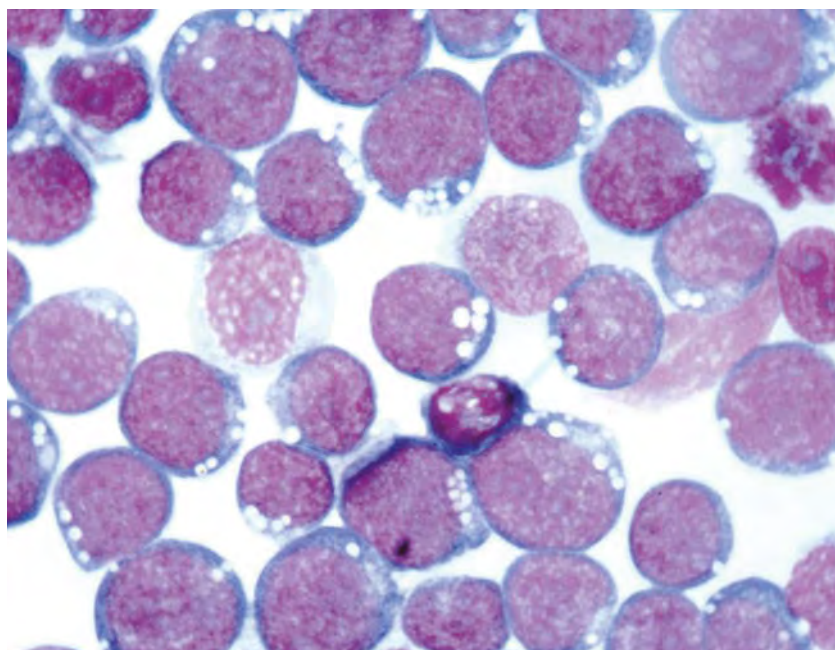


# Epstein–Barr virus, Chronic fatigue syndrome and Fibromyalgia



by Anthony William © 2015–2016

Epstein–Barr virus (Photo: US National Cancer Institute)

## Medical Medium

**S**ince his early childhood, Anthony William has been communicating with a highly evolved spirit who gives him accurate information about people's health conditions. A self-described "medical medium", William has dedicated the past 25 years to helping his clients discover the root cause of their unresolved illnesses and restore good health with natural nutrition.

A compassionate man, William heals on multiple levels, not just the physical, and has an extraordinary success rate. His insights from the spiritual realm have been shown to be years ahead of today's medical science. His clients include people from all walks of life, the rich and famous, and even medical professionals who need assistance with cases that are difficult to diagnose.

Anthony William has written his book *Medical Medium* to help the medical community and laypeople move beyond dozens of misdiagnosed illnesses including

autoimmune disease, chronic fatigue syndrome, depression, digestive disorders, hormonal imbalances, Lyme disease, multiple sclerosis and neurological conditions. William provides health information that's never before been revealed. Here we present an edited extract from chapter three, which explains a new way of understanding and treating Epstein–Barr virus and the many diseases connected with it. – Editor

## The Mystery Illness of Mystery Illnesses

The Epstein–Barr virus (EBV) has created a secret epidemic. Out of the roughly 320 million people in the USA, over 225 million Americans have some form of EBV.

Epstein–Barr is responsible for mystery illnesses of every category. For some people, it creates fatigue and pain that go unnamed. For others, EBV symptoms prompt doctors to prescribe ineffective treatments such as hormone replacement therapy (HRT). And for so many people walking around with EBV, it is misdiagnosed.

Among the reasons why EBV is thriving is that so little is understood about it. Medical communities are aware of only one version of EBV, but there are actually over 60 varieties. Epstein-Barr virus is behind several of the debilitating illnesses that stump doctors. It's the mystery illness of mystery illnesses. Doctors have no idea how the virus operates long-term and how problematic it can be. The truth is, EBV is the source of numerous health problems that are currently considered mystery illnesses, such as fibromyalgia and chronic fatigue syndrome. EBV is also the cause of some major maladies that medical communities think they understand but really don't, including thyroid disease, vertigo and tinnitus.

