

Epstein-Barr

In Europe, a virus is spreading which does damage to the immune system thus leading to various disorders. Unfortunately, the effects of the Epstein Barr virus are mostly underestimated and wrongly diagnosed which is misleading to patients.

"Don't worry, it is only a herpes virus. It would be a good idea to jog in the morning; this might help against your fatigue." This was the advice a patient diagnosed with Epstein Barr virus recently got from his practitioner. Despite this fatal therapeutic advice the patient was lucky: many other doctors refer their patients to specialists until finally the diagnosis is "mental illness" which tops the misdiagnoses due to helplessness. If the immune system got sick by a herpes virus, there is nothing a psychotherapist can do.

What is this kind of virus all about? Originating from Asia, the Epstein Barr virus (EBV) was brought to Europe about 30 years ago. According to various studies, about 90% of Central Europe's population suffers from EBV. Its widely varying symptoms only trouble someone if his/her immune system is weakened. This might be the case when taking antibiotics, if suffering from an infection of stomach/intestinal tract, dental mercury poisoning, or emotional stress. If the EBV encounters such a weak point, he starts his destructive work - in the immune system.

The EBV's first target in the organism is the mucous membrane of the small intestines where it irritates the immunoglobulins. The EBV infects the B lymphocytes which are responsible for the production of antibodies in the immune system. With an acute EBV-infection it is confusing that on the one hand antibodies are produced that one normally would not expect, but on the other hand also such known antibodies which are normally a sign for an infection with other pathogenic organisms. In other words, if a patient suffers from an acute EBV-infection, the production of these antibodies can simulate an acute infection with other pathogens. The reason is that due to the infection the marker cells don't work properly anymore which normally identify and mark invaders to make them detectable for our immune system. Instead, they wrongly either don't mark enemies at all any more or only insufficiently.

It also can happen that wrongly the body's own cells are marked which subsequently are attacked by the immune system. This condition is diagnosed as autoimmune disease. According to the latest orthodox medicine findings, there is no curing treatment at this point. The symptoms are fought with cortisone resulting in commonly known side effects.

An infection with EBV last an entire life; the virus can not be eliminated. This is why the EBV is an ever lasting challenge for the immune system and of course also for the serological diagnosis. The symptoms itself vary widely: patients report stiffness in the neck and the shoulders, headaches, rapid heartbeat, cramps in the stomach area, muscle and joint pain, dizziness, vision trouble, nausea, hardly any or extreme feelings of hunger, tremble, nervousness, lack of concentration, tiredness, low energy, metabolism disorders, fever, swollen lymph nodes.

The prescription for the basic therapy with REGENAPLEX is 7 drops daily from each of the below listed items, diluted in 250 ml water:

Nr. 50 a	Kidney remedy
Nr. 79	Leberstauung, mangelnder Gallenfluß
Nr. 3	Influezal infection, encephalitis
Nr. 62a	Intestinal infection
Nr. 202	Cell and glandular regeneration remedy
Nr. 6	Detoxification of the lymph

In addition, a REGENAPLEX-therapy tailored to the individual symptoms is necessary. In order to support the detoxification and regeneration of the colon mucous membrane, it is advisable to include Habermus (a mash made from bruised Dinkel grain, boiled in water, after the recipe of Hildegard von Bingen) for breakfast into the daily diet. Also, the patient should not consume any raw food after 4:00 p.m., thus relieving digestion. In many cases also the balanced diet with orthomolecular substances is helpful.

To take up the doctor's advice about jogging: There is the danger that the EBV might settle into the heart muscle. Therefore, such an advice is dangerous to the health if not even to the life of the patient.