpitations/Arrhythmia				
High Blood Pressure				
High Cholesterol				
Exhaustion/Chronic Fatigue				
Tinnitus Ringing, buzzing				
Hearing loss				
Vertigo, Meniere's				
Dizziness				
Balance Issues				
Goiter				
Throat Tightness				
Swollen Glands				
Swollen Tongue				

Hoarseness				
Change in Voice				
Taste & Smell altered				
Metallic taste in mouth				
Nails: Brittle/ridged				
Skin: Dry, cracking				
Eczema/Psoriasis				
Discoloration				
Constipation				
Diarrhea				
Eyes: Blurry				
Glaucoma				
Detached retina				
Eye Floaters/Flashes				
Bulging Eyes				
Toenail Fungus				
Hormonal:				
Loss of Libido				
Abnormal Periods				
Peri /menopause				
Postpartum Depression				
Polycystic Ovarian Synd.				
Breast Cancer				
Brain Fog, memory				
Focus Issues, concentration				
ADDHD				
Fibromyalgia				
Chronic Fatigue				
Lyme				
Rheumatoid Arthritis				
Connective Tissue				
Sarcoidosis				
Pulmonary Fibrosis				
Cystic Fibrosis, Lung Disease				
Hypoglycemia				
Type 2 Diabetes				
Acid Reflux				
Celiac				
Cushing's Syndrome				
Hepatitis C-				
Plantar Fasciitis				
Parathyroid Diseases				

Appendix 2 – Sixty-six Mystery Illness Symptoms

The EBV is very easy to catch, hard to detect, and may cause a number of mysterious symptoms. The goal is to expose the EBV for what it is; thus a person can see their struggles in a whole new light. This empowers an individual so they can then take active steps to free themselves of the virus, rebuild their body, and restore their health and vitality.

Anxiety and Depression: “Viral neurotoxins and heavy metals are interfering with brain activity”¹¹⁶ EBV neurotoxins can short out neurotransmitters in the brain leading to irritability, crankiness and even unexplained anger or sadness, often leading to a depression diagnosis.¹¹⁷

Mystery Weight Gain: Both hypothyroid and weight gain are caused by the *Epstein Bar virus* overburdening and creating a sluggish liver, lymphatic system & adrenals.¹¹⁸

Constant Hunger: The liver, central nervous system and brain are crying for the right kind of glucose. The more time the EBV spends in the liver the more energy is required. When the central nervous system becomes weakened, it requires more glucose (sugar) to function. Both organ systems are needing more glucose from healthy carbs.¹¹⁹

Mystery Hair Thinning and Loss: EBV’s damaging presence produces excess adrenaline and cortisol. When the thyroid is struggling, the adrenals overwork, jumping in to produce

¹¹⁶Anthony William, *Thyroid Healing*, 120.

¹¹⁷Ibid, 50.

¹¹⁸Ibid, 42.

¹¹⁹Ibid, 44.

extra hormones. The repeated floods of stress chemicals (adrenaline) are hard on the body and cause the hair to thin and/or fall out.¹²⁰

Hair Texture Changes & Loss of Luster: The EBV inside the liver gives off internal derma toxins, combined with years of nutritional deficiencies and adrenal surges. Your body is also working hard to fight off the virus.¹²¹

Insomnia: The EBV is disrupting both the endocrine gland and neurotransmitters at the same time. Other contributing factors can be, emotional wounds, digestive sensitivities, liver issues, obsessive-compulsive disorder, worry, and MSG toxicity. Nourish your liver and nervous system at bedtime; the liver does its heavy work at night.¹²²

Constant Low Levels of Energy: At this level it is usually a stagnant liver and a toxic digestive tract.¹²³

Brain Fog: The EBV is feeding off its favorite foods that include toxic heavy metals, such as mercury, as well as dairy products, eggs, wheat, corn, excess adrenaline, and prescription drugs. As the EBV feasts and prospers, it gives off more waste, and these neurotoxins travel to the brain and short-circuit neurotransmitters.¹²⁴

Focus Issues: Focus issues are usually due to an extra abundance of heavy metals and toxins in the brain that short-circuit. Often this is misdiagnosed as ADHD, leaky gut, parasites, Lyme, or thyroid disorder. The need is a healthy microbiome that rids the body of heavy metals and toxins.¹²⁵

¹²⁰Ibid, 44,45.

¹²¹Ibid, 45.

¹²²Ibid, 45,46.

¹²³Ibid, 47.

¹²⁴Ibid.

¹²⁵Ibid.

Hands and feet have heightened sensitivity to cold: Heightened sensitivity to cold is usually because of high elevations of viral neurotoxins (toxic waste from byproducts of viruses and viral corpse) that are affecting the nervous system making your nerves sensitive to colder temperatures; Plus a sluggish liver could be causing a circulation problem.¹²⁶

Hot Flashes and Night Sweats: Bursts of feeling hot and sweaty are caused by a toxic liver--not by thyroid or menopause. When the liver fills up with toxins it starts to run hot. To cool the body down, heat is expelled from the liver and pulsed through the body giving it an overheated sensation.¹²⁷

Edema: Unless you have a heart condition or kidney disease, this swelling happens as a result of the EBV and its sludge in the bloodstream and lymphatic system.¹²⁸

Mood Swings: When the EBV feeds off its favorite foods, it excretes neurotoxins that fill the bloodstream and interfere with neurotransmitters and mood can drop until the virus's feeding frenzy has died down and vitality has returned. The viral matter can also stress the blood sugar levels to the point of hypoglycemia.¹²⁹

Restless Legs: High levels of toxic heavy metals and an elevated viral load in the brain or other areas of the nervous system cause restless legs.¹³⁰

Joint Pain: Often late-stage EBV specifically attacks joints, cartilage, and/or connective tissue inflaming the nerves. The result is stiff, painful, swollen or even misshapen joints (as in rheumatoid arthritis).¹³¹

¹²⁶Ibid, 47,48.