### Epstein-Barr Origins and Transmission

Though Epstein-Barr was discovered by two brilliant physicians in 1964, it had actually begun taking hold in the early 1900s. EBV's initial versions—which are still with us—are relatively slow to act, and might not even create notable symptoms until late in life. Even then, they're only mildly harmful. Many people have these non-aggressive EBV strains. Unfortunately, EBV has evolved over the decades, and each generation of the virus has grown more challenging than the one before.

Until the publication of this book, those with EBV would typically be stuck with it for the rest of their lives. Doctors seldom recognise EBV as the root cause of the myriad problems it creates; plus, they have no idea how to address the Epstein-Barr virus even when it is recognised.

There are many ways to catch EBV. You can get it as a baby if your mother has the virus. You can also get it through infected blood. Hospitals don't screen for the virus, so any blood transfusion puts you at risk. You can



Pregnancy and childbirth hormones can trigger EBV.

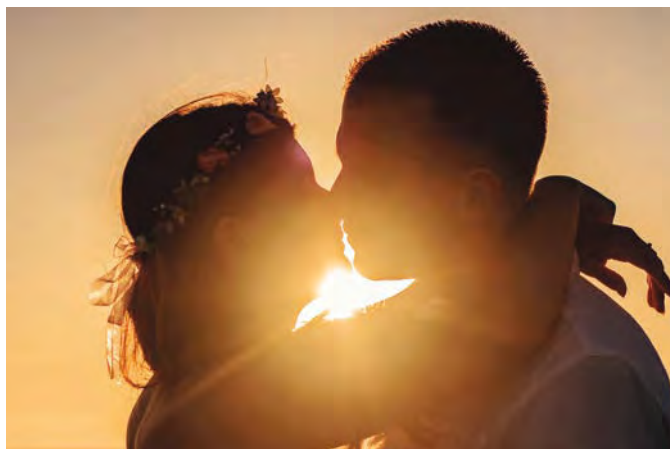
even get it from eating out! That's because chefs often end up cutting a finger or hand, slapping on a Band-Aid and continuing to work. Their blood can get into the food...and if they happen to have EBV during a contagious phase, that can be enough to infect you. Transmission can also happen through other bodily fluids, such as those exchanged during sex. Even a kiss can sometimes be enough to transmit EBV.

Someone with the virus isn't contagious all the time, though. The virus is most likely to spread during its Stage Two. This brings up something else that until now hasn't been revealed: EBV goes through four stages.

### Epstein-Barr Stage One

If you catch EBV, it goes through an initial, dormant period of floating around in your bloodstream doing little more than slowly replicating itself to build its numbers—and waiting for an opportunity to launch a more direct infection. If you physically exhaust yourself for weeks and give yourself no chance to recover fully, or if you allow your body to become deprived of essential nutrients such as zinc or vitamin B12, or if you undergo a traumatic emotional experience such as a break-up or the death of a loved one, the virus will detect your stress-related hormones and choose that time to take advantage.

EBV will also often act when you're undergoing a major hormonal change such as during puberty, pregnancy or menopause. A common scenario is after a woman goes through childbirth, when she may feel various symptoms including fatigue, aches and pains, and depression. In this case, EBV isn't exploiting her weakness; the fact is that hormones are a powerful food source for the virus,



Under some circumstances, even a kiss can be enough to transmit EBV.

and their abundance acts as a trigger.

This Stage One period of fortifying itself and waiting for an ideal opportunity can take weeks, months or even a decade or longer, depending on a variety of factors. The virus is especially vulnerable during Stage One. However, it's undetectable through tests and it causes no symptoms, so you normally wouldn't know to fight it because you wouldn't be aware it was there.

### Epstein-Barr Stage Two

At the end of Stage One, EBV is ready to do battle with your body. That's when it first makes its presence known...by turning into mononucleosis or "mono".

Medical communities are unaware that every case of mononucleosis is only Stage Two EBV. This is the period when the virus is most contagious. It's therefore advisable to avoid being exposed to blood, saliva or other bodily fluids from someone who has mono...or to avoid exposing anyone to your fluids if you have mono.

