

66 Health Challenges Explained

“Root Causes”

EFFECTIVE SOLUTIONS

Introduction

What’s happening to me? My energy is starting to flag; my jeans keep getting harder to tug on; at times my heart races without prompting; and I can’t believe it, my hair is coming out in clumps in the shower; I’m even having hot flashes; and my mind is foggy. What’s going on? Is this just aging? Am I going thru menopause? Am I getting a disease? Help!” So off to the Internet or to the doctor we go for some answers and help. If you’ve been searching for health answers for far too long, you’re not alone.

There are typically three kinds of answers or responses we get in our search but what most people really want, but are seldom able to receive, is to receive the fourth response.

A. Aging: “These are just signs of aging. Welcome to your new world!” Not convinced, we go further in our search.

B. Name & Symptoms: We have tests done that reveal underproduction of thyroid hormones. We are told it is Hypothyroidism, with a long list of symptoms that certainly match our challenges. We feel some consolation that at least there’s a name to our problem. (1)

C. Substitution: Medication and Vitamins to address the deficiency

“Traditional Medical Model” and even many “Lifestyle Medicine Models” attempt to reverse the symptoms by substitution, that of saturating the body with the missing hormones and vitamins”(2)

We’re then put on thyroid medication to replace the missing hormones and a few vitamins that showed deficiency. We’re also told the underproduction of thyroid hormones is caused by a sluggish liver from either “eating too much,” or “eating rich greasy foods.” Taking the meds and vitamins and working on these two causes does give some relief to a few of our symptoms, but we’ve still got many more, that just aren’t going away, and some are even coming back. We’re making progress, but is there more help, and have we really gotten to the “root cause”? (3) (4)

1James Balch, MD & Phyllis A Balch C.NC, *Prescription for Nutritional Healing*, A comprehensive & up-to-date self-help approach to good Health (Garden City Park, New York: Avery Publishing Group 1997) 334-336.

2Michael Greger, MDI., FACLM *How not to Diet*, (New York, New York: Flatiron Books 2019) 104.

1James Balch, MD & Phyllis A Balch C.NC, *Prescription for Nutritional Healing*, A comprehensive & up-to-date self-help approach to good Health (Garden City Park, New York: Avery Publishing Group 1997) 334-336.

3 Paul Pitchford, *Healing with Whole Foods*, Third Edition, Asian Traditions and Modern Nutrition (Berkeley, California: North Atlantic Books, 2002) 319.

4Marianne Teitelbaum, D.C., *Healing the Thyroid with Ayurveda*, (Rochester, Vermont: Healing Arts Press, 2019)

D. Root Cause: Epstein-Barr Virus & Streptococcus Bacteria

Anthony William's work identifies the "root causes" to 66 different common symptoms--- all pointing to the **Epstein-Barr virus** and to its co-factor and best friend, **bacteria Streptococcus** as the "two root causes" of most of these symptoms & diseases, typically pointing fingers & labeling them as "thyroid caused issues.

Doctors seldom recognize Epstein Barr as the root cause of the myriad of problems it creates; plus they have no idea how to address the Epstein-Barr virus even when it is recognized. (5) *Secrets behind Chronic...* p.40

"Anthony William will identify these 66 symptoms and diseases in 2 areas: Mystery Illnesses & Gut Health. Mystery Illnesses are not limited to rare, acute diseases, but rather to any ailment that leaves anyone perplexed as to the root cause and what to do for it. It can also be an established chronic condition for which there's no effective treatment of the root cause (because medical communities don't yet understand it), or worse yet, a condition that's frequently misdiagnosed. (6) *Secrets behind Chronic...* p.26

RESOURCES FOR BOTH "Root Causes"

Anthony William, author of *Medical Medium, Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, along with four more of his New York Times best selling volumes, is where thousands are turning to find the root cause of so many "Mystery Illnesses."

Anthony William's four volumes are: *Thyroid Healing, Life Changing Foods; Liver Rescue;* and *Secrets Behind Chronic & Mystery Illness and How to Finally Heal*.

Below are a few of the many praises for this first reference, found in the title page of *Medical Medium, Secrets Behind Chronic and Mystery Illness and How to Finally Heal*

"Anthony William's invaluable advice on preventing and combating diseases is years ahead of what's available anywhere else." --- Dr. Richard Sollazzo, New York board-certified oncologist, hematologist, nutritionist, and anti-aging expert, and author of Balance Your Health

"Anthony William's God-given gift for healing is nothing short of miraculous. This landmark book shares Anthony's immense knowledge of how to prevent and combat disease will impact the medical community for decades. Don't wait until this information trickles its way into mainstream in 5-15 years. Start getting healthier right now." --- David James Elliot, Scorpion, Trumbo, Mad Men and CSI:NY; star for ten years of CBS's: JAG

"Anthony William's invaluable advice on preventing and combating diseases is years ahead of what's available anywhere else." --- Dr. Richard Sollazzo, New York board-certified oncologist, hematologist, nutritionist, and anti-aging expert, and author of Balance Your Health

"As a pediatrician, I've found Anthony William's unique insights into women's health, prenatal care and children's health beyond useful." --- Dr. Diana Lopusny, F.A.A.P., owner of Preferred Pediatrics, Connecticut.

"Anthony William will show you with surgical precision how to heal your body. This is revolutionary."--- Dr. Aleksandra Phillips, psychiatrist, Rhode Island and Louisiana.

"Anthony William pinpoints what your medial condition is with incredible accuracy and then tells you exactly how to fix it. This information will turn your life around." --Dick Shepard D.C., holistic doctor, Seattle.

5,6 Anthony William, *Medical Medium Secrets Behind Chronic and Mystery Illness and How to Finally Heal* (Carlsbad, CA: Hay House Inc. 2015) (5) 40 (6) 26.

Good News: we are created as an amazing “self-healing machine.” Our magnificent Creator is willing to and has given us answers to our heart-felt question, because He desires above all else that we ‘prosper and be in health’. By understanding how our bodies, our marvelous “self-healing machine” works, and how we can best cooperate with “the way it is designed to work,” we can achieve optimal health. Knowing “root causes” empowers us to take responsibility for our health and actively participate in our body’s healing process, moving toward optimal health.

I. Epstein-Barr Virus, the Secret Epidemic: “Epstein-Barr has created a secret epidemic. Out of roughly 320 million people in the U.S., over 225 million Americans have some form of EBV. Epstein-Barr is responsible for many illnesses of every category.” “Among the reasons EBV is thriving: so little is understood about it “ “The truth is, EBV is the source of numerous health problems that are currently considered mystery illnesses.”(6)

“Epstein-Barr is a virus discovered by two brilliant physicians in 1964. The virus actually began taking hold in the early 1900s. The initial versions, which are still with us, are relatively slow to act, and might not even create notable symptoms until late in life. Many people have nonaggressive EBV strains. Unfortunately, EBV has evolved over the decades, and each generation of the virus has grown more challenging than the one before.”

“There are over 60 strains of Epstein-Barr virus, categorized into 6 groups, with roughly 10 types per group.” “Doctors seldom recognize EBV as the root cause of the myriad of problems it creates; plus doctors have no idea how to address the Epstein-Barr virus even when it is recognized.” (7)

See how this is happening with the new Corona virus:

Corona virus (aka, 2019 Novel Corona virus, now named COVID-19 for its discovery in 2019) is a new strain of an existing virus. Because it is new, much less is currently known about it. Corona virus Outbreaks have previously occurred, such as “SARS” in 2003-04 and “MERS” in 2013-15. When a virus mutates or changes, studies need to be performed to measure the new strain’s virulence, or its ability to infect humans. www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html

A. How to catch the virus

The original virus was more difficult to catch, generally transmitted through blood and occasionally saliva but with the newer mutations “The virus is only a sneeze or a sip from a shared glass away.” (8)

6Anthony William, *Medical Medium Secrets Behind Chronic and Mystery Illness and How to Finally Heal* (Carlsbad, CA: Hay House Inc. 2015) 40, 41

7 Anthony William, *Medical Medium Secrets Behind Chronic and Mystery Illness and How to Finally Heal* (Carlsbad, CA: Hay House Inc. 2015) 39.

8Anthony William, *Medical Medium Thyroid Healing*(Carlsbad, CA: Hay House Inc. 2017) 17.

B. The virus has 4 Stages:

Stage 1 – Dormant or slowly replicating itself in numbers

Stage 2 – Mononucleosis

Stage 3 – It attacks the Thyroid or other organs

Stage 4 – Attacks the central nervous system

Stage 1: The Epstein-Barr virus doesn't cause any more symptoms than a brief and mild scratchy throat with some tiredness. It can be in this stage for weeks to decades depending on triggers and the health of the gut and liver. It floats around in your bloodstream slowly replicating itself, growing in numbers—waiting for an opportunity to move with a direct attack and infection. We call these opportunities “triggers” when the body is less able to ward off infection. (9) 41

Stage 2: The first time this virus might even be recognized is when we have a medical diagnosis for how we feel: sore throat, headaches, swollen glands, and even rash—can last a week or so or prolong for several months. *This is identified as mononucleosis* dubbed the “kissing disease”. Typically we see this in thousands of college students every year when they run themselves down with late night partying and studying. This stage, the virus is most contagious. During this stage your immune system goes to war with this virus. Doctors seldom recognize Epstein-Barr Virus as the root cause. But mononucleosis is only the 2nd stage. It can quickly move to Stage 3. (10)42

Stage 3: The Epstein-Barr virus seeks a home where it can live long term. It usually takes up residence in one of our major organs, typically the liver or spleen, because it thrives on the poisons mercury, dioxins and other toxins that accumulate there. You can often have Strep, it's #1 cofactors and best friend (Strep is a bacteria, Epstein-Barr is a virus) both often manifesting at the same time, causing the immune system to have both a virus and bacteria to combat at the same time.