¹²⁷Ibid, 48.

¹²⁸Ibid, 49.

¹²⁹Ibid.

¹³⁰Ibid, 50.

¹³¹Ibid, 51.

Muscle Cramps: A liver that has grown sluggish and fatty leads to deficiencies in magnesium, potassium, glucose, and glycogen. The liver is meant to store these nutrients but, growing weak, loses this ability. These nutrients feed muscles; thus deficiencies can translate to cramped muscles.¹³²

Muscle Weakness: The liver controls the muscles in the body. When the EBV's neurotoxins get to the brain, there can be neurological fatigue; Sometimes this is misdiagnosed as MS or Lyme disease.¹³³

Tingles & Numbness: When the EBV's neurotoxins inflame nerves, tingles and numbness can result. This is often mistaken for neuropathy.¹³⁴

Twitches and Spasms: When the EBV feeds off mercury it releases neurotoxins high in methyl mercury byproducts. These are prone to short-circuit the neurotransmitters in the brain. When EBV's neurotoxins inflame nerves, tingles and numbness can result.¹³⁵

Trembling Hands: The EBV's neurotoxins absorb and diffuse neurotransmitters that can ultimately lead to neurotransmitter deficiency; tremors result. A higher level of toxic heavy metals and toxins is often present with this symptom; this is sometimes misdiagnosed as a sign of Parkinson's. Neurotransmitter deficiency can also arise as a result of EBV/neurotoxins, mostly mercury-based ones, triggering overactive adrenals—because excess adrenaline can burn out neurotransmitters.¹³⁶

Heart Palpitations, Ectopic Heartbeats, Arrhythmia: Instead of looking at the heart, we need to look to the EBV and its effects on the liver. EBV's byproducts and viral corpses form a sticky, jelly-like sludge that builds up in the liver—until the liver gets oversaturated,

¹³²Ibid.

¹³³Ibid.

¹³⁴Ibid, 51,52.

¹³⁵Ibid, 52

¹³⁶Ibid.

at which point the sticky substance begins to break apart and get sucked into the heart. The result is that heart valves, particularly the mitral valve, can get gummed up and start to stick instead of allowing the free flow of blood. Heart palpitations can also occur as a result of Stage Four EBV producing a tremendous amount of neurotoxins that affect the brain and vagus nerve, translating to neurologically caused heart-rate irregularities.¹³⁷

High Blood Pressure: If not identified as a cardiovascular issue, there's a pretty good chance a sluggish or stagnant liver is the cause. When the liver's filters can't filter well, the blood becomes "dirtier" and "thicker" that makes the heart work harder to pull up the blood.¹³⁸

High Cholesterol: A common reason for high cholesterol is the liver is sluggish, filled with toxins, pre-fatty, or fatty liver due to a high-protein/high fat diet and EBV's toxic load.¹³⁹

Goiter: The goiter of today is an EBV infection in the thyroid causing fluid buildup and swelling. A goiter caused by iodine deficiency is rare.¹⁴⁰

Throat Tightness: Creating vagus nerve inflammation is often a symptom of EBV. In some cases it is caused by an especially inflamed and enlarged thyroid due to the EBV.¹⁴¹

Swollen Tongue: Vagus nerve inflammation caused by EBV neurotoxins or virus cells can create a chain of nerve inflammations that can swell the tongue.¹⁴²

Altered Sense of Taste and Smell: Again, an inflamed vagus nerve from EBV neurotoxins or virus cells can affect the tongue, taste buds, and/or nasal cavity.¹⁴³

¹³⁷Ibid.

¹³⁸Ibid, 53.

¹³⁹Ibid, 54.

¹⁴⁰Ibid,

¹⁴¹Ibid.

¹⁴²Ibid.

¹⁴³Ibid.

Metallic Taste in the Mouth: When EBV feeds on high levels of toxic heavy metals such as mercury in your system, the virus's neurotoxins in the bloodstream consequently contain high levels of heavy metals giving a metallic taste when actively detoxing.¹⁴⁴

Hoarseness or Change in Voice: Three possibilities can result in a hoarse voice: mild inflammation of the thyroid from EBV; chronic acid reflux related to EBV; mucus forming foods such as dairy, eggs, and wheat that fuels the EBV, prompting the virus to produce extra waste matter that overloads the lymphatic system.¹⁴⁵

Brittle or Ridged Nails: The body reduces deep reserves of zinc, an important resource to fight EBV; and the deficiency is responsible for issues with your nails.¹⁴⁶

Dry, Cracking Skin: When the liver can't function properly anymore as a result of EBV infection, it often gets to the point where it cannot handle fats—it cannot process them or protect the bloodstream from too much fat. Higher elevations of fat in the bloodstream reduce oxygen levels delivered to the dermis; consequently, toxins cannot be flushed out of the skin properly (our largest cleansing organ). The skin ends up harboring toxins causing skin to become inflamed and even erupt in cracks as it tries to release these poisons.¹⁴⁷

Constipation: **There are** several causes to constipation: 1) the most common is a sluggish, fatty, or stagnant liver over- burdened from a high-fat diet that the body cannot break down, and overloaded from the presence of EBV and heavy metals; 2) At the same time, strep, EBV's cofactor bacteria often proliferates causing inflammation in various parts of the gut; 3) EBV's neurotoxins floating to the brain through the bloodstream weakens the

¹⁴⁴Ibid.

¹⁴⁵Ibid.

¹⁴⁶Ibid, 54,55.

