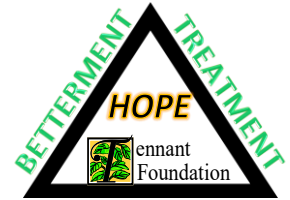


# **PROTOCOL FOR EPSTEIN-BARR VIRUS (EBV) AUTOIMMUNITY AND INFLAMMATION\***



This protocol is intended for persons with elevated EBV antibodies (viral capsid VCA) and nuclear antigen (EBNA) at least two times normal and one or more chronic inflammatory and/or autoimmune diseases including adhesive arachnoiditis.

## **Medical Regimen**

1. Methylprednisolone 4 mg, dexamethasone 0.5 mg or prednisone 5 mg on 2 to 3 days a week. Alternative is pregnenolone plus dehydroepiandrosterone (DHEA) 200 mg in AM and PM.
2. Ketorolac 10 to 30 mg on 2 days a week (can be oral or injectable). Use on days when a corticosteroid is not taken. Alternative is diclofenac or indomethacin 50 to 100 mg a day.
3. Two of these herbal/natural anti-inflammatory medicinals: astragalus, ashwagandha, andrographis, curcumin, quercetin, resveratrol, glutathione. Use 5 to 7 days a week.

**Diet and Dietary Supplements:** Daily protein, fruits, and vegetables. Most fruits and vegetables are anti-inflammatory, and protein provides the amino acids that are the building blocks of natural body anti-inflammatory biochemicals. Sugars and starches (carbohydrates) must be restricted. Specific vitamin/mineral supplements are vitamin C, D, and B-12, plus selenium and zinc.

**Peptide Options or Add-Ons:** These peptides may enhance control of inflammation: KPV, thymosin, glutathione, and BPC-157.

**Special Note:** Blood levels of EBV antibodies do not usually reduce with any form of EBV treatment as they are innate, protective antibodies. Clinical progress is based on symptom improvement.

**Pathologic Process of EBV Autoimmunity:** EBV does not originate adhesive arachnoiditis. Once the arachnoid membrane is injured by some trauma or disease, however, autoimmunity may begin to generate and propagate chronic inflammation.

## **References**

1. Kerr J. Epstein-Barr virus (EBV) reactivation and therapeutic inhibitors. *J Clin Pathol* 2019;0:1-8.
2. Wood RA, et al. Serologic markers of Epstein-Barr virus reactivation are associated with increased disease activity, inflammation, and interferon pathway activation in patients with systemic lupus erythematosus. *J Translational Autoimmunity* 2021;4:1000-17.
3. Lin TP, et al. Inhibition of the Epstein-Barr virus lytic cycle by andrographolide. *Bio Pharm Bull* 2018;31:2018-2023.

\*This protocol is one of three components in our AA treatment protocol.

*Disclaimer: Protocols published by Arachnoiditis Hope do not claim clinical effectiveness or absence of side effects or complications. Protocols are published as a public service for voluntary use by medical practitioners.*

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