During this Stage Two, your body's immune system goes to war with the virus. It sends identifier cells to "tag" virus cells, i.e., place a hormone on them that marks them as invaders. It then sends soldier cells to seek out and kill the tagged virus cells. This is the power of your immune system coming to your defence.

How severely this battle rages will vary from person to person, and it will also depend on what EBV strain or variety a person has. You can have mono for just a week or two with a mild, scratchy throat and tiredness, in which case you aren't likely to realise what's really happening so you most likely won't visit a doctor for a blood test.

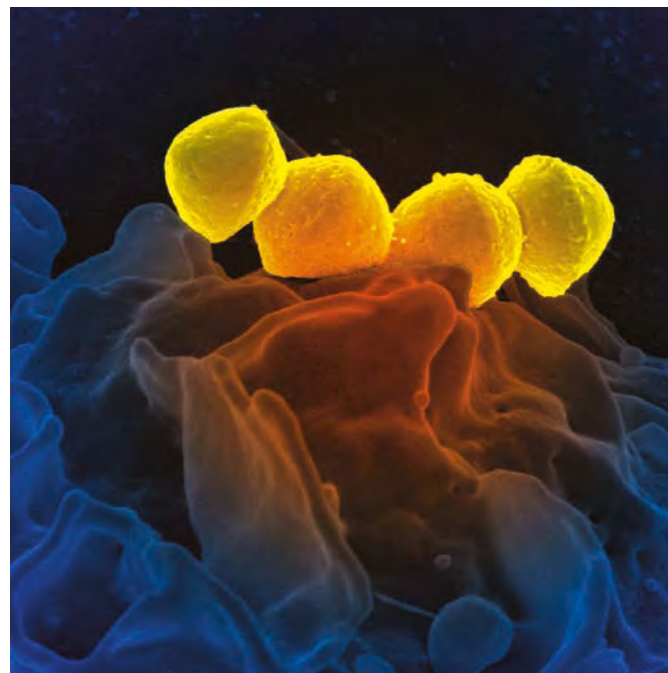
Then again, you can be hit hard with fatigue, sore throat, fever, headaches, rashes and more that hang on for several months. If this happens, the chances are that you'll go to see a doctor who'll test your blood, and the Epstein-Barr virus will show up as a form of mono...most of the time. It's during this stage that EBV seeks a long-term home by making a run for one or more of your major organs—typically, your liver and/or spleen. EBV loves being in these organs because mercury, dioxins and other toxins are likely to accumulate there. The virus thrives on these poisons.

One other secret about EBV is that it has a best friend, a bacterium called *Streptococcus*. So your body is dealing with not only a virus but also bacteria that further confuse the immune system and produce their own array of symptoms. This is EBV's number-one co-factor. In Stage Two, *Streptococcus* can travel up to create strep throat and/or infest the sinuses, nose or mouth. It can also travel down to create infections in the urinary tract, vagina, kidneys or bladder, eventually causing cystitis.

### Epstein-Barr Stage Three

Once the virus settles into your liver, spleen and/or other organs, it nests there. From this point on, when a doctor tests for Epstein-Barr virus, she or he will find

antibodies and take these to indicate a past infection, when EBV was in its mono phase. The doctor will not find EBV presently active in the bloodstream. The confusion is one of the biggest blunders in medical history, and this is how this virus has slipped through the cracks. Unless you've already followed the measures in this book to kill the EBV, the virus is, in fact, still alive and causing new symptoms...and it's eluding the tests. That's because it's living in the liver, spleen or other organs, and the test to detect this has not yet been invented.



