

# EBV HERO MANIFESTO



MY NAME IS **KASIA KINES**. I AM A **DOCTOR OF CLINICAL NUTRITION**, AND I AM DEDICATED TO HELPING SOME OF THE BEST PEOPLE ON THE PLANET, YOU, THE EBV HEROES.

## WHO ARE WE?

**We are those with EBV** who are on the way to healing from it.

**We are those who have already healed** from EBV and are living our lives again. We are the proof.

**We are the families** and loved ones of those with EBV, upholding their dignity while they are on their way to recover.

**We are clinicians** who refuse to settle and want the answers for those suffering from EBV right now.

## EBV HEROES:

**We refuse** to be victimized by EBV.

**We take ownership** of our health, and we do not compromise.

We know both pain and fear, and we embrace them with compassion, but we have chosen to **move forward** from that dark place because we believe recovery from EBV is possible. We have given ourselves **permission to heal**. We believe our body is our best ally, and we commit to loving and supporting it.

## EBV HEROES: WE ARE A COMMUNITY.

**We connect** with each other. We lift up and support one another, creating a global movement of hope and faith. **We are dreamers:** EBV has only fueled our resolve to follow the dreams and passions we once gave up. **We help one another** grow spiritually—we believe spiritual healing is as important as physical healing. And even when our bodies still hurt, **our spirit can't be broken**. We are on our way.

## WHAT ARE WE AGAINST:

EBV Heroes stand against being marginalized and dismissed by the medical community. We are the agents of change, bringing this truth to our doctors, pushing the shift in medicine, ensuring that future generations don't have to suffer like we did.

**WE ARE EBV HEROES AND THIS IS OUR VOICE, THIS IS OUR TIME, THIS IS OUR CULTURE.**