Once the virus finds a new home (thyroid, liver, spleen, or other organs) it “nests there.” When a doctor tests for Epstein-Barr, he only finds antibodies and thinks they are from when they had mono. The medical world does not find the EBV presently active in the bloodstream, because it's living in an organ, and the test to detect this has not yet been developed. The confusion here is one of the biggest blunders in medical history. The virus is in fact, still alive, burrowing deep into the organ, hiding undetected and causing new symptoms, eluding the tests for EBV.

Once the virus hides undetected in your organs, your body assumes it's won the war, and the invader has been destroyed. The immune system returns to normal, the mono ends, and your doctors tells you that you're healthy. Unfortunately, the Epstein-Barr virus has barely begun its voyage through your body. Depending on the variety, the EBV could lie dormant for years, possibly decades without your knowing it. But if you have an aggressive variety, or you have “triggers” in your life, or the organ becomes weakened, it may create serious problems even while it's nesting.” (11) 43

9,10,11Anthony William, *Medical Medium Secrets Behind Chronic and Mystery Illness and How to Finally Heal* (Carlsbad, CA: Hay House Inc. 2015) 41,42,43.

A. “While Nesting”

What’s the EBV doing while ‘Nesting’ deep inside the organ and ‘Everything is Fine’
The virus creates 3 types of poisons regardless of where the virus is nesting:

1. **Toxic waste matter**, or viral byproduct (spirochetes) (often misdiagnosed as Lyme).
2. **Toxic virus corpse** (Every 6 weeks the virus cell dies) the cell of the virus dies the corpse that is left is toxic and further poisons your body – As the army continues to grow, this becomes more severe (usually felt as fatigue).
3. **Neurotoxins** - The poisons from the waste matter and the corpses of the EBV in the organ creates a neurotoxin that *disrupts nerve function and confuses your immune system*, to prevent your immune system from zeroing in on the virus and attacking it. It will secrete this special neurotoxin at strategic periods during Stage 3 and continuously during Stage 4.

Anthony William, *Medical Medium Secrets Behind Chronic and Mystery Illness and How to Finally Heal* (Carlsbad, CA: Hay House Inc. 2015) 31-4

B. Results from this activity deep in the organ:

1. **Organs becomes sluggish** - can’t perform their functions
2. **Liver’s** unable to properly flush toxins out of your system leading to a Toxic liver which results in:
 - a. **Lowering of stomach’s hydrochloric acid**
 - b. **Intestinal tract starts to become toxic.**
 - c. **Bloating and or constipation** because the food is now not being fully digested and instead is putrefying in your intestinal tract.
3. **Food sensitivities develop** – allergic reactions
4. **Hepatitis** (EBV is actually the primary cause of Hepatitis C.)
5. **Lupus:** The body is having an allergic reaction to these neurotoxins, which then elevates the inflammatory markers. The immune system is confused because the neurotoxins are coming from within the body rather than from outside invaders. It’s a viral infection of EPB.
6. **Hypothyroidism and Other Thyroid Disorders.** As the body becomes more and more toxic the virus leaves the organs or glands they were nesting in and moves to the thyroid. The medical claim is that our body is attacking itself (autoimmune), when in truth, it’s the EBV attacking the organ (thyroid).

“Once in your thyroid, EBV begins drilling into its tissues. The EBV virus cells literally twist and spin like drills to burrow deep into the thyroid, killing thyroid cells and scarring the organ as they go, creating hidden hypothyroidism in millions of women, from mild cases to the more extreme.

“Your immune system notices this and tries to intervene, causing inflammation; but between the ‘EBV’s neurotoxin, viral byproduct, and poisonous corpses are confusing things, and with the EBV hiding in your thyroid, your immune system can’t tag the virus for complete destruction.”

As a fallback, your immune system tries to wall off the virus with calcium, creating **nodules** in your thyroid. The virus is still alive in the prison, feeding off your thyroid, eventually turning it into a living **growth or cyst**. If you don't have enough calcium-rich foods, this can lead to **osteoporosis**.

The hundreds of virus cells that aren't imprisoned in nodules can weaken your thyroid, making it less effective at producing the hormones your body needs to function.

Anthony William, *Medical Medium Secrets Behind Chronic and Mystery Illness and How to Finally Heal* (Carlsbad, CA: Hay House Inc. 2015) 44-46.

C. Symptoms: This **lack of adequate thyroid hormones**, coupled with EBV's toxins can in turn lead to: **Weight gain, fatigue, mental fogginess, impaired memory, depression, hair loss, insomnia, brittle nails, muscle weakness, and or dozens of other symptoms**. Some especially rare, aggressive varieties of EBV go even further, creating **cancer in the thyroid**. The rate of thyroid cancer in the US has been rising rapidly.

Note: This may all sound very unnerving, but your thyroid has the ability to rejuvenate and heal itself when it's given what it needs. We must never underestimate the power of our immune system.

Stage 4: "The ultimate goal of the Epstein-Barr virus is to leave your thyroid and inflame your central nervous system." The immune system would normally not let this happen, but if a "trigger" hits while the virus has successfully worn you down, it will move to your central nervous system with new challenges, while leaving some back in the nest to continue its work of woe.

"Blood test, X-rays, and MRIs will reveal nothing wrong, so doctors won't be aware of the virus inflaming the nerves. Stage 4 Epstein-Barr is therefore a major source of mystery illnesses—that is, problems that cause doctors massive confusion." P.47

Other symptoms:

- Anxiety, dizziness, chest tightness, chest pain, esophageal spasms, and asthma, the EBV is inflaming the vagus nerve.
- Insomnia, and tingling and numbness in hands and feet, and be caused by phrenic nerves becoming perpetually inflamed by EBV.
- Heart palpitations can result from buildup of EBV's poisonous virus corpses and byproduct in the heart's mitral valve. 50

Common Diagnosis are: Fibromyalgia, Chronic Fatigue Syndrome, or Rheumatoid Arthrities, MS, Tinnitus, Vertigo, etc. all of which are collections of symptoms that medical communities admit they don't understand and for which they have no cure." (p. 47)

- 1. Chronic Fatigue:** Caused by the Epstein-Barr virus, creating a neurotoxins that inflames the central nervous system. This can eventually weaken the adrenals and digestive system, and create the feeling that you have a low battery with no relief. (p.48)

2. **Fibromyalgia:** “Caused by the Epstein-Barr virus, inflaming both the central nervous system and nerves throughout the body, creating ongoing pain, sensitivity to touch, severe fatigue, and a host of other issues” (p.49)
3. **Tinnitus:** “or ringing in the ear, is usually caused by EBV getting into the inner ear’s nerve channel, called the labyrinth. The ringing is the result of the virus inflaming and vibrating the labyrinth and the vestibulocochlear nerve.” (p.49)
4. **Vertigo and Meniere’s disease:** “often attributed by doctors to calcium crystals, or stone becoming disrupted in the inner ear. However, most chronic cases are actually caused by EBV’s neurotoxin inflaming the Vagus nerve.” (p.50)
5. **MS:** a version of EBV (the body is not attacking itself. Pathogens are to blame). MS can be healed when your immune system gets what it needs. This strain leaves lesions on the myelin nerve sheath. 64 It is critical to know that our bodies don’t attack themselves but the body is working hard to combat the virus.
6. **Rheumatoid Arthritis:** a version of the Epstein-Barr virus. This virus is creating the pain in the nerves, bones, joints, and over time, and even deformity may occur. It is critical to know that our bodies don’t attack themselves. The truth is the inflammation in the joints is there to protect you from attack by a particularly common variety of the EBV. Your body is working hard to stop pathogens from digging deeper into the joints and the tissues around them. When the inflammation becomes long-term and chronic it is considered RA—but it is still your body working to ward off viral damage. (p.71-74)
7. **Menopause:** “One of the greatest missteps of all time is mistaking women’s Epstein-Barr symptoms for peri menopause or menopause. Symptoms such as hot flashes, night sweats, heart palpitations, dizziness, depression, hair loss, and anxiety were and are frequently misinterpreted as hormonal change—which is what launched the disastrous HRT movement.” So when we consider a symptom and give it a disease name, we really need to look carefully at this viral monster and what it just might be affecting. (p.48)

(See the list in Section III for 66 Mystery Symptoms “root causes” explained.)

II. Overcoming The Epstein-Barr Virus

Your only hope of killing the Epstein Barr Virus is a strong vibrant immune system and a body that is coming into balance. Drugs fail to help you defeat EBV, instead, they’re adding food for the virus.

Not to be Overwhelming: Because it’s very easy to catch and hard to detect, and can cause a number of mysterious symptoms, you might understandably find the Epstein-Barr virus overwhelming and its effects disheartening.

The good news is that if you carefully and patiently follow these guidelines you can build up your immune system, free yourself of EBV, rejuvenate your body, gain full control over your health, and move on with your life.

How long the process takes depends on how much of the following you incorporate into your life:

- ✓ A. Remove the viral feeders.
- ✓ B. Be mindful and avoid as many of the “triggers” as possible.
- ✓ C. Food our medicine: Build the body’s immune system starting with the Gut & Liver.
 - Nourish the body with top fruits and vegetables that can help your body rid itself of EBV and heal from its effect.
 - Nourish with the high density of herbal whole concentrated foods.