Scanning electron micrograph of Group A *Streptococcus* (*Streptococcus pyogenes*) bacteria on a primary human neutrophil. (Photo: US NIAID)

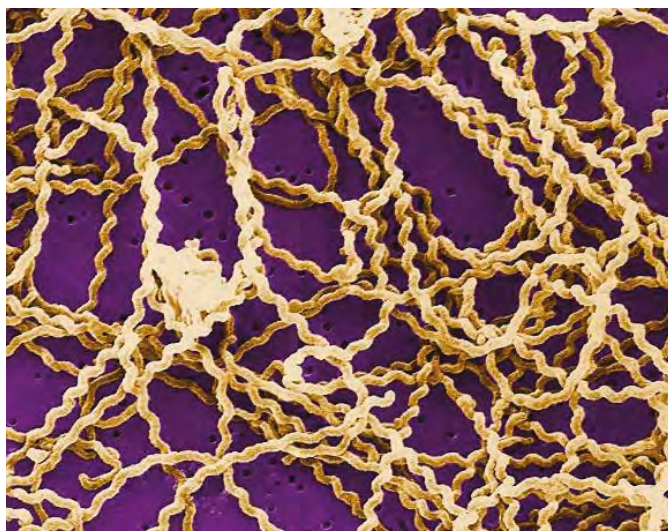
With the virus hiding undetected in your organs, your body assumes it's won the war and the invader has been destroyed. Your immune system returns to its normal state, your mononucleosis ends, and your doctor tells you that you're healthy. Unfortunately, the Epstein-Barr virus has barely begun its voyage through your body.

If you have a typical variety, EBV could lie dormant in your organs for years—possibly for decades—without your knowing it. If you have an especially aggressive variety, though, EBV may create serious problems even while it's nesting. For example, the virus may burrow deep into your liver and spleen, causing those organs to become inflamed and enlarged. Once again, keep in mind that your doctor does not know to connect the dots between past EBV and its present activity in the organs.

The virus also creates three types of poison:

1. EBV excretes toxic waste matter, or viral by-product. This becomes increasingly significant as the virus grows more cells, and its expanding army keeps eating and excreting poisonous by-product. This waste matter is





*Leptospira spirochaetes* imaged under a scanning electron microscope.

often identified as *spirochaetes*, which can trigger false positives in tests such as Lyme titres (screening tests for Lyme disease) and lead to a false diagnosis of Lyme.

2. When a cell of the virus dies—which happens often, as the cell has a six-week life cycle—the corpse that is left behind is itself toxic and so further poisons your body. As with viral by-product, this problem becomes more severe as EBV's army grows, creating fatigue.

3. The poisons that EBV creates through these two processes have the ability to generate a neurotoxin—a poison that disrupts nerve function and confuses your immune system. It will secrete this special toxin at strategic periods during Stage Three, and continuously during Stage Four, to prevent your immune system from zeroing in on the virus and attacking it.

The issues that may result from having an aggressive variety of EBV nesting in your organs include:

- Your liver is performing so sluggishly that it does a poor job of flushing toxins out of your system.
- Hepatitis C; EBV is actually the primary cause.
- Your liver's sluggish performance leads to a lowering of your stomach's hydrochloric acid, and your intestinal tract becomes toxic. This in turn can result in some food not being fully digested and instead putrefying in your intestines, resulting in bloating and/or constipation.
- You develop sensitivities to foods that never caused you problems before. This happens when the virus consumes a food it likes, such as cheese, and transforms it into something your body doesn't recognise.
- The virus bides its time until it senses stress-related hormones, indicating you're in an especially vulnerable state, or when it senses you're undergoing hormonal upheaval, such as during pregnancy or menopause.

When the virus is nearly ready to spring, it begins excreting its neurotoxin. This adds to the burden on your system already created by EBV's by-product and virus corpses. All this poison in your system finally triggers

your immune system—and also thoroughly confuses it, because it has no idea where the toxins are coming from.

Following are some insights into Stage Three maladies.

• **Lupus:** The immune system response I've just described triggers the mysterious symptoms that doctors can diagnose as lupus. Medical communities have no understanding that lupus is just the body reacting to Epstein-Barr's by-products and neurotoxins. It's the body having an allergic reaction to these neurotoxins, which then elevates the inflammatory markers that doctors search for to identify and diagnose lupus. In truth, lupus is just a viral infection of Epstein-Barr.

• **Hypothyroidism and Other Thyroid Disorders:** While your immune system is in disarray, EBV takes advantage of the chaos by leaving the organs it's been nesting in and making a run for a different major organ or gland—which this time is your thyroid!