¹⁴⁷Ibid.

central nervous system creating neurological fatigue, slowing signals from the brain to the colon for peristaltic action. A healthy microbiome is critical.¹⁴⁸

Diarrhea: A sick, sluggish, stagnant, fatty, or scarred liver, along with an inflamed pancreas and high levels of EBV's cofactor, strep bacteria, inside the gut can – when these occur on a chronic long-term basis—trigger the body's elimination response. Further, when the liver releases large amounts of EBV byproduct and other sludge into the intestines, the intestinal lining can become agitated and inflamed and try to eliminate it quickly through diarrhea. Also, both EBV and strep feed off foods such as milk, cheese, butter, eggs, corn, canola, and GMO soy. These foods in the diet result in more intestinal agitation allowing for conditions such as irritable bowel syndrome (IBS), Crohn's and celiac.¹⁴⁹

Loss of Libido: This is not a thyroid caused symptom. Women's sex drive is determined by their adrenal strength. The adrenal system has become weakened. If the adrenals do not have enough reserves for giving birth, then it triggers a shutoff switch for libido. (Men on the other hand can have compromised adrenals and plenty of libido).¹⁵⁰

Abnormal Menstrual Periods: There are several reasons for inconsistent menstrual flows and cycles: 1) Chronic infection of EBV in the uterus and ovaries. (Stage Two EBV virus entered the reproductive organs) disrupting normal function of the reproductive system. 2) Adrenal dysfunction caused by EBV. 3) A diet too high in protein, fat, dairy and eggs can cause menstruation issues.¹⁵¹

Vision Problems (blurry, glaucoma, detached retina): When different eye glasses cannot explain or correct the problem, it is likely due to EBV neurotoxins in the bloodstream that are 1) short-circuiting and diminishing neurotransmitters; 2) weakening the optic nerve;

¹⁴⁸Ibid.

¹⁴⁹Ibid.

¹⁵⁰Ibid.

¹⁵¹Ibid, 55,56.

EBV can also get into the eye itself and cause detached retina or glaucoma. The shingles virus has the ability to weaken optic nerves as well.¹⁵²

Eye Floaters/Flashes: EBV neurotoxins inflaming the optic nerve can create mirage-like experiences of black spots, white spots, glares, and white flashes in the eyes.¹⁵³

Bulging Eyes: This is a steroid response. When aggressive varieties of the EBV prompt the thyroid to produce more tissue, that extra tissue produces extra thyroid hormones; and these excess steroid compounds create the swelling that causes the eyes to bulge.¹⁵⁴

Skin Discoloration. This is a liver problem. When someone has had EBV percolating in the liver for a long time; and especially if the person has had antibiotics or other medications, the liver becomes too overburdened to process bilirubin, the yellow pigment formed by the breakdown of old blood cells, correctly. Instead of getting flushed out, the bilirubin builds up and backs up into the bloodstream resulting in a yellowish tinge to the skin.¹⁵⁵

Infertility, Miscarriage, and Pregnancy Complications: There is a serious misconception that thyroid health creates these problems. The thyroid has a back up system, the adrenals, when the thyroid is not functioning well. Again, the real trouble is when EBV targets the reproductive system and moves in (Stage Two) creating the circumstances for later fertility and pregnancy issues. Influxes of hormones due to pregnancy and childbirth feed EBV and can trigger a low-grade or dormant EBV infection to advance and multiply. Pregnancy also takes energy away from the immune system, making a woman more susceptible to EBV in her system. A viral infection that has not caused symptoms in years could suddenly advance to the thyroid and wake up from dormancy and become symptomatic and problematic when a woman becomes pregnant. A virus such as this in the reproductive system causing cysts, fibroids, inconsistent menstrual periods, fallopian tube obstruction,

¹⁵²Ibid, 56.

¹⁵³Ibid.

¹⁵⁴Ibid.

¹⁵⁵Ibid.

preeclampsia, and/or hidden and undetectable inflammation of the uterus can interfere with a healthy conception and pregnancy. When EBV targets the uterus, it inflames the uterus, creating a spasm that is impossible to detect and yet can interrupt a pregnancy.

Miscarriages or infertility like this are most common among women with high viral loads and high concentrations of toxic heavy metals to feed the EBV.¹⁵⁶

Postpartum Depression: Having a baby triggers an enormous supply of hormones and adrenaline that enter the bloodstream when a woman gives birth, and these hormones and excesses of adrenaline fuel the EBV and can launch it into high gear. After giving birth the new Mom may experience crushing fatigue, depression, anxiety, weight gain, brain fog; and these may be misdiagnosed as thyroid issues, Lyme disease, or post partum depression.¹⁵⁷

Polycystic Ovarian Syndrome: In Stage Two, the EBV may choose the ovaries as a nesting place. The virus may prompt the creation of cysts as the immune system attempts to block off the growth of the virus, but the virus continues to live and grow inside. This infection can move quickly to the thyroid.¹⁵⁸

Breast Cancer: The true cause of breast cancer is the **Epstein-Barr virus**. When EBV is traveling from the liver to the thyroid, the lymphatic system tries to catch it in the chest area---and certain varieties of EBV, when caught there, will form tumors, cysts, or lesions. This why breast cancer is often not limited to the breasts—it also commonly affects the armpit and lymph nodes.¹⁵⁹

Injuries That Will Not Heal: It is an extra difficult time of healing when EBV is active in the system. When injured, the myelin sheaths covering the nerves in the area of the injury fry like strands of yarn; the disrupted root hairs give EBV the openings it needs to latch onto

¹⁵⁶Ibid, 57,58.

¹⁵⁷Ibid, 59.

¹⁵⁸Ibid, 59,60.