Anthony William, *Medical Medium Secrets Behind Chronic and Mystery Illness and How to Finally Heal* (Carlsbad, CA: Hay House Inc. 2015) 47,48,52

A. Remove the Viral Feeders:

1. Unforgiving 4: DDT, Heavy Metals, Viral Explosion, Radiation

The four outside factors that are the real problems behind most chronic and mystery illness: are what we call the “Unforgiving 4”, plus unproductive foods and ingredients that sneak into our foods & water. These are the culprits that want to destroy our wonderful gift of health and ability to enjoy life to the full. It’s a Great Mistake: Ignoring the Unforgiving 4!

a. Radiation: When a nuclear power plant releases radiation into the air—as the Fukushima plant did following a 2011 earthquake and tsunami in Japan—that radiation lingers forever, mildly irradiating food, water, and air around the world. That radiation still falls on us from the sky and will continue to long into the future. We’re also exposed more when we are flying in airplanes. Additionally, X-ray radiation (take extra covering protection) can burn the thyroid, suppress the immune system, opening the door for the Epstein Barr virus to take advantage of the thyroid, as well as all sorts of other illnesses to take hold in the body. Sea vegetables (Dulse, Kelp, Spirulina) can help protect your organs from radiation. They may take in toxins, but do not release them out of the food. P.117

b. Viral Explosion: Explains so much of chronic illness today. “As these viruses spread, they mutate and become even more pernicious. This is not gene mutations causing health problems as many researchers suspect, its hundreds of viral mutations.”

The neurological symptoms of our time: brain fog, memory loss, tinnitus, frozen shoulders, migraines, deafening, tingles, numbness, neuropathy, neuralgia, muscle spasms, twitches, cramps, restless legs syndrome, anxiety, depression—not to mention health challenges health challenges as Hashimoto’s, Graves, ME/CFFS. Lyme disease,

fibromyalgia, RA, MS, lupus, Ehlers-Danios syndrome, sarcoidosis, edema, and hepatitis C, to name just a few will all be traced back to the viral explosion. 98% of cancers, too, will be traced to a virus in combination with at least one type of toxin.

“These viruses don’t get near the attention they should because they’re difficult to detect and so misunderstood.” Lyme, for example, from a virus, is thought to be from bacteria, the opposite of what is thought, so doesn’t get the help it needs.
(p.118)

c. DDT: “This once-popular pesticide, long since banned in many areas of the world, has not left us. Not only does it survive in the environment, which means it can make it into our food supply; it’s also passed along from generation to generation.” “DDT’s cousins are still inactive use in the form of modern-day pesticides, herbicides, and fungicides that we encounter on conventional produce, use in our yards, and even spray in our homes even though you’ll find a skull and crossbones on some of those labels.”

“DDT is dangerous because it can break down the liver, feed viruses such as Epstein Barr, weaken the immune system, opening the door so pathogens and other contaminants can take advantage. Yet again, because it’s passed down through family lines, it disguises itself as a genetic weakness, so DDT no longer gets any attention.”
(p.118)

d. TOXIC HEAVY METALS: The ultimate food for pathogens. They drain the immune system! “We can’t see the copper, arsenic, cadmium, lead, nickel, mercury, aluminum, steels, and alloys that enter our systems through pesticides, herbicides, fungicides, DDT, pharmaceuticals, such as antibiotics, and our bloodlines, so they must not be hurting us—or so the reasoning goes. If only this were true. “ “These toxic heavy metals wreak havoc when they’re not detoxed. Over time, the metals oxidize and leach byproduct and residue, staining and damaging tissue in the body with this toxic runoff, which is more refined and processed than the metals in their raw state, making them easier for pathogens to consume.” Even worse these alloys from two or more metals bind together creating even more havoc. They build the army that causes illness such as thyroid disease, for example, to take hold. (p.118)

How to understand all of this: For example, in, reality anxiety and depression themselves are common symptoms (not causes) of chronic illness. Just understand that these are symptoms because viral neurotoxins and heavy metals are interfering with brain activity” (p. 120)

The good news is: “These Unforgiving 4 don’t spell doom—not nearly. With these factors, it’s all about awareness, which is why ignoring them is a Great Mistake. When you look out for these in your daily life, and you know how to detox them (and not continue to feed them), you don’t have to live in fear.” (p. 118)

Anthony William, *Medical Medium Thyroid Healing*(Carlsbad, CA: Hay House Inc. 2017) 117-120.

The key to getting rid of pathogens (troublemakers) is eliminating their fuel source. When you take their food sources, away, this frees up the liver to go after these pathogen invaders and effectively do their other important functions (2,000 plus chemical reactions), so that these pathogens either starve or eventually leave the body.

Anthony William, *Medical Medium Thyroid Healing*(Carlsbad, CA: Hay House Inc. 2017) 117-120.

2. Problematic Foods: Viral Feeders

Eggs: Eggs are the top food to avoid with EBV. It doesn't matter if they're organic, free-range eggs—there're still problematic. They are still filled with the hormones that EBV loves.

Dairy: Dairy protein is EBV's second-favorite part of your diet. This includes cheese, milk, butter, yogurt, cream, kefir, ghee.

Gluten: Is a problematic food for those with chronic health issues. Gluten fuels pathogens, and it its GMO wheat, its even worse. Take gluten out of your life and you will have made one big step toward starving the EBV.

Canola oil: Damages your immune system, organs, and linings—all while it fuels EBV.

Corn: As early crops of corn were treated with enormous amounts of pesticides, herbicides, and fungicides, EBV started to identify corn itself with these toxins. Check your labels, corn is in a lot of things.

Soy: Soy was a relatively healthy food in the past, but overuse of pesticides and herbicides along with GMO tampering, has made soy crops unstable. While soy does not fuel viruses and bacteria, enjoy it sparingly, and be certain it is organic, and non-GMO soy.

High-Fat Foods: Regardless of plant or animal source, healthy or unhealthy fat is hard on the liver.

Alcohol: Starves the liver of nutrients and feeds pathogens.

Pork: Has the highest fat content and of a variety that slows down liver function and speeds up fat cell collection and weakens liver's immune system.

Anthony William, *Medical Medium Thyroid Healing*(Carlsbad, CA: Hay House Inc. 2017) 135-138

B. The Triggers: Be mindful and avoid as many of the “triggers” as possible.

“Once a person contracts the thyroid virus (Epstein Barr Virus), its goal is to advance from the bloodstream to lymph nodes to organs (thyroid & liver) ultimately to the central nervous system.” p.9 “The virus will hide out in the body building its numbers and waiting for he right moment to make its next move. And what determines those “right moments”? “Triggers.”

These “triggers” are not to be mistaken for causes of thyroid virus symptoms. Instead these “Fuel” the virus, causing it to multiply quickly and move to the next weak point or significant goal in the body.

- A. MOLD:** Prolonged exposure in home or office can wear away at your immune system, allowing the virus to take advantage. Very dangerous!
- B. Mercury:** One of the viruses favorite foods, avoid it in any form.
 1. If you have silver fillings, be very careful having them removed. The mercury they contain tends to be stable where it is, whereas removal can send toxic mercury into your bloodstream, giving food to the virus. If you do have them removed, remove one at a time.
 2. Frequently eating seafood, especially large fish such as tuna and swordfish, that tend to contain significant amounts of mercury.
 3. Mercury also tends to travel through bloodlines, contributing to health problems in generation after generation that are mistaken for genetics.
 4. Do your research, question what’s offered to you and your children, especially in vaccines.
- C. Zinc Deficiency:** This deficiency can also be inherited and worsens over generations. If you’re in a place in life where your zinc levels are low this can trigger viral activity.(check pH – you want 6.24 otherwise you are not picking up this important mineral).
- D. B12 Deficiency:** Even if blood tests show normal, your central nervous system, liver and other organs may still be severely deficient, allowing the thyroid virus to grow rapidly. (See Gut Health info).
- E. Pesticides, herbicides, including DDT:**
 - A. Exposure to these toxins from sprayed lawns, parks, gardens, golf courses are passed along from generation to generation and feeds the thyroid virus.
 - B. Insecticides in the home, meant to kill insects but poisonous for you too, contribute to depression and fuel the thyroid virus.
- F. Emotional Stress:** “negative” emotions from emotional trauma in any form, cause the adrenals to release hormones that feed the viruses.
 1. **Death in the family:** The death of a loved one is a particular trigger for the thyroid virus.
 2. **Broken heart or betrayal:** Can create the right recipe for the virus to take advantage.
 3. **Taking care of a sick loved one:** There’s particular weight that comes from both watching and caring for someone close to you suffer, and sometimes even sharing the pain.
- G. “Virus Friendly” prescription medications:**
 1. **Antibiotics and Benzodiazepines** can weaken the immune and feed the thyroid virus. If you suspect you have the virus, talk with your doctor and reassess the medications you are taking.

2. **Overprescribed medications:** Taking high dosages of many medications at once can create an overwhelming cocktail for the immune system, opening the door for viral attack.

H. Hormonal Changes: Puberty, pregnancy, or childbirth can feed the thyroid virus with one of its favorite food sources: Hormones. An abundance of these hormones flooding the bloodstream give the thyroid virus the fuel it craves to thrive. This can be why many new moms and adolescents find themselves suddenly sick or just feeling really low.

I. Recreational Drug Abuse: Illegal drugs contain toxins that can both throw off your immune system and also provide fuel for a thyroid virus infection.

J. Financial Strain: Worry about bills; losing your home; needing to take on extra work; fear of failure; fear of dying; loss of self-image, and shame can definitely weaken your immune system's ability to fend off infection of the thyroid virus. (Personal note here: Go thru & apply the principles of *Financial Peace University* regardless of your financial situation, it can be transforming to your finances, but most of all, it can bring peace to you and your family's situation).

K. Physical Injuries: A twisted ankles, broken leg, or accident, or other physical injury or trauma can wear down your body to a point where the thyroid virus sees an opportunity to come out of dormancy and make the move to infection. If you require an operation the virus sees even more of an opportunity, because antibiotics usually accompany surgery.

