



## **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  
Andrographis  
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, et al. Novel therapeutics for Epstein-Barr Virus. *Molecules* 2019;24:997-1009.