¹⁵⁹Ibid, 60.

the nerves and keep them inflamed for a long period of time. If a person is in Stage Four of EBV, viral neurotoxins will also be released at record levels and cause nerve problems like never before—even without an accident or injury.¹⁶⁰

Eczema & Psoriasis: The problem originates in the liver with the EBV feeding from high levels of toxic copper, plus old stores of DDT and other pesticides. Feeding off these poisons, the virus releases a potent derma toxin, that floats up to the skin, causing severe rashes, flaking, cracking, irritation, and itching. Ideally the liver would filter out these derma toxins like other debris; however when EBV is overloading the liver and the rest of the body, normal detox processes get interrupted, that is why these toxins end up trying to leave through the skin. The worse off the liver is, the worse the eczema or psoriasis because the liver's impeded function means more derma toxins escape. People with EBV also often experience hair loss.¹⁶¹

Lupus: Lupus begins in Stage Three when EBV is also targeting the thyroid. This is an allergic reaction to the EPV's waste matter: dermatoxins, neurotoxins, byproduct and viral corpses. When too much of this sludge builds up over time, the body becomes hypersensitive to it resulting in various symptoms of inflammation.¹⁶²

Lyme Disease: Lyme disease symptoms can be diagnosed as MS, fibromyalgia, chronic fatigue, ALS, or parasite infection. Because these conditions are all caused by a virus, the lines often blur between these labels. In the case of Lyme, it is viral, and bacteria only happens to be present. Most Lyme symptoms are caused by EBV; though all other viruses in the herpetic family can also cause them. Both Lyme and EBV “triggers” are about the same.¹⁶³

¹⁶⁰Ibid, 60,61.

¹⁶¹Ibid.

¹⁶²Ibid.

¹⁶³Ibid, 62,63.

Connective Tissue Disorders (including Ehlers-Danlos Syndrome): These connective tissue disorders are caused by a variety of Stage Four EBV, sometimes in Stage Three, that are feeding from different toxins in the liver, including old DDT and other pesticides, mercury and some solvents. Many of these are passed down through family bloodlines. As the virus thrives it releases both neurotoxins and specific connective tissue toxins, a combination that weakens connective tissue and inflames nerves at the same time. Because this is a late-stage EBV condition, thyroid issues will also occur, though it is not a thyroid symptom.¹⁶⁴

Sarcoidosis: EBV that are less concentrated on the central nervous system and instead make their focus the lymphatic system, attacking and inflaming the lymph nodes, around the lungs, heart, liver, and neck, creating swelling and scar tissue throughout the lymphatic system.¹⁶⁵

Pulmonary Fibrosis, Cystic Fibrosis, Interstitial Lung Disease: All caused by *Epstein-Barr virus* and antibiotic-resistant strains of EBV's cofactor, *Streptococcus bacteria*, the same culprit behind so many common issues, including chronic UTIs and strep throat. Staying clear of eggs, dairy, wheat, and pork is critical with these conditions.¹⁶⁶

Hypoglycemia and Type 2 Diabetes: It is very common for Type 2 Diabetes to accompany thyroid conditions. Because EBV, other toxins and a high-fat diet put a strain on the liver making it sluggish or stagnant and unable to store glucose as glycogen for the pancreas's needs. In addition, at the same time, the adrenals overcompensate for the thyroid's needs causing excess adrenaline scorches to the pancreas, further compromising the pancreas's ability to produce the needed insulin. As a result, blood sugar imbalances result.¹⁶⁷

¹⁶⁴Ibid. 63

¹⁶⁵Ibid.

¹⁶⁶Ibid, 64.

¹⁶⁷Ibid.

Acid Reflux: Half the problem of acid reflux is in the stomach and the other half is in the liver. It actually occurs because the good hydrochloric acid in the stomach is low (a weak liver cannot help provide extra); then the elevated levels of *unproductive acids* tend to rise in the esophagus during sleep, going all the way to the throat, where they release ammonia. This gas can also seep directly into the thyroid and inhibit functioning.¹⁶⁸

Celiac Disease: Wheat gluten is one trigger to this inflammation of the intestinal tract that is caused by Strep (EBV's bacterial cofactor). Other foods that fuel Strep and EBV are eggs, dairy products, corn, and EBV's waste – biofilm, neurotoxins, viral casings, toxic heavy metals dumping from the liver into the intestinal tract.¹⁶⁹

Cushing's Syndrome: Massive stress and poor diet has weakened and imbalanced the adrenals in Cushing's Syndrome.¹⁷⁰

Hepatitis C: Hepatitis C is chronic inflammation and scar tissues in the liver caused by EBV.¹⁷¹

Plantar Fasciitis: When EBV releases large amount of neurotoxins throughout the body, those neurotoxins disperse and settle on weak nerves in the body. The neurotoxins find these sensitive nerves (caused by accidents, dancing, athletics, turned ankle etc.) resulting in inflammation and pain in nerves such as the tibial and sciatic.¹⁷²

Parathyroid Disease: These four tiny glands work separately from the thyroid. They are responsible for keeping calcium levels balanced in the body, especially in the bloodstream. When they develop problems, the culprit is the same as the thyroid issues, EBV. When the body is creating thyroid nodules to try to wall off EBV cells, the parathyroid becomes

¹⁶⁸Ibid.

¹⁶⁹Ibid, 65.

¹⁷⁰Ibid.

¹⁷¹Ibid.