L. Professional Carpet Cleaning: Traditional carpets and then professional cleaning solutions both contain synthetic chemicals that are highly toxic to you. If you are very sensitive, consider removing carpets, or opt for "green" carpets, organic cleaning solutions or "green" carpet cleaning service.

M. Fresh Paint: Always select no- or low- VOC (volatile organic compounds), and even then, circulate plenty of fresh air before you spend an extended period of time indoors.

N. Summer Swimming: Watch out for warnings of red tide. Red algae can accumulate in lakes or along ocean shores in warm weather, creating a loss of oxygen in the surrounding air, and the marine life to die. Red algae encourages the growth of bacteria and weakens immune system, triggering thyroid virus to come out of dormancy.

Runoff: Old land dumps and other toxic sources can contain heavy metals and other harmful substances that can create runoff into nearby lakes. Swimming in these contaminated lakes exposes and lowers your ability to fight of the thyroid virus.

Insomnia: Any prolonged sleep issues will disrupt your body, and can also be caused by viral issues in the first place.

Insect Bites and Stings: Often venom or a piece of the insect is left in the skin. If these get infected, the thyroid virus can use this opportunity to take hold in your system.

"When we have some insight into the "why" of your particular illness, it is a revelation that sets you on the true path to healing. When you eliminate that

mystery about why sickness visited you at this time in your life, it puts the power back into your hands.”

Again: These “triggers” are not to be mistaken for the root causes of thyroid virus symptoms. In order for these triggers to give fuel to the thyroid virus, EBV, virus has to be there in your system in the first place.

“While the Epstein-Barr virus (thyroid virus) sometimes comes up in medical discussion of thyroid problems, this incredibly common pathogen is not identified by medical communities as the thyroid virus. No one realizes this virus goes after the thyroid and causes all the disruption there.” p. 14

So Now what?

- ✓ **Take measures to protect yourself and family**
 - ✓ **Starve the virus**
 - ✓ **Build up your gut & liver**
 - ✓ **Revive your thyroid**
- ✓ It’s all about giving your body the tools it needs to kill off the virus, repair the viral damage that’s been done, and regenerate so you can have your best tomorrow.

Reference: *Medical Medium Thyroid Healing* by Anthony William p.9-15

C. Healing from Epstein Bar Virus:

It’s all about giving your body the tools it needs to kill off the virus, repair the viral damage that’s been done, and regenerate so you can have your best tomorrow.

“Your thyroid---your 2nd brain of your body—is ready for nutrient therapy so it can restore itself. Plus, your nerves, immune system, liver, lymphatic system, adrenal gland, and yes, your brain all need their share of support after going up against the thyroid virus EBV. Be prepared to see your world in a whole new light. Rather than becoming paranoid about life, Simply eliminate what’s feeding the virus and then enjoy the new world of adding more CCC critical clean carbs, detox on a daily basis and build up your body. Our thyroid, our livers, our gut, need all the help we can give them. Thyroid 139

Anthony William, *Medical Medium Thyroid Healing* (Carlsbad, CA: Hay House Inc. 2017) 139

1. Healing with Top CCC: Critical Clean Carbs

Look how powerful our food is to help prevent illness, detox daily, rebuild and prosper! To help rid the body of EBV and heal from its effects, (listed in rough order of importance) Try to eat at least 3 of these per day, more the better, rotating your consumption so that in a given week or two, you get all of these into your system.

A. Fruits:

Wild Blueberries: Miracle fighters of free radicals; Brain food, protection against all brain disorders and diseases; great for any neurological symptoms; for heart health, berries protect heart valves and ventricles and removing plaque; for reproduction, help maintain a constant balance in woman's reproductive system.

Cherries: Ultimate liver tonic, cleanser, and rejuvenator; sharpens the mind by purifying the bowels; strengthens bladder; best friend for weight loss.

Cranberries: Fights Strep infections; ultimate food for reversing gallbladder disease; one of the most powerful liver cleansers; extremely helpful in passing kidney stones with ease; helps halt growth of bacteria, viruses, anything harmful growing inside of you; a daily bowel of cranberries suppresses appetite and helps shed those extra pounds.

Figs: Like dates, one of the most effective bowel-cleansing foods; skin kills unproductive gut bacteria, parasites, mold and toxic heavy metals.

Grapes: Ultimate kidney tonic; amazing liver cleansing food; digestive system food – expels parasites, mold, fungus, from intestinal tract; amazing to fight the Unforgiving Four; outstanding energy food & brain food.

Kiwis: Regulating blood sugars; help raise hydrochloric acid levels, strengthens digestive system.

Lemons/Limes: Most highly absorbable vitamin C; creates alkalinity; helps prevent growth of almost every type of cancer; one of most effective mucus expellers; helps make water more effective.

Mangos: Miracle sleep aid – calms the central nervous system, bedtime snack.

Melons: Essentially balls of purified water, highly active fluid binding onto poisons of all kinds in the body.

Oranges & tangerines: One of the keys to healing the 21st century epidemic of chronic illnesses.

Papayas: Any kind of stomach or intestinal disorder, #1 fruit for digestibility, Constipation, Stomach aches, inflamed linings; perfect food after fasting or serious illness; offers ample calories, optimal nutrition and digests so favorably; miracle worker for the skin.

Pears: Pancreas rejuvenation, helps prevent pancreatic cancer.

B. Veggies:

Asparagus: Anti-aging wonder! Critical organ cleanser, that gets deep into the organs scrubbing out the toxins found there. Toxin inhibitor, amazing food for battling virtually every variety of cancer; High in B vitamins; Helps to alkalize the body.

Cilantro: Removes heavy metals such as mercury and lead, which are favored foods of EBV; helps detoxify the brain, an amazing liver detoxifier; incredible worm deterrent; helps to fight off virtually every form of bacteria and flush its waste from your body.

Celery: One of most powerful anti-inflammatory foods, starves unproductive bacteria, yeast, mold, fungus and viruses, and flushes them out. Fast way to alkalize the gut; helps to raise the HCA levels, so food digests with ease; minerals salts feed electrical impulse activity supporting neuron function; full of Electrolytes; one of the greatest healing tonics of all time.

Coconut oil: An antiviral and acts as an anti-inflammatory.

Cruciferous vegetables: (cabbage, broccoli, cauliflower, Brussels sprouts, kale, arugula, etc.) Thyroids best friend; protect against viral explosion, pull out radiation; help stave off most cancers; especially good for lung cancer.

Garlic: Antiviral and antibacterial that defends against EBV. Use often!

Leafy greens: Have the most bioavailable and assimilable proteins you can find readily available for your body; help reverse all protein-related diseases which all arise from protein sources that are not breaking down or assimilating, and are instead, causing deterioration of the body; stimulates peristaltic action in the intestinal tract and helps cleanse EBV from the liver.

Onions: One of the best foods for keeping down bacteria overgrowth, enhances body's production of B12; helps rid body of radiation exposure, casts out viruses; draws out DDT and other pesticides, and toxic heavy metals; slows iron loss; younger looking skin; effective against colds, flus, bronchitis, bacteria caused pneumonia.

Parsley: Removes high levels of copper and aluminum, which feed EBV.

Potatoes: Skin of a potato is one of the best nutrition sources on the planet—it's a miracle of amino acids, proteins, and phytochemicals. Potatoes draw deeply some of the highest concentration of macro and trace minerals from the earth; anti-radiation.

Radishes: Immune system replenished; helps repel intestinal worms and parasites; helps keep arteries and veins clean so plaque doesn't adhere to linings---great heart disease food; Radish greens—one of the most healing foods possible. Next to blueberries, 2nd most powerful prebiotic there is. Try sprouting radish seeds! Absolutely delicious on avocado.

Sprouts: When you eat sprouts the digestion process is a fraction of what it would otherwise be to assimilate; ultimate tools for renewing an exhausted reproductive system and revitalizing a new mom; tremendous brain food; high in *zinc and selenium* to strengthen the immune system against EBV.

Spinach: Creates an *alkaline* environment in the body and provides highly absorbable micronutrients to the *nervous system*.

Sweet Potatoes: Uproots unproductive bacteria in the stomach, small intestine and colon, starving out unproductive bacteria and fungi such as mold that are camping out there; helps rid the body of destructive, cancer-causing estrogen that interferes with the body's hormone function; useful against insomnia. It would be well to eat a sweet potato every day.

Anthony William, *Medical Medium Secrets Behind Chronic and Mystery Illness and How to Finally Heal* (Carlsbad, CA Hay House Inc., 2015) p. 52-53;

Anthony William, *Medical Medium Life-Changing Foods* (Carlsbad, CA: Hay House Inc. 2017) 48-105

It's interesting how so many top leaders in the field of nutrition are finally realizing that "whole foods" is where the healing is.

Another resource, According to Dr. Li, world-renowned speaker, physician, scientist, and New York Times best-selling author of the Amazon #1 best-seller, *Eat to Beat Disease* says, "we have radically underestimated our body's power to transform and restore our health. He shows the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Dr. Li's perspective gives a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems.

1. Healing with Whole Herbal Food,

I've chosen to practice with whole herbal foods prepared by Sunrider International, headquarters and USA plant, in Torrance, CA, 37 years of success, offices in 50 countries, and 10 manufacturing plants world wide.

A. Foods based on Philosophy of Regeneration & Ancient Wisdom:

1. The "Philosophy of Regeneration" is the blueprint of the foods:

Nourish + Cleanse = Restoring the Balance in the body

"Our bodies were created with the ability to gain and maintain excellent health if we give it ENOUGH of the RIGHT KINDS of WHOLE FOODS."

