PREVENTION OF EPSTEIN-BARR VIRUS (EBV) REACTIVATION

EBV during certain stressful situations can reactivate from its normal, parasitic state and cause: (1) some cancers, (2) some chronic pain conditions. This bulletin is specifically written for persons with a chronic, constant pain condition and who has these two IgG EBV antibody levels at least two times normal: (1) viral capsid antigen (VCA) and (2) nuclear antigen (EBNA).

OPPORTUNITY FOR SOME PAIN RELIEF AND DISEASE CONTROL:

When EBV reactivation is prevented, active virus from a previous reactivation which infiltrated tissue will eventually die off and a higher degree of autoimmunity will not occur. Below are medicinals that may prevent EBV reactivation. Persons who have an EBV prevention program usually report some pain relief.

MEDICINALS SHOWN TO PREVENT REACTIVATION
Vitamin C
Vitamin D
Resveratrol
Luteolin
Astragalus
Curcumin
Cimetidine
Selenium
Zinc
Lysine

OUR FAVORITE EBV PREVENTION PROGRAM
Vitamin C, 2000 to 4000 mg a day in divided dosage
Selenium, 100 to 200 mg a day
Monolaurin™, follow label directions
Thymosin, follow label directions

COMMERCIAL PRODUCTS NOW AVAILABLE

There are now several commercial EBV prevention products on the market that contain a blend of medicinals shown in the above Tables. Highly recommended.

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;4:1000-117.
3. Andre G, Trompet E, Snoeck R. Novel therapeutics for Epstein-Barr Virus. *Molecules* 2019;24:997-1009.