¹⁷²Ibid.

involved. The nodules are calcium prisons. As Stage Four EBV moves to the central nervous system, the brain requires more calcium to transport messages because the EBV is interfering with electrical functions in the body and may cause the parathyroid to overwork.¹⁷³

Chronic Fatigue: This is neurological fatigue from an ongoing and chronic Stage Four EBV infection. Viral neurotoxins inflame and drain the central nervous system creating an exhaustion often mistaken for adrenal fatigue.¹⁷⁴

Fibromyalgia: The aches, ongoing pain, sensitivity to touch, severe fatigue, and stiffness and a host of other issues are a result of Stage Four EBV's neurotoxins creating chronic inflammation of both the central nervous system and nerves throughout the body.¹⁷⁵

Tinnitus (Ringing or Buzzing in the ears, even deafening): In Stage 4 EBV can target the nerves of the inner ear channel called the labyrinth. The ringing, buzzing sensations, or even unexplained deafening is the result of the virus inflaming and vibrating the labyrinth and the vestibulocochlear nerve. Alternately EBV's neurotoxins can inflame those nerves of the inner ear, and the mere exposure of these nerves to the neurotoxins can create this symptom.¹⁷⁶

Vertigo, Meniere's Disease, Dizziness, Balance Issues: These symptoms are often attributed to calcium crystals, or stones becoming disrupted in the inner ear. However, most chronic cases are actually caused by EBV's neurotoxin inflaming the Vagus nerve. When EBV is leaving the thyroid as it moves into Stage 4, it usually moves fast, growing rapidly in number—and will often release an explosion of neurotoxins into the bloodstream. The vagus and even phrenic nerves become sensitized and allergic to the neurotoxins causing them to inflame that causes “the spins” and other disconcerting balance issues. When the

¹⁷³Ibid, 65,66.

¹⁷⁴Ibid, 61.

¹⁷⁵Ibid.

¹⁷⁶Ibid.

vagus nerve swells like this, it causes the chest and neck to get tight; and since the nerve runs into the cranium, it even results in some very mild inflammation at the bottom of the brain. This swelling of the brain itself (so slight that it cannot be detected in brain scans) can compound the balance issues, going so far as to give you a chronic balance issue where you feel like you are constantly on a boat.¹⁷⁷

Multiple Sclerosis (MS): The immune system is not attacking itself--a virus is. Epstein–Barr virus is the hidden cause of MS. There are 2 types of EBV: 1). Neurological symptoms -- weak legs, weak arms, mild tremors, severe tingles, and numbness. These are the result of EBV neurotoxins inflaming various nerves in the body, commonly diagnosed as MS or Lyme though no lesions show on medical scans. 2). This type reaches the brain, causing lesions, mild forms of encephalitis. In either case it is from EBV virus neurotoxins, occurring in Stage 4.¹⁷⁸

Rheumatoid Arthritis (RA): RA is a specific variety of EBV that gets into connective tissue, joints, and ligaments in its fourth stage, causing inflammation and stiffness, creating pain in the nerves, bone, joints, and over time, even deformity may occur. Inflammation, swelling of the knuckles, cervical spine, and the like, is an indication the immune system body is trying to hold the invader at bay to keep the virus from burrowing deeper and causing permanent damage to nerves and tissues.¹⁷⁹

Perimenopause and Menopause: One of the greatest missteps of all time is mistaking women's Epstein-Barr symptoms for perimenopause or menopause. Symptoms such as hot flashes, night sweats, heart palpitations, dizziness, depression, hair loss, and anxiety were and are frequently misinterpreted as hormonal change—that is what launched the disastrous

¹⁷⁷Ibid, 53,54.

¹⁷⁸Ibid, 62.

¹⁷⁹Ibid, 63.

HRT movement, but when we consider a symptom and give it a disease name, we really need to look carefully at this viral monster and what it might be affecting....¹⁸⁰ With more aggressive, faster-developing strains of EBV showcasing themselves, women are experiencing hypothyroidism earlier in life and many receive the diagnoses of perimenopause. Much of the time, HBV is the cause. It is also possible for radiation or pesticide exposure to contribute to the discomforts classically associated with menopause.¹⁸¹

Sinus, Acne, Sore Throats, UTIs, IBS, Bacterial Vaginitis, Bladder Sensitivities, and Small Intestinal Bacterial Outgrowth. Streptococcus, *bacteria*, (*Strep*), *cofactor to EBV*, prospers when the virus does.¹⁸²

Appendix 3 – Critical Clean Carbohydrates (CCC)

It is suggested that we try to eat at least three servings of these per meal, the more the better, rotating so that in a given week or two each one of these fruits and vegetables gets into the system. Consider even going the next step and doing a “reset” of your gut’s microbiome with seven to eight servings of only fruits and vegetables a day for 10 days.

1. FRUITS

Wild Blueberries are the top fighter of free radicals; these berries provide protection against brain disorders and any neurological symptoms; they protect heart valves and ventricles and even remove plaque. These berries also help maintain a constant balance in woman’s reproductive system. There is so much more that these wild blueberries contribute.

¹⁸⁰Anthony William, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, 48.

¹⁸¹Anthony William, *Thyroid Healing*, 57.

¹⁸²Ibid.

Cherries are the ultimate liver tonic, cleanser, and rejuvenator; they sharpen the mind by purifying the bowels; they strengthen the bladder; and they are a best friend for weight loss.

Cranberries are one of the most powerful liver cleansers, cranberries are the ultimate food for reversing gallbladder disease. They are extremely helpful in passing kidney stones with ease; they help halt growth of bacteria, viruses, anything harmful growing inside; a daily bowl of cranberries suppresses appetite and helps shed those extra pounds; they also fight Strep infections.

Figs, like dates, are one of the most effective bowel-cleansing foods is figs; fig skin kills unproductive gut bacteria, parasites, mold and toxic heavy metals.

Grapes are the ultimate kidney tonic and an amazing liver cleansing food. They are also a digestive system food because they expel parasites, mold, and fungus from the intestinal tract. They are amazing at fighting the Unforgiving Four. Finally they are an outstanding energy food and brain food.

Kiwis regulate blood sugars. They help raise hydrochloric acid levels and strengthen the digestive system.