2. The foods and beverages are Chinese whole herbal food combinations based on thousands of years of ancient Chinese herbal recorded wisdom plus today's current cutting edge research and development.

B. Why Sunrider International's Foods are Effective

1. Herbs are the highest level of nourishment, repel disease
2. They are Whole foods vs. isolates
3. They are food-grade herbs vs. medicinal herbs, so they won't mess with meds,
4. They are safe for pregnant and nursing moms, new borns to the elderly, and critically ill to those who what robust health
5. Properly combined to nourish at the highest level
6. Concentrated 8-10xs.
7. Purity, Quality Control, and Effectiveness are their top priorities
8. Owner's expertise, world renowned herbalists, wife western trained medical doctor

9. Everything is self-manufactured to ensure top quality
10. Easy to eat, Delicious to enjoy, Effective to restore
11. Truly unique to the marketplace, a gift for our time!

Dr. Tei Fu Chen, *Philosophy of Regeneration-video* (Torrance, California: Sunrider International since 1993)

C. Sunrider “Basics:” Nourish + Cleanse = Balance (72 Herbal Foods)

1. We NOURISH WITH:

- a. **Nuplus** – 12 whole foods that give that perfect balance of 60% complex carbs, 20% amino acids (protein) 15% fatty acids (fat), loaded with their own vitamins and minerals naturally occurring; These 12 whole foods are all concentrated 8-10xs; properly balanced; ready to be absorbed (no precious energy lost in digestion) ready to be carried thru the body for new cell growth

THE FOUNDATION TO A HEALTHY DIET: NuPlus® is a tasty, convenient way to bring nutritional balance to your diet. Made from whole-food ingredients, to maximize nutrient absorption it supplies complex carbohydrates and an array of easily absorbable nutrients. Is formulated with herbal ingredients that are naturally low in calories, fat, and cholesterol, making it a great way to round out a meal or a smart way to satisfy snack-time cravings.

NuPlus® contains no added sweeteners, so you can avoid a sugar crash. **INGREDIENT HIGHLIGHTS CHINESE YAM:** Also known as cinnamon vine, Chinese yam has energizing properties and addresses the spleen. **FOX NUT:** This healthful dry fruit is low in calories and fat and very high in fiber. The seeds contain protein and are a good source of powerful antioxidants, which help prevent the adverse effects of free radicals in the body. **LOTUS ROOT:** An excellent source of dietary fiber, lotus root slows the digestion of carbohydrates to keep you feeling full longer; also aids circulation. **SOY PROTEIN** derived from soybeans and provides all nine essential amino acids (making it a complete protein). It's also a good source of omega-3 fatty acids and isoflavones. Full of naturally derived bioflavonoids, antioxidants, amino acids, and phytochemicals. No chemical isolates, preservatives, or added sweeteners, sugars, and fats. Highly concentrated. Nutritional powerhouse! Sunrider Product Fact Sheet

- b. **Quinary:** 50 specific foods nourishing the 5 life-support systems (the organs in the body) to help restore the working balance of each system. We nourish all 5 at the same time because each one is dependent and closely related to the success of the other systems.

Quinary is Sunrider's most unique product.

ACHIEVE A HEALTHY BALANCE: Nourish and strengthen your body's five major systems with Quinary®, Sunrider's complex blend of 50 herbs, specially formulated to help you maintain good health. Quinary® addresses the immune, circulatory, digestive, endocrine, and respiratory systems without using synthetic chemicals or preservatives. * **INGREDIENT**

HIGHLIGHTS: ALPHA 20C Alpha 20C® addresses the immune system, nourishes T-cells with wood element herbs, and contains antioxidants and calcium. * **CONCO** Conco® addresses the respiratory system. * It contains metal element herbs to help create balance with a combination of warming herbs that cleanse. **ASSIMILAD:** Assimilad® addresses the digestive system with earth element herbs that can help the body process food quickly and efficiently. *

LIFESTREAM Lifestream® addresses the circulatory system with water element herbs that promote balance and fluidity. * **PRIME AGAIN** Prime Again® addresses the endocrine system, working in harmony with hormone-producing glands and the organs they support; No added chemicals or stimulants; Highly concentrated; Expertly formulated for optimal results. Sunrider Product Fact Sheet

2. We CLEANSE WITH:

- a. **Calli:** 5 whole foods for **daily detox** that nourishes the 5 cleansing organs: Liver, colon, 1 lungs, kidneys, skin, so that they do their work more effectively. Steep 1 bag/8 cups water, 10 min. max.

***“THE BENEFITS OF GREEN TEA...AND MORE:** Calli® is a unique herbal beverage made from a proprietary blend of green tea and herbal extracts. Sunrider’s unique concentration method enhances the release of tea catechins, bioflavonoids, and other potent antioxidants in a way not possible with traditional grinding. Calli’s exclusive formula provides potent antioxidant protection against free radicals and helps support the body’s natural processes of cleansing and elimination. Calli® is made with natural ingredients and contains no fat, cholesterol, or artificial sweeteners. Delicious hot or cold, it makes a healthy replacement for coffee, tea, latte, and colas. Calli® contains only trace amounts of caffeine” Sunrider Product Fact Sheet*

- b. **Calli:** 5 whole foods that **chelate** for heavy metals and heavy toxins Steep 1 bag/1 cup water. be sure and follow with drinking 1 bag to 8-12 cups to help get “out of the body” those chelated substances.

- c. **Fortune Delight:** 5 whole foods that **Cleanse the digestive system** with powerful antioxidant whole foods by nourishing the cleansing organs so that THEY do a more effective job naturally as they are designed to work, vs. a stressful CLEANSE.

“NATURALLY REFRESHING:** This natural herbal beverage is designed to cleanse and nourish the body with an aromatic blend of concentrated herbal extracts. Each refreshing sip provides an array of nutrients, including polyphenols, bioflavonoids, and tea catechins—all known for their antioxidant properties. The formula for Fortune Delight® is based on the Philosophy of Regeneration®—the belief that we should nourish and cleanse the body to reach balance, and thus optimal health. Fortune Delight® supports the body’s natural cleansing process, refreshing and hydrating your body with a delicious blend of herbal nutrients and antioxidants. Most beverages are simply juices, ground-up leaves, or sugary water. Fortune Delight® is a “super beverage” because of our high-tech, trade-secret process. To make Fortune Delight®, we extract and concentrate the beneficial elements of Camellia Sinensis to form a concentrated herbal base. Then we spray-dry a proprietary blend of concentrated herbal extracts onto the base. This unique process enhances the release of natural antioxidants from the herbs and improves the delivery of vital micronutrients. Cleanses the body with naturally derived antioxidants; Provides healthy hydration; Balances the body to support energy without a sugar or caffeine “crash;” Zero fat, sugar, preservatives, or artificial sweeteners. **Sunrider Product Fact Sheet

3. BEYOND THE BASICS – Great Choices: to meet the individual needs:

- a. **Assimilaid:** (10 whole foods specific for the digestive system—1/5 part of the Quinary, extra nourishment specifically for the digestive system.

***“ACHIEVE DIGESTIVE BALANCE:** Assimilaid® is designed to address the body’s digestive system with earth element herbs that can help the body process food quickly and efficiently. * In Ancient China, a similar formula was used to aid digestion in the stomach and lubricate the intestinal tract. Assimilaid® is one of the five formulas in Quinary®. Sunrider Product Fact Sheet*

- b. **Alpha 20-C:** (10 whole foods specific for the immune system, 1/5 part of the Quinary Formula, Extra nourishment specifically for the immune system (liver, gallbladder).

FORTIFY YOUR IMMUNE SYSTEM Synergizing cutting-edge science and 3,000 years of herbal study, Alpha 20C® provides powerful support for your immune system. The unique formula is designed to nourish T-cells in the body’s immune system with wood element herbs*

that contain naturally occurring antioxidants, calcium, and fortifying properties. * Specially formulated for superior absorption, made with a synergistic blend of herbal extracts, highly concentrated for maximum effectiveness. Make Alpha 20C[®] part of your daily defense strategy. Sunrider Product Fact Sheet

- c. Chinese Goldenseal Root:** Natural antibiotic effective against bacterial and viral pathogens, No side effects like the Canadian Goldenseal
*Berberine has a long history of use in traditional Chinese medicine, where it was used to treat various ailments. Coptisine addresses the urinary tract, digestive, reproductive system, liver, and gallbladder health. * Sunrider Product Fact Sheet*
- d. Evergreen:** Nutrient dense form of chlorophyll to bring healing to the digestive system and oxygen to the cells. Equivalent to 5-6 green vegetables. A “super aloe vera” type of food for the digestive system.
*“Evergreen’s special formula helps cleanse the body of impurities while assisting the digestive system to remove waste from the body. * The main ingredient in Evergreen[®] is copper chlorophyllin, a type of chlorophyll that supports the circulatory system, helps clean the intestines, and aids digestion. * The main ingredient is highly concentrated copper chlorophyllin, a stabilized type of chlorophyll. Referred to as the “lifeblood” of plants, chlorophyll is the pigment that gives plants their green color and is used by them to convert sunlight into energy through the process of photosynthesis. When the circulatory system is enriched with chlorophyll, it becomes more efficient in transporting oxygen, nutrients, and other elements to serve the body’s systems. * It also supports the digestive system to remove waste and toxins from the body. * Evergreen[®] is a good source of antioxidants, which combat free radicals and promote immune system health. * Evergreen[®] contains no artificial flavors, sweeteners, colors, or preservatives. Sunrider Product Fact Sheet*
- e. Spirulina:** Grown in sanitary environment, this highly digestible protein, mineral dense, whole food is a key player for gaining and maintaining optimal health.
***SPIRULINA IS A PROTEIN, IT’S AN ALGAE, IT’S A SUPERFOOD!** With more protein, per weight, than chicken, soy, or beef, and a good source of iron, omega 3 fatty acids, calcium, niacin, potassium, magnesium, and B vitamins. Spirulina is the Superfood that you need to work into your diet. This blue-green algae has been harvested from salty lakes in Latin America and Africa for hundreds of years, and is one of the oldest life forms on earth. Spirulina is also cultivated and harvested in man-made reservoirs. In its natural state, it has a mild taste common to freshwater algae and has a long history of human consumption. Sunrider Product Fact Sheet*
- f. Vitadophilus:** Millions of good bacteria that are apple-pectin protected so they safely make it thru the HCA in the stomach to effectively reach and work in the digestive tract to further break down foods and destroy pathogens. As it reaches the lower gut (Ilium), it can create an environment for the body to produce its own Vt.B12.
“The base of VitaDophilus[®] is formulated with a protective apple pectin coating, which insulates the probiotics from the harsh stomach environment, allowing them to reach the small intestine for maximum efficacy. This is unlike many probiotic formulas that are destroyed by stomach acids and rendered useless before they can be fully utilized.” Sunrider Product Fact Sheet
- g. ESE** – Nervous system food, that nourishes for the building of the myelin sheath around the nerve.
***PROMOTE CALMNESS AND CONCENTRATION, NATURALLY:** This soothing herbal concentrate helps to calm and clear the mind, and is especially helpful as a natural remedy for anxiety, restlessness, sleeplessness, and stress. * With the mind calmer and the body better rested, concentration is enhanced, enabling improved performance and mental clarity.* Sunrider Product Fact Sheet*