Medical communities aren't yet aware that EBV is the actual cause of most thyroid disorders and diseases—especially Hashimoto's, but also Graves', thyroid cancer and other thyroid ills. (Thyroid disease is also sometimes caused by radiation; but in over 95 per cent of cases, the culprit is Epstein-Barr.) Medical research has not yet uncovered the true causes of thyroid disorders, and it's still decades away from discovering that EBV is the virus that causes them. If a doctor gives you a Hashimoto's diagnosis, it really means that she or he doesn't know what's wrong. The claim is that your body is attacking your thyroid—a view that arises from misinformation. In truth, it's the EBV—not your body—attacking the thyroid.

Once in your thyroid, EBV begins drilling into its tissues. The virus cells literally twist and spin like drills to burrow deep into the thyroid, killing thyroid cells and scarring the organ as they go, creating hidden hypothyroidism from mild cases to the more extreme in millions of women. Your immune system notices this and tries to intervene, causing inflammation; but between EBV's neurotoxin, viral by-product and poisonous corpses confusing things, and with EBV hiding in your thyroid, your immune system can't tag the virus for complete destruction.

While the above may sound unnerving, don't let it rattle you: your thyroid can rejuvenate and heal itself when it's given what it needs. Never underestimate the power of your immune system, which by the end of this chapter will become activated just by your learning the truth.

The Epstein-Barr virus invades your thyroid for a strategic reason: it's seeking to confuse and place stress on your endocrine system. The strain on your adrenal glands produces more adrenaline, which is a favoured food of EBV that makes it stronger and better able to go after its ultimate target: your nervous system.

### Epstein-Barr Stage Four

The ultimate goal of the Epstein-Barr virus is to leave your thyroid and inflame your central nervous system (CNS). Your immune system normally wouldn't allow this

to happen. But if EBV has successfully worn you down in Stage Three by entering your thyroid, and if on top of that you are abruptly clobbered with some physical or severe emotional injury, the virus will take advantage of your vulnerability and start to cause a multitude of strange symptoms that range from heart palpitations to generalised aches and pains to nerve pain.

Blood tests, X-rays and MRIs will reveal nothing wrong, so doctors won't be aware that the virus is inflaming the nerves. Stage Four Epstein-Barr is therefore a major source of mystery illnesses—problems that cause doctors massive confusion.

## The medical system is still years away from discovering the illness's true root—because it's viral...

What's actually happening is that your injured nerves trigger an "alarm" hormone to notify your body that the nerves are exposed and need repair. In Stage Four, EBV detects that hormone and rushes over to latch onto those damaged nerves. A nerve is similar to a string of yarn with little root hairs hanging off it. When the nerve is injured, the root hairs pop off the sides of the nerve sheath. EBV looks for those openings and grabs onto them. If it succeeds, it can keep the area inflamed for years. As a result, you can have a relatively small injury that remains flared up and causes you continual pain.

The issues that result from this viral inflammation can include muscle pain, joint pain, painful tender points, back pain, tingling and/or numbness in the hands and feet, migraines, ongoing fatigue, dizziness, insomnia, restless sleep and night sweats. Patients with these issues are sometimes diagnosed as having fibromyalgia, chronic fatigue syndrome or rheumatoid arthritis—collections of symptoms that medical communities admit they don't understand and for which they have no cure. Patients are given inappropriate treatments that don't begin to address the real culprit...because these mystery illnesses are really Stage Four Epstein-Barr.

One of the greatest missteps of all time is mistaking women's Epstein-Barr symptoms for perimenopause and menopause. Symptoms such as hot flushes, night sweats, heart palpitations, dizziness, depression, hair loss and anxiety have been and are frequently misinterpreted as hormonal change—which is what launched the disastrous HRT movement. (To learn more, see chapter 15.)

Let's take a closer look at the chronic illnesses that are the result of Stage Four Epstein-Barr virus.

- **Chronic Fatigue Syndrome:** There's a long history of womankind facing denial that there's a physical cause of their suffering. People with fibromyalgia and chronic fatigue syndrome (CFS)—which is also known as myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS),

chronic fatigue immune dysfunction syndrome (CFIDS) and systemic exertion intolerance disease (SEID)—often hear that they are liars, lazy, delusional and/or crazy. It's an illness that affects women in disproportionately large numbers. And chronic fatigue syndrome is on the rise.