Lemons/Limes are the most highly absorbable source of vitamin C. They create alkalinity and help prevent growth of almost every type of cancer. They are also one of most effective mucus expellers. Their juice helps reactive the life in our water, making it more effective.

Mangos are a miracle sleep aid helping to calm the central nervous system. They are a good bedtime snack.

Melons are essentially balls of purified water binding onto and flushing out poisons of all kinds in the body.

Oranges and tangerines are miracle fruits. They are one of the keys to healing the 21st century epidemic of chronic illnesses.

Papayas are excellent for any kind of stomach or intestinal disorder. They are the number one fruit for digestibility, constipation, stomach aches, and inflamed linings. They are a perfect food after fasting or serious illness. They offer ample calories, optimal nutrition and digest so favorably. Papayas are a miracle worker for the skin.

Pears: Pears support pancreas rejuvenation and helps prevent pancreatic cancer.

2. VEGETABLES

Asparagus is an anti-aging wonder! This food provides essential nutrients critical for removing toxins deep within organs. As a toxin inhibitor, asparagus battles virtually every variety of cancer. It is high in B vitamins and helps to alkalize the body.

Cilantro removes heavy metals such as mercury and lead that are favorite foods of EBV. It is an amazing detoxifier of the brain and liver. Cilantro is effective in helping to fight off worms and virtually every form of bacteria and flushing its waste.

Celery is one of the most powerful anti-inflammatory foods, starving and flushing unproductive bacteria, yeast, mold, fungus and viruses from the body. Celery is a fast way to alkalize the gut, raise the hydrochloric acid (HCA) levels, and helps food digest easily. Mineral salts and electrolytes in celery feed electrical impulse activity supporting neuron function. Over all, celery is a great healing tonic.

Coconut oil is an antiviral and anti-inflammatory food.

Cruciferous vegetables (cabbage, broccoli, cauliflower, Brussels sprouts, kale, arugula, and more) are the thyroid's best friends. They protect against the viral explosion and pull out radiation. These vegetables help stave off most cancers, especially lung cancer.

Garlic is an antiviral and antibacterial defense against EBV. Use garlic often!

Leafy greens have the most bioavailable and assimilable proteins readily available for the body. These greens help reverse diseases from protein sources not being broken down or assimilated causing deterioration of the body. Leafy greens stimulate peristaltic action in the intestinal tract and help cleanse EBV from the liver.

Onions are one of the best foods for retarding bacteria overgrowth. They enhance the body's production of B12. Onions help rid the body of radiation, casts out viruses, draws out DDT, pesticides, and toxic heavy metals. Iron loss is slowed. Onions are effective against colds, flus, bronchitis, and bacteria caused pneumonia. As an added benefit, onions help keep the skin looking younger.

Potato skin is one of the best nutrition sources of amino acids, proteins, and phytochemicals. Potatoes draw some of the highest concentration of macro and trace minerals from the earth.

Parsley removes high levels of copper and aluminum that feed EBV.

Radishes repel intestinal worms and parasites. They are incredible heart food, excellent for helping to prevent heart disease and other cardiovascular issues by increasing good and lowering bad cholesterol. The leaves are powerful prebiotics.

Sprouts are the early phase of plant life. They are easily digested and are many times more nutritious than the full grown plant. Sprouts help pull toxic heavy metals from the brain helping reverse Alzheimers, dementia, brain fog, and memory loss. Sprouts are one of the ultimate tools for renewing an exhausted body and strengthening the immune system against EBV.

Spinach creates an alkaline environment in the body and provides highly absorbable micronutrients to the nervous system.

Sweet Potatoes uproot unproductive bacteria in the stomach, small intestine and colon, starving out bacteria, fungi, and mold. Sweet potatoes help rid the body of destructive,

cancer-causing estrogen that interferes with the body's hormone function. They are useful against insomnia. It would be well to eat a sweet potato every day.^{183 184}

A. 50 of the TOP healing fruits and vegetables with a recipe for each: This beautiful book gives a mouth-watering picture of each recipe for the TOP CCC: Critical Clean Carbs – in the order of most importance. Each food is described with the most important benefits of each fruit. (This document only listed one or two benefits for each food). *Life-Changing Foods*, by Anthony William. (Available on Amazon).

B. Plant Strong Eating: Former fire fighter - turned food rescuer, Rip Esselstyn, New Your Times best selling author of the *Engine 2* books: ***My Beef with Meat; Plant Strong; and the 7 Day Rescue Diet*** (Amazon) give the healthiest arguments for eating **plant-strong** along with delicious simple recipes.

¹⁸³Anthony William, *Secrets Behind Chronic and Mystery Illness and How to Finally Heal* 52-53;

¹⁸⁴Anthony William, *Life-Changing Food* 48-105.

William W. Li, MD. *Eat to Beat Disease* shows the evidence behind over 200 health-boosting foods that can starve cancer, reduce the risk of dementia, and beat dozens of avoidable diseases. Dr. Li's perspective gives a life-changing guide to the hundreds of healing foods to add to meals that support the body's defense systems.

Appendix 4 – Sunrider Whole Food-Grade Herbal Combinations

Sunrider products holistically nourish and cleanse the body with a variety of whole herbal foods to restore the balance in the body. The “*Balancing*” Success Formula is:

Nourish + Cleanse = Balance.

A. THE BASICS - The following five (5) products are considered a daily “Basic to a long-term healthy lifestyle.

NOURISH: **NuPlus** is twelve (12) whole concentrated herbal foods formulated *to nourish the entire body at the cellular level*. NuPlus is a perfect balance of 60% complex carbs, 20% assimilable protein (amino acids) 15% fatty acids, and loaded with naturally occurring vitamins and minerals ready to be absorbed into the body within minutes. NuPlus is considered a daily Basic to a long-term healthy lifestyle.