- h. Sunnydew* – Add drops of nourishing sweetness to make everything taste good. Stevia and Chrysanthemum nourish the pancreas, digestion and are anti-inflammatory.

NATURAL FLAVOR ENHANCER *The main ingredient in SunnyDew® is stevia, an herb indigenous to South America and used by its inhabitants for centuries as a dietary supplement. This all-natural flavor enhancer is made from stevia that undergoes a unique purifying and concentration process that preserves the plant's natural structure in its whole-food form. Free of sugar, carbs, and 0 calories, SunnyDew® makes it possible to satisfy sweet cravings without derailing a healthy diet. Use it daily to add flavor to drinks and dishes and support a healthy lifestyle. Highly concentrated for maximum effect. Rich in antioxidants. Stevia is estimated to be between 200 and 400 times sweeter than sugar. A little bit goes a long way!* Product Fact Sheet

III. “Root Cause” of Digestive Symptoms – Bacteria: Strep

Candida overgrowth has been blamed for many years for the many digestive system symptoms. Because of a weakened digestive system, the bacteria Strep thrives and plays havoc with our health and creates all the symptoms that we have blamed on Candida Overgrowth.

See document: Candida - Good or Bad?

IV. 66 Symptoms “Root Cause” Explained

Note: *All labels for thyroid illnesses are symptoms of the thyroid virus – Epstein-Barr virus.* References all taken from: Anthony Williams, *Medical Medium Thyroid Healing*, (Carlsbad, CA: Hay House 2017) p. 35-67.

Mystery Weight Gain: Both hypothyroid and weight gain are caused by the **virus**. Overburdened, sluggish liver and lymphatic system.

Constant Hunger: A cry for the right kind of glucose! When the **EBV** spends a long time in the liver, it requires a lot of energy from the organ. When the central nervous system is also weakened, since both require sugar to function, both want more healthy carbs that contain the right sugars that nourish. Feed the hunger cry with the right kind of sugar.

Mystery Hair Thinning and Loss: Symptomatic of **EBV's** damaging presence. It's not low production of thyroid hormones, it excess adrenaline and cortisol. When the thyroid is struggling, the adrenals jump in to produce extra hormones. The repeated floods of stress chemicals (adrenaline) are hard on the body and cause the hair to thin and/or fall out.

Hair Texture Changes & Loss of Luster: The **EBV** inside the liver is giving off internal derma toxins, combined with years of nutritional deficiencies and adrenal surges. Also your body is working hard to fight off the virus.

Insomnia: The virus *EBV* is disrupting both the endocrine gland and your neurotransmitters at the same time. Other contributing factors can be, emotional wounds, digestive sensitivities, liver issues, obsessive-compulsive disorder, worry, and MSG toxicity. Nourish your liver and nervous system at bedtime, liver does its heavy work at night (suggestion Alpha 20-C and ESE)

Brain Fog: *EBV* is feeding off its favorite foods: which include toxic heavy metals, such as mercury, as well as dairy products, eggs, wheat, corn, excess adrenaline, and prescription drugs. As *EBV* feasts and prospers, it gives off more waste, and these neurotoxins travel to the brain and short-circuit neurotransmitters.

Focus Issues: Usually due to extra abundance of heavy metals and toxins in the brain that short-circuit. Often misdiagnosed as ADHD, leaky gut, parasites, Lyme, or thyroid disorder.

Heightened Sensitivity to cold – hands and feet cold: usually because of high elevations of viral neurotoxins (toxic waste from byproducts of viruses and viral corpse) that are affecting the nervous system, making your nerves sensitive to colder temperatures, plus sluggish liver causing a circulation problem.

Hot Flashes and Night Sweats: Bursts of feeling hot & sweaty out of nowhere are caused by toxic liver-not by thyroid or menopause. When liver fills up with toxins it starts to run hot. To cool the body down, heat is expelled from the liver and pulsed through the body giving it an overheated sensation. Time to detox that liver and restore the balance.

Edema: Unless you have a true heart condition or kidney disease, this swelling happens as a result of *EBV* and its sludge in the bloodstream and lymphatic system

Mood Swings: When the *EBV* feeds off its favorite foods, it excretes neurotoxins that fill the bloodstream and interfere with your neurotransmitters and your mood can drop until the virus's feeding frenzy has died down and your vitality has returned. The viral matter can also stress your blood sugar levels to the point of hypoglycemia. Stop feeding the virus!

Irritability, Anxiety, Depression: When the *EBV* neurotoxins short out neurotransmitters in the brain, it typically leads to irritability, crankiness and even unexplained anger or sadness, which for most women leads to a depression diagnosis.

Restless Legs: High levels of toxic heavy metals and an elevated viral load in the brain or other areas of the nervous system.

Joint Pain: Often late-stage *EBV* specifically attacks joints, cartilage, and/or connective tissue, inflaming the nerves. The result is stiff, painful, swollen or even misshapen joints (as in rheumatoid arthritis).

Muscle Cramps: Liver has gotten sluggish and fatty, leading to magnesium, potassium, glucose, and glycogen deficiencies, because the liver is meant to be their storage bin and when it grows weak, it loses its ability to hold on to them. These nutrients all feed muscles, so deficiencies can translate to cramped muscles.

Muscle Weakness: Neurological fatigue. When *EBV's* neurotoxins get to the brain.

Tingles & Numbness: When the *EBV's* neurotoxins inflame nerves, tingles and numbness can result. Often mistaken for neuropathy.

Twitches and Spasms: When *EBV* feeds off mercury releasing neurotoxins high in methyl mercury byproducts, they are prone to short-circuit the neurotransmitters in the brain.

Trembling Hands: *EBV's* neurotoxins absorb and diffuse neurotransmitters, which can ultimately lead to neurotransmitter deficiency, in turn causing these tremors. A higher level of toxic heavy metals and toxins is often present with this symptom, which is sometimes misdiagnosed as a sign of Parkinson's. Neurotransmitter deficiency can also arise as a result of *EBV/neurotoxins*, mostly mercury-based ones, triggering overactive adrenals—because excess adrenaline can burn out neurotransmitters.

Heart Palpitations, Ectopic Heartbeats, Arrhythmia: Instead of looking at the heart, we need to look to the *EBV* and its effects on the liver. *EBV's* byproducts and viral corpses form a sticky, jelly-like sludge that builds up in the liver—until the liver gets oversaturated, at which point the sticky substance begins to break apart and get sucked into the heart. The result is that heart valves, particularly the mitral valve, can get gummed up with the buildup and start to stick instead of allowing the free flow of blood. Heart palpitations can also occur as a result of Stage Four *EBV* producing a tremendous amount of neurotoxins that affect the brain and Vagus Nerve, translating to neurologically caused heart-rate irregularities. In neither of these cases are the heart flutters life-threatening or related to the thyroid, but to the *EBV*.

High Blood Pressure: If the doctors don't identify this as a cardiovascular issue causing it, there's a pretty good chance a sluggish or stagnant liver is the cause. When the liver's filters can't filter well, the blood becomes "dirtier" and thicker" which makes the heart work harder to pull up the blood.

High Cholesterol: Liver that's sluggish, filled with toxins, pre-fatty, or fatty due to a high-protein/high fat diet and *EBV's* toxic load is a common reason for a high cholesterol reading. Work on cleaning up your liver, digestive system, and the Viral feeders.

Tinnitus (Ringing or Buzzing in the ears, even deafening): In Stage 4 *EBV* can target the nerves of the inner ear labyrinth, and the resulting inflammation and vibration can lead to ringing or buzzing sensations, or even unexplained deafening. Alternately *EBV's* neurotoxins can inflame those nerves of the inner ear, and the mere exposure of these nerves to the neurotoxins can create this symptom.

Vertigo, Meniere’s Disease, Dizziness, Balance Issues: This symptom is not a result of calcium crystals or stones becoming disrupted in the inner ear. Rather, when **EBV** is leaving the thyroid as it moves into Stage 4, it usually moves fast, growing rapidly in number—and will often release an explosion of neurotoxins into the bloodstream. The vagus and even phrenic nerves become sensitized and allergic to the neurotoxins causing them to inflame, which causes “the spins” and other disconcerting balance issues. When the vagus nerve swells like this, it causes the chest and neck to get tight, and since the nerve runs into the cranium, it even results in some very mild inflammation at the bottom of the brain. This swelling of the brain itself (so slight that it can’t be detected in brain scans) can compound the balance issues, going so far as to give you a chronic balance issue where you feel like you’re constantly on a boat.

