

ANTECEDENTS

EBV - has been on the planet for about 1 million years. 90-95% of the global population are carriers

Immune cell deficiency or any suppression in the immune system

TRIGGERING EVENTS

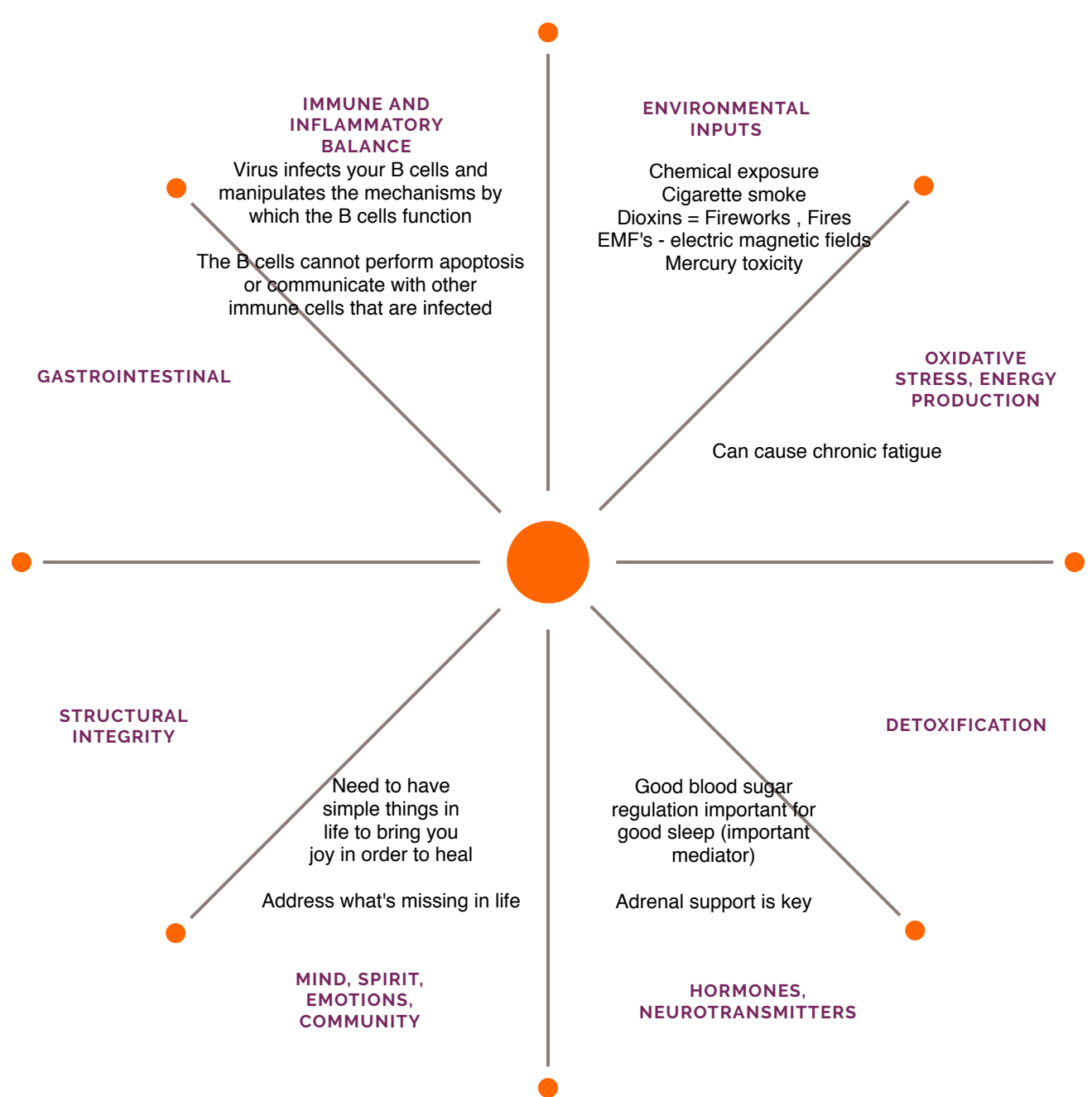
Can acquire through pregnancy, blood transfusion

Triggering events can reactivate the virus:

- Poor nutrition status
- Stress
- Chemical exposure
- EMF's
- Co-infections
- Autoimmune conditions

MEDIATORS

- Non-negotiables:
- Stress of all kinds, especially emotional stressors
 - Environmental inputs
 - EMFs
 - + Sleep
 - + Adrenal support
 - + Nutrient dense diet
 - + Spirituality
 - + Joy



SLEEP/RELAXATION

Sleep is a key mediator in helping to mitigate the impacts of chronic EBV

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

When nutrition status decreases, the virus becomes virulent

Good diet full of fruits and vegetables and full of anti-oxidants and fiber

STRESS/RESILIENCE

Stress management is a key mediator in helping mitigate the impacts of chronic EBV

RELATIONSHIPS/NETWORKS