BALANCE: **Quinary** is 50 whole concentrated herbal foods synergistically combined to restore the balance, to the 5 life-support systems: immune, respiratory, circulatory, glandular, and digestive systems. Quinary is designed to restore the Balance in the system from being either overactive or underactive. Quinary is considered a daily Basic to a long-term healthy lifestyle.

CLEANSE: **Calli** Is five (5) herbal whole foods that cleanse at the cellular level. Calli is a delicious beverage formulated to nourish the five cleansing organs: liver, kidneys, colon, lungs & skin to be able to function most effectively. Calli is a daily detox without a stressful cleanse. It is considered a daily Basic to a long-term healthy lifestyle.

CLEANSE: **Fortune Delight** is five (5) herbal whole foods formulated to cleanse the digestive system with powerful antioxidant whole foods; Fortune Delight super hydrates at the cellular level. It is considered a daily Basic to a long-term healthy lifestyle.

EXTRA BONUS: **SunnyDew** is a natural flavor enhancer that highly nourishes as it makes everything taste good without the typical stevia aftertaste.

Stevia and Chrysanthemum herbs nourish the pancreas, digestion and are anti-inflammatory, anti-viral, anti-fungal, anti-tooth decay, and three hundred times sweeter than sugar with no additives, nothing artificial, and no preservatives. It is just natural goodness by the drop. SunnyDew is considered a daily Basic to a long-term healthy lifestyle.

B. Quinary: 5 Individual System Formulas combined to One:

Quinary is a synergistic combination of 50 foods. There are ten (10) foods that nourish each of five life-support systems so that each system gains or maintains their Balance. (Neither overactive or underactive). It takes many herbs working together to have that internal energy “Chi” flowing through the body uninhibited.

Quinary supports all five (5) systems. The individual formulas for each of the five (5) systems can be added for extra support to the weak and struggling system:

- **Assimilaid** is 10 whole herbal foods to restore the balance to the digestive system, to help process food quickly and efficiently. (Assimilaid 1/5 part of the Quinary combination), Handles the Food!

Prime Again is 10 whole herbal foods to restore the balance to the glandular system. The glands in the endocrine system produce hormones that regulate everything from metabolism to growth to mood to sexual function. Specially formulated to “put you in your prime again!” (Prime Again is 1/5 of the Quinary combination). Coordinates all Systems!

- ***Conco*** is 10 whole herbal foods to restore the balance to the respiratory system and lymphatic system – moving air in, toxic mucus out. (Conco is 1/5 of the Quinary combination). Breath free!
- ***Lifestream*** is 10 whole herbal foods designed to address the circulatory system. They enhance adequate movement of blood through the body that is crucial to good health, supporting the nervous system, cardiovascular health, the liver, eyesight, blood pressure and the elimination process. (Lifestream is 1/5 of the Quinary Combination). Handles Liquid!
- ***Alpha 20-C*** is 10 whole foods specific for building a strong the immune system. (liver, gallbladder) (Alpha 20-C is 1/5 of the Quinary combination). Defense!

C. Beyond the Basics: Additional Support Foods

- ***Chinese Goldenseal Root*** is effective against bacterial and viral pathogens. This is especially effective for urinary tract, digestive, reproductive system, liver, and gallbladder health. There are no negative side effects like medicinal Goldenseal.
- ***Dandelion Root*** is one of the most detoxifying single herbs. It is excellent food for the liver, Sunrider’s Dandelion Root is 3-4xs more concentrated than other

brands. It clears toxins, cleans the liver, destroys acid in the blood, promotes urination, inhibits bacteria and fungus. For best results, eat with Alpha 20-C – the immune system balancing food.

- ***VitaDophilus*** is a probiotic with millions of good bacteria. This formula is protected with an apple pectin coating, insulating millions of good bacteria from the harsh stomach environment, allowing them to reach the small intestine for maximum efficacy. This is unlike many probiotic formulas that are destroyed by stomach acids and rendered useless before they can be fully utilized. When the small intestine has plenty of good bacteria and reaches the lower part of the small intestine, the Ileum, the body can create an environment to produce Vitamin B-12.
- ***SunBar*** is a delicious high-energy snack bar. High in pre-biotic soluble fiber FRUCTOOLIGOSACCHARIDE (FOS), the SunBar supports growth of beneficial bacteria. This exclusive blend of natural ingredients, with no artificial sweeteners, colors, or preservatives and lower in sugar than typical food bars, makes an excellent handy meal replacement, a guilt-free dessert, and an on-the-go snack that satisfies hunger and taste buds.
- ***Evergreen*** is a nutrient dense form of stabilized type of chlorophyll, (life-blood of the plants), giving the circulatory system efficient transporting of oxygen and nutrients to the body. Evergreen supports the digestive system removing impurities and toxins, and a rich source of antioxidants combating free radicals promoting immune system health. One vial is equivalent to eating 5-6 serving of green vegetables. It is a “super Aloe Vera” type of food for the digestive system.

- ***Spirulina*** is a highly digestible protein, mineral dense, whole food, a key player for gaining and maintaining optimal health. It is a good source of iron, omega 3 fatty acids, calcium, niacin, potassium, magnesium, and B vitamins. For safety and purity, it is cultivated and harvested in man-made reservoirs. In its natural state, Spirulina has a mild taste common to freshwater algae and has a long history of human consumption.
- ***TOP*** is a Nervous System food. Think clearly, enhance mental focus, & sharpness, cognitive ability, mental and emotional balance.
- ***JOI*** is a Nervous System food. Brain-musculoskeletal-nerve communication. Soothing to the soreness and tension neck down.
- ***ESE*** is a Nervous System food. Strengthens central nervous system, focuses on renewing the nerves, Calms and clears the mind. For anxiety, restlessness, sleeplessness and stress. Does not make you sleepy.