Goiter: The goiter of today is an infection of **EBV** in the thyroid that causes fluid buildup and swelling. Very rarely is a goiter caused by a simple cause of iodine deficiency, as in yesteryear.

Throat Tightness: This is often a symptom of **EBV** creating vagus nerve inflammation. In some cases, it is caused by a thyroid that’s become especially inflamed and enlarged by **EBV**.

Swollen Tongue: Vagus nerve inflammation can create a chain of nerve inflammation—which means that nerves in the tongue can become inflamed from **EBV**, too, resulting in swelling of the tongue.

Altered Sense of Taste and Smell: Again, an inflamed vagus nerve, caused by **EBV** neurotoxins or virus cells, can cause inflammation in the nerves that branch off from it. This can affect the tongue, taste buds, and/or nasal cavity.

Metallic Taste in the Mouth: When **EBV** feeds off of high levels of toxic heavy metals such as mercury in your system, the virus’s neurotoxins in the bloodstream consequently contain high levels of heavy metals. Also, you can get a metallic taste when actively detoxing heavy metals.

Hoarseness or Change in Voice: 3 Possibilities: Mild inflammation of the thyroid from **EBV**; Chronic acid reflux related to **EBV**; Dairy, eggs, and wheat are highly mucus-forming foods and fuel for **EBV**, eating them prompts the virus to produce extra waste matter that overloads the lymphatic system and can result in a horse voice.

Brittle or Ridged Nails: Zinc is one of the most important resources to fight **EBV**. The body uses up supplies and deep reserves of zinc at a rapid rate when you have **EBV**. Zinc deficiency is responsible for issues with your nails.

Dry, Cracking Skin: When the liver can’t function properly anymore as a result of **EBV** infection, it often gets to the point where it can’t handle fats—it can’t process them or protect the bloodstream from too much of them. Higher elevations of fat in the bloodstream reduce oxygen levels delivered to the dermis; less oxygen means that the

toxins can't be flushed out of the skin properly (our largest cleansing organ). This means that the skin ends up harboring toxins, which cause the skin to become inflamed and even to erupt in cracks as it tries to release those poisons.

Constipation: Several causes: the most common is a sluggish, fatty, or stagnant liver over burdened from a high-fat diet that the body can't break down and overloaded from the presence of **EBV** and heavy metals; At the same time, EBV's cofactor bacteria, strep, often proliferates in the digestive tract, causing inflammation in various parts of the gut; Constipation can also occur resulting from EBV's neurotoxins floating to the brain thru the bloodstream, weakening the central nervous system and creating neurological fatigues, which slows down signals from the brain to the colon for peristaltic action.

Diarrhea: A sick, sluggish, stagnant, fatty, or scarred liver, along with an inflamed pancreas and high levels of **EBV's** cofactor, strep bacteria, inside the gut can – when these occur on a chronic long-term basis—trigger the body's elimination response. Further, when the liver releases large amount of EBV byproduct and other sludge into the intestines, the intestinal lining can become agitated and inflamed and try to eliminate it quickly through diarrhea. Also, both EBV and strep feed off foods such as milk, cheese, butter, eggs, corn, canola, and GMO soy, so these foods in the diet result in more intestinal agitation, allowing for conditions such as irritable bowl syndrome (IBS), Crohn's and celiac.

Loss of Libido: This is not a thyroid caused symptom. Women's sex drive is determined by their adrenal strength. If the adrenals don't have enough reserves for giving birth, then it triggers a shutoff switch for libido. (Men on the other hand, can have compromised adrenals and plenty of libido).

Abnormal Menstrual Periods: Inconsistent menstrual flows and cycles - several reasons: 1) chronic infection of EBV in the uterus and ovaries. (Stage 2 EBV virus can enter the reproductive organs) disrupting normal function of the reproductive system; 2) Adrenal dysfunction caused by EBV; 3) A diet too high in protein, fat, dairy, & eggs can cause menstruation issues.

Vision Problems (blurry, glaucoma, detached retina, glaucoma): When different eye glasses can't explain or correct the problem, it's likely due to **EBV** neurotoxins in the bloodstream that are 1) short-circuiting and diminishing neurotransmitters; 2) weakening the optic nerve. Epstein Barr-virus cells can also get into the eye itself and cause destruction: detached retina or glaucoma. The shingles virus has the ability to weaken optic nerves as well.

Eye Floaters/Flashes: **EBV** neurotoxins inflaming the optic nerve can create mirage-like experiences of black spots, white spots, glares, and white flashes in the eyes.

Bulging Eyes: This is a steroid response. When aggressive varieties of the **EBV** prompt the thyroid to produce more tissue, that extra tissue produces extra thyroid hormones, and these excess steroid compounds create the swelling that causes the eyes to bulge.

Skin Discoloration. This is not a thyroid problem; it's a liver problem. When someone has had **EBV** percolating in the liver for a long time, and especially if the person has had a decent amount of antibiotics or other medications in their day, the liver becomes too overburdened to process bilirubin, the yellow pigment formed by the breakdown of old blood cells, correctly. Instead of getting flushed out, the bilirubin builds up and backs up into the bloodstream, resulting in that yellowish tinge to the skin.

Peri menopause and Menopause: These symptoms are due neither to thyroid dysfunction nor hormonal transition nor aging. Much of the time, **EBV** is the cause. It is also possible for radiation or pesticide exposure to contribute to the discomforts classically associated with menopause.

Infertility, Miscarriage, and Pregnancy Complications: There is a serious misconception growing among health movement that thyroid health creates these problems. The thyroid has a back up system, the adrenals, when the thyroid isn't functioning well. Again, the real trouble is when **EBV** targets the reproductive system and moves in (Stage 2). This is what creates the circumstances for later fertility and pregnancy issues. Plus pregnancy and childbirth with their influxes of hormones that feed EBV, can trigger a low-grade or dormant EBV infection to advance and multiply. Pregnancy also takes energy away from the immune system, making a woman more susceptible to EBV in her system. This means that a viral infection that hasn't caused symptoms in years could suddenly advance to the thyroid and wake up from dormancy and become symptomatic and problematic when a woman becomes pregnant. This virus in the reproductive system causing cysts, fibroids, inconsistent menstrual periods, fallopian tube obstruction, preeclampsia, and/or hidden and undetectable inflammation of the uterus that can interfere with a healthy conception and pregnancy. When EBV targets the uterus, it inflames the uterus, creating a spasm that's impossible to detect and yet can interrupt a pregnancy. Miscarriages or infertility like this are most common among women with high viral loads and high concentrations of toxic heavy metals to feed the EBV.

ADDHD: Toxic heavy metals in the womb and passed along through sperm can also create problems for a developing baby.

Postpartum Depression: Having a baby triggers an enormous supply of hormones & adrenaline that enter the bloodstream when a woman gives birth, and these hormones & excesses of adrenaline fuel the Epstein-Barr virus and can launch EBV into high gear. The new Mom after birth may experience crushing fatigue, depression, anxiety, weight gain, brain fog and be misdiagnosed as thyroid issues, Lyme disease, or post partum depression.

Polycystic Ovarian Syndrome: In Stage 2, the **EBV** may choose the ovaries as a nesting place. The virus may prompt the creation of cysts as the immune system attempts to block off the growth of the virus, but the virus continues to live and grow inside, this infection can move quickly to the thyroid.

Breast Cancer: The true cause of breast cancer is the **Epstein-Barr virus**. When EBV is traveling from the liver to the thyroid, the lymphatic system tries to catch it in the chest area---and certain varieties of EBV, when caught here, will form tumors, cysts, or lesions. This why breast cancer is often not limited to the breasts—it also commonly affects the armpit and lymph nodes.

Fibromyalgia: The aches, pains, tenderness, fatigue, and stiffness of fibromyalgia are a result of Stage 4 **EBV's** neurotoxins creating chronic inflammation of both the central nervous system and nerves throughout the body.

Chronic Fatigue: This is neurological fatigue from an ongoing and chronic Stage 4 **EBV** infection. Viral neurotoxins inflame and drain the central nervous system, creating an exhaustion often mistaken for adrenal fatigue.

Eczema & Psoriasis: The liver is where the problem originates: This occurs - usually **EBV** - in the liver feeding off of high levels of toxic copper there, plus old stores of DDT and other pesticides. When the virus feeds off these poisons, it releases a potent derma toxin, which floats up to the skin, causing severe rashes, flaking, cracking, irritation, and itching. Ideally the liver would filter out these derma toxins like other debris, however when EBV is overloading the liver and the rest of the body, normal detox processes get interrupted, which is why these toxins end up trying to leave through the skin. The worse off the liver is, the worse the eczema or psoriasis, as the liver's impeded function means more derma toxins escape. People with E & P also often experience hair loss.

Multiple Sclerosis (MS): Epstein-Barr virus is the hidden cause of MS. There are 2 types of **EBV** that result in this diagnosis: 1) neurological symptoms - weak legs, weak arms, mild tremors, severe tingles, and numbness. These are the result of EBV neurotoxins inflaming various nerves in the body. Commonly diagnosed as MS or Lyme, though no lesions show on medical scans. 2) this type reaches the brain, causing lesions, mild forms of encephalitis. In either case its from EBV virus neurotoxins, occurring in Stage 4. You want to deal with the Virus and its feeders and strengthen the Nervous System.