Contracting CFS as a woman in your late teens or early 20s can be devastating as you watch friends move on with relationships and jobs, meanwhile feeling stuck and unable to live up to your potential. If you're a woman in your 30s, 40s or 50s, you're likely trying to be everything to everybody, taking care of more than you can handle, so you feel the pressure to act normally when CFS hits.

Compounding the isolation are the feelings of guilt, fear and shame that accompany their misdiagnoses. It is so disheartening to feel unwell and hear there's nothing wrong with you. CFS is real. It's the Epstein-Barr virus.

Those with CFS have an elevated viral load of EBV, which systematically afflicts the body by creating a neurotoxin that inflames the central nervous system. This can eventually weaken the adrenals and digestive system and create the feeling that you have a low battery.

- **Fibromyalgia:** We've had over six decades of medical denial that fibromyalgia is a legitimate problem. Now, medical communities are finally accepting it as an actual condition. The best explanation that doctors are given by the establishment, though, is that fibromyalgia is overactive nerves. What this really translates to is...no one has a clue. It's not the doctors' fault. The medical system is still years away from discovering the illness's true root—because it's viral, and it takes place at a nerve level that medical tools currently can't detect.

Those suffering from fibromyalgia are under a very real and debilitating attack. The Epstein-Barr virus is causing this disorder, inflaming the CNS and nerves throughout the body, which creates ongoing pain, sensitivity to touch, severe fatigue and a host of other issues.



Fibromyalgia is a chronic condition that causes pain, stiffness and tenderness of muscles, tendons and joints. (Photo: MedicineNet.com)



- **Tinnitus:** This is usually caused when EBV gets into the inner ear's nerve channel, the labyrinth. The "ringing in the ear" is the result of the virus inflaming and vibrating the labyrinth and the vestibulocochlear nerve.

- **Vertigo and Ménière's Disease:** These are often attributed to calcium crystals, or stones, becoming disrupted in the inner ear. Most chronic cases are caused by EBV's neurotoxin inflaming the vagus nerve.

- **Other Symptoms:** Anxiety, dizziness, chest tightness, chest pain, oesophageal spasms and asthma can also be caused by EBV inflaming the vagus nerve. Insomnia as well as tingling and numbness in the hands and feet can be caused by phrenic nerves becoming perpetually inflamed by EBV. Heart palpitations can result from the build-up of EBV's poisonous virus corpses and by-product in the heart's mitral valve.

If you have EBV, or suspect you do, you may find the virus in Stage Four beyond frustrating. Take comfort. If you take the right steps—which medical communities don't know about yet—you can recover, rebuild your immune system, return to a normal state and regain control of your life.



Papaya and pomegranate



## Recovering from Epstein-Barr Virus

You might understandably find the Epstein-Barr virus overwhelming and its effects disheartening. The good news is that if you carefully and patiently follow the steps detailed in this section, and in Part IV of the book, you can heal. You can recover your immune system, free yourself of EBV, rejuvenate your body, gain full control over your health and move on with your life.

How long the process takes varies for each individual and depends on myriad factors. Some people conquer the virus in as little as three months. However, a more typical period is a full year. And there are some people who need 18 months or more to destroy EBV.

## Healing Foods

Certain fruits and vegetables can help your body rid itself of EBV and heal from its effects. The following are the best ones to incorporate into your diet (listed in rough order of importance). Try to eat at least three of these foods per day—the more the better—rotating your consumption so that in a given week or two you have all of these foods in your system.