D. How to obtain these online herbal foods: The best way to purchase Sunrider foods is to have your own account and purchase directly from the company. Save the middleman!

Note: It is highly recommended that you choose a sponsor to walk beside you during this 10-day and 90 day period and beyond. You can join at www.sunrider.com and shop at your own Sunrider mall.

Appendix 5 – The Body's Response when Adding High Quality Nutrition to One's Diet. "Cleans the House"

Anytime an individual starts eating a higher quality of nourishment, the body naturally starts cleansing. The following might be a possible narrative:

Question: I thought I would only feel better and better after nourishing and cleansing my body. But now I have a cold and sore throat. I seldom ever get sick! What's happening?

Answer: When the quality of food coming into the body is of higher quality than the tissues that the body is made of, the body begins to discard the lower grade materials to make room for the superior materials. This can sometimes cause a temporary cleansing situation. Keep being consistent in nourishing and cleansing—greater health and vitality is ahead!

Cellular intelligence reasons something like this:

Oh, look at all this fine material coming in. How wonderful, now we have a chance to get rid of this old garbage and build a beautiful new house. Let us get started immediately. Let us get this excess bile out of the liver and gallbladder and send it to the intestine for elimination. Let us get this sludge moving out of the arteries, veins and capillaries. These smelly, gassy, brain-stupefying masses have been here too long, out with them! These arthritic deposits in the joints need cleaning up. Let us get these irritating food preservatives, sleeping pills, aspirins, and drugs out of the way, along with these other masses of fat that have made life so burdensome for us for so long. Let us get going and keep going until the job is done, until we have a beautiful house, and from then on, we'll keep it a beautiful, ideal model house.

Eliminating through the Skin:

People who have had tendencies in the past with recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. Sometimes this is thought of as an allergy. The skin, our largest cleansing organ is getting more alive and active, throwing out more poisons more rapidly now that the body is building up more energy. For some, colds, that haven't appeared for a long time, may occur, or even fevers. This is nature's way of house cleaning. These toxins being discarded are helping to prevent more serious disease.

Temporary Signs of Cleansing:

Allergies, heart palpitations, abdominal pains, constipation, gas, skin rashes and hives, sinus drainage, excess mucus, sore throat, colds and infections, kidney or liver pain, bladder conditions, joint/muscle discomfort, leg or feet tenderness, reproductive organ dysfunction or inflammation, head, eye/ear problems, etc. can develop AFTER the start of a wellness program and is the result of cleansing excessive poisons from the tissues.

Chelation: Calli chelates or draws out the toxins from the tissues in the body. Be sure and drink extra weaker Calli to remove the toxins from the body so they do not settle in again.

Exercise is the Lymph System's only pump: Toxic waste from the cells is eliminated through the lymphatic system. Movement (exercise) moves the toxic masses 1) from the cells 2) to the lymph nodes in the neck 3) then into the eliminatory system through the liver 4) and then into the colon where the toxins are absorbed into fecal matter 5) where the colon needs to pop this right out of the body so it is not reabsorbed.

As Poisons are coming out, effects may be felt:

All of us have waste material that has been in our body for years, even from childhood, stored in the tissues or even in the pockets in the colon ever weakening the body.

We cannot expect to heal and cleanse the body in a short period of time. There may be years of eating negative foods, three or more times a day, chemicals that we are constantly exposed to, and even medications and drugs that are stored in our body. As these are coming out, effects may be felt.

Food Not the Problem:

If these cleansing symptoms begin after starting to eat and drink higher quality of concentrated nourishment, it is very important to realize that the foods used to nourish and cleanse the body are removing waste material from the longstanding site of accumulation, the dying off of fungus, mold, pathogens and stored acid wastes. The food is not the problem; it is as the acidic toxic wastes start eliminating through the body that temporary symptoms occur. Take this as good news.

Rest, sleep and exercise.

When the symptoms are present, listen to the body and give it what it needs. If this happens, the milder the symptoms will be and the more quickly they will be over.

Cyclical Healing

One must not expect to go on a straight road to a higher quality of health. The body is cyclical in nature (on a circadian rhythm), and health returns in a series of gradually diminishing cycles of healing and cleansing. For example, individuals start a better diet and lifestyle and for a while we feel much better. After some time, a symptom occurs, the

person may feel nauseous for a day and have diarrhea with a foul-smelling stool. After that day, one feels even better and all goes fine for a while. Then an individual suddenly develops a cold, feel chills, and lose one's appetite. After about two or three days (assuming doing no drugs or anything negative), the person suddenly recovers and feels better than he/she has in years. Let us say this well-being continues for two months when suddenly we develop an itch or rash. We still do not take anything for it. This rash flares up, gets worse and continues for ten days, and suddenly subsides. Immediately after this we find that our hepatitis, for example, is gone and our energy has increased more than ever before. The rash became an outlet for the poisons in the liver that produced the hepatitis. This is how recovery occurs, it is like the cycles in the Dow-Jones Average at the beginning of a bull market; there are ups and downs.

Worth the price

Any pain and discomfort associated with the removal of the toxins in the body is the necessary price to be paid for the health and wellness so desperately sought. Continue to give your body the best opportunity to have a life of wellness and vitality. It is well worth the price! Why go back to the old ways of eating and living? Pursuing health is a journey that lasts a lifetime and the rewards are well worth it!¹⁸⁵

Remember The Wellness Formula: Nourish + Cleanse = Balance

“Let your food become your medicine and your medicine be your food!”

¹⁸⁵Author Unknown, *When the going Gets Tough, the Tough Keep Going!* (Cleansing with Sunrider Whole Live Foods).

-- Hippocrates