- Wild blueberry: helps restore the central nervous system and flush EBV neurotoxins out of the liver.
- Celery: strengthens hydrochloric acid in the gut and provides mineral salts to the central nervous system.
- Sprouts: high in zinc and selenium to strengthen the immune system against EBV.
- Asparagus: cleanses the liver and spleen; strengthens the pancreas.
- Spinach: creates an alkaline environment and provides highly absorbable micronutrients to the nervous system.
- Cilantro: removes heavy metals such as mercury and lead, which are favoured foods of EBV.
- Parsley: removes high levels of copper and aluminium, which feed EBV.
- Coconut oil: has antiviral properties and acts as an anti-inflammatory.
- Garlic: antiviral, antibacterial defence against EBV.
- Ginger: helps with nutrient assimilation and relieves spasms associated with EBV.
- Raspberry: rich in antioxidants to remove free radicals from the organs and bloodstream.
- Lettuce: stimulates peristaltic action in the intestinal tract and helps cleanse EBV from the liver.
- Papaya: restores the central nervous system; strengthens and rebuilds hydrochloric acid in the gut.
- Apricot: an immune system builder that also strengthens the blood.
- Pomegranate: helps detox and cleanse the blood as well as the lymphatic system.
- Grapefruit: a rich source of bioflavonoids and calcium to support the immune system and flush out toxins.
- Kale: high in specific alkaloids that protect against viruses such as EBV.

- Sweet potato: helps cleanse and detox the liver from EBV by-products and toxins.
- Cucumber: strengthens the adrenals and kidneys and flushes neurotoxins out of the bloodstream.
- Fennel: has strong antiviral compounds to fight EBV.

### Healing Herbs and Supplements

These herbs and supplements (listed in rough order of importance) can further strengthen your immune system and aid your body in healing from the virus's effects.

- Cat's claw: a herb that reduces EBV and co-factors such as strep A and strep B.
- Silver hydrosol: lowers EBV viral load.
- Zinc: strengthens the immune system and protects the thyroid from EBV inflammation.
- Vitamin B12 (as methylcobalamin and/or adenosylcobalamin): strengthens the CNS.
- Licorice root: lowers EBV production and strengthens the adrenals and kidneys.
- Lemon balm: antiviral and antibacterial; kills EBV cells and strengthens the immune system.
- 5-MTHF (5-methyltetrahydrofolate): helps strengthen the endocrine and central nervous systems.
- Selenium: strengthens and protects the CNS.
- Red marine algae: a powerful antiviral that removes heavy metals such as mercury and reduces viral load.
- L-lysine: lowers EBV load and acts as a central nervous system anti-inflammatory.
- Spirulina (preferably from Hawaii): rebuilds the central nervous system and eliminates heavy metals.
- Ester-C: strengthens the immune system and flushes EBV toxins from the liver.
- Nettle leaf: provides vital micronutrients to the brain, blood and central nervous system.
- Monolaurin: antiviral; breaks down EBV load and reduces co-factors.
- Elderberry: antiviral; strengthens the immune system.
- Red clover: cleanses the liver, lymphatic system and spleen of neurotoxins from EBV.
- Star anise: antiviral; helps destroy EBV in the liver and thyroid.
- Curcumin: a component of turmeric that helps strengthen the endocrine and central nervous systems.

### Knowledge Is Power

The first step of the healing process is to know that the cause of your suffering is Epstein-Barr virus—and to realise that it's not your fault. Your EBV-related health problems aren't the result of anything you did wrong or any moral failing. You didn't make this happen, and you're in no way to blame. You did not manifest this; you did not attract this. You're a vibrant, wonderful human being and you have every God-given right to heal. You deserve to heal.

Much of EBV's effectiveness stems from hiding in the shadows so that neither you nor your body's immune



Elderberries and star anise



system can sense its presence. This not only allows it to commit its mayhem unchecked, but it also leads to negative emotions such as guilt, fear and helplessness.

Now things are different for you. If you have EBV, you now have a mind-body understanding of what's causing your health problems. From this alone, your immune system will strengthen and the virus will naturally weaken. So when it comes to fighting Epstein-Barr virus, in a very real sense, knowledge is power. ∞

### About the Author:

Anthony William is a spiritual healer and the author of *Medical Medium Life-Changing Foods* (Hay House, November 2016) and *Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal* (Hay House, November 2015).

For more information about Anthony William's books, dietary supplements, healing resources and practitioner support services, visit <http://www.medicalmedium.com>.

### Editor's Note:

This article is extracted and edited, with permission, from chapter three of Anthony William's book *Medical Medium*. See the review in this issue.