Lyme Disease: Lyme disease is viral not bacterial. Depending on the doctor you visit, symptoms can be diagnosed as MS, fibromyalgia, chronic fatigue. ALS, parasite infection & Lyme, because these conditions are all virus caused, so the lines often blur between these labels. In the case of Lyme it is viral, and bacteria only happen to be present. Most people with Lyme symptoms are caused by **EBV**, though all other viruses, in the herpetic family can also cause them. I know this is directly opposite from most diagnosis. Both Lyme and EBV “triggers” are about the same.

Rheumatoid Arthritis (RA): The swelling, pain, stiffness, and sometimes deformity of the joints is not an autoimmune disorder, rather there's a specific variety of **EBV** that gets into connective tissue, joints, and ligaments in its 4th stage, causing inflammation that's evidence of your body trying to hold the invader at bay (inflammation). Swelling of the knuckles, cervical spine, and the like is an indication that the immune system is fighting

to keep the virus from burrowing deeper and causing permanent damage to nerves and tissues.

Connective Tissue Disorders (including Ehlers-Danlos Syndrome): Caused by a variety of **EBV** in Stage 4, sometimes in Stage 3, that are feeding off of different toxins in the liver, including old DDT and other pesticides, mercury and some solvents, many passed down thru family bloodlines. As the virus thrives on this fuel blend, it releases both neurotoxins and specific connective tissue toxins, a combination that weakens connective tissue and inflames nerves at the same time. Because this is a late-stage EBV condition, you will also have thyroid issues, thought it's not a thyroid symptom.

Sarcoidosis: **EBV** that are less concentrated on the central nervous system and instead make their focus the lymphatic system, attack and inflame lymph nodes around the lungs, heart, liver, and neck, creating swelling and scar tissue throughout the lymphatic system.

Pulmonary Fibrosis, Cystic Fibrosis, Interstitial Lung Disease: All caused by **Epstein-Barr virus** and antibiotic – resistant strains of EBV's cofactor, *Streptococcus bacteria*, the same culprit behind so many common issues, including chronic UTIs, and strep throat. Staying clear of eggs, dairy, wheat, and pork is critical with these conditions.

Hypoglycemia and Type 2 Diabetes: It's very common for Type 2 Diabetes to accompany thyroid conditions, because **EBV**, other toxins and a high-fat diet put a strain on the liver that makes it sluggish or stagnant and unable to store glucose as glycogen to protect the pancreas's needs, which you rely on for insulin. At the same time, as the adrenals overcompensate for the thyroid, all that excess adrenaline scorches the pancreas, further compromising its ability to produce the insulin you need. As a result, you experience blood sugar imbalances.

Acid Reflux: Half the problem is in the stomach and the other half is in the liver. It actually occurs because the good hydrochloric acid in the stomach is low (weak liver can't help provide extra), then the elevated levels of *unproductive acids* tend to rise up the esophagus during sleep, going all the way to the throat, where they outgas ammonia. This gas can also seep directly into the thyroid and inhibit this glands functioning.

Streptococcus: It's a **bacteria**, a cofactor to the Epstein-Barr **virus**. This bacteria prospers when the virus does. This is why numerous problems occur: sinus problems, bladder sensitivities, UTIs, bacterial vaginitis, small intestinal bacterial outgrowth, IBS, acne, and sore throats—all of which are strep-**bacterial** related.

Celiac Disease: This is not an autoimmune condition, nor is it limited to a sensitivity to gluten. Rather wheat gluten is one trigger to this inflammation of the intestinal tract, which is caused **by EBV's** cofactor strep (Bacterial). Strep's other favorite foods to find in the gut are eggs, dairy products, corn, wheat and ALSO, **EBV's** waste – biofilm, neurotoxins, viral casings, toxic heavy metals dumping from the liver into the intestinal tract. These items give STREP & EBV the fuel to prosper and irritate.

Cushings Syndrome: Massive stress & poor diet has weakened and imbalanced the adrenals.

Hepatitis C: Chronic inflammation of the liver caused by **EBV** creating scar tissue in the liver.

Plantar Fasciitis: When **EBV** releases large amount of neurotoxins throughout the body, those neurotoxins disperse and settle on weak nerves in the body. The neurotoxins find these sensitive nerves (caused by accidents, dancing, athletics, turned ankle etc.) resulting in inflammation and pain in nerves such as the tibial and sciatic. For many this arises long after an initial injury. Again EBV!

Parathyroid Disease: These 4 tiny glands work separately from the thyroid. They are responsible for keeping calcium levels balanced in the body, especially in the bloodstream. When they develop problems, the culprit is the same as the thyroid disease: **EBV**. When the body is creating thyroid nodules to try to wall off EBV cells, the parathyroid becomes involved, the nodules are calcium prisons. As the EBV in stage 4 moves to the central nervous system, the brain requires more calcium to transport messages because the EBV is interfering with electrical functions in the body, this can cause the parathyroid to overwork.

Extra message to women: Make your health a priority, especially during menstruation, ovulation, pregnancy, and recovery from childbirth.

- **During menstruation**, 80% of a woman's immune system and reserves go toward renewing her womb—which significantly cuts the energy her body has to ward off illness at that time.
- **During ovulation**, 40% of her immune system and reserves go toward the process—once again leaving the door open for illness to take advantage.
- Her production of cortisol and adrenaline both go up at these time, sending EBV fuel into her bloodstream. This means that twice a month, women become more susceptible to health threats such as EBV. It's why women often come down with a cold, flu, migraine, or sore throat right before or during menstruation—because their immune systems drop.
- **Super woman:** With the pressure to hold down careers, run their household, please their partners, lend sympathy and empathy to friends, care for their families, and look good while doing it, it is very easy to become run-down with all of this going on, and a run-down immune system, is one of EBV's favorite avenues of advancement. Give your immune system and reserves all they need during these renewal times in your body. Take all the extra measures to stay balanced (prevention & rebuilding).

Men, EBV is an equal opportunity pathogen. **You deserve self-care too!!!**

With EBV exposed for what it is, you can see your struggles in a whole new light.

Anthony Williams, *Medical Medium Thyroid Healing*, (Carlsbad, CA: Hay House 2017) References all taken from p. 35-67.

V. Cleansing:

A. When the Going Gets Tough, the Tough Keep Going

Question: I thought I would only feel better and better after eating SR foods. But now I have a cold and sore throat. I seldom ever get sick! What's happening?

Answer: When the quality of food coming into the body is of higher quality than the tissues that the body is made of, the body begins to discard the lower grade materials to make room for the superior materials. This can sometimes cause a temporary cleansing situation. Don't give up! This is the testing time! Keep being consistent in nourishing, balancing, and cleansing—greater health and vitality is ahead!

B. Cellular intelligence reasons something like this:

"Oh, look at all this fine material coming in. How wonderful, now we have a chance to get rid of this old garbage and build a beautiful new house. Let's get started immediately." Let's get this excess bile out of the liver and gallbladder and send it to the intestine for elimination. Let's get this sludge moving out of the arteries, veins and capillaries. These smelly, gassy, brain-stupefying masses have been here too long, out with them! These arthritic deposits in the joints need cleaning up. Let's get these irritating food preservatives, sleeping pills, aspirins, and drugs out of the way, along with these other masses of fat which have made life so burdensome for us for so long. Let's get going and keep going until the job is done, until we have a beautiful house, and from then on we'll keep it a beautiful, ideal model house."

C. Cleaning Symptoms

People who have had tendencies in the past with recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If they go to a doctor now, who is unfamiliar with this aspect of nutrition, he will probably diagnose it as an allergy. But they ask, "How come? I'm eating better now than I ever did before, and instead I'm getting worse." They don't understand that the skin is getting more alive and active. It's throwing out more poisons more rapidly now that the body is building up more energy. For some, colds, which haven't appeared for a long time, may occur, or even fevers. This is nature's way of house cleaning. These toxins being discarded are saving you from more serious disease, which will result if you keep them in your body too much longer, possibly kidney disorders, blood disease, heart disease, arthritis, nerve degeneration or even cancer, depending on your heredity or structural weaknesses. Be happy you're paying bills now in an easy-payment plan.

D. Common Signs of Eliminating Toxins thru the System

Remember these are temporary signs...

Allergies, heart palpitations, abdominal pains, constipation, gas, skin rashes and hives, sinus drainage, excess mucus, sore throat, colds and infections, kidney or liver pain, bladder conditions, joint/muscle discomfort, leg or feet tenderness, reproductive organ dysfunction or inflammation, head, eye/ear problems, etc. can develop AFTER the start of a wellness program and is the result of cleansing excessive poisons from the tissues.

- E. Calli chelates** or draws out the toxins from the tissues in the body.
- F. Exercise is the only pump** that moves the toxic masses to the lymph nodes in the neck; and from there they go into our body's eliminatory system thru the liver and into the colon where the toxins are absorbed into fecal matter. The colon needs to pop this right out of the body so it is not reabsorbed.
We all have waste material that has been in our body for years even from when we were ten or fifteen years old. It is still there stored in the tissues or even in the pockets in the colon ever weakening the body. We cannot expect to heal and cleanse the body in a short period of time after years and years of eating negative food three or more times a day with all the junk, chemicals and medications and drugs somewhere in between.
- G. Food Not the Problem:** If these cleansing symptoms begin after we start eating and drinking the Sunrider concentrated high quality nourishment, it is very important to realize that the foods used to nourish and cleanse the body is not the cause of our discomforts or symptoms. If we think the Sunrider products are causing the problem, we are defeating our own purpose with this misunderstanding; we do not need to blame them. The removing of the waste material from the longstanding site of accumulation, the dying off from killing Candida (fungus) and the acid wastes entering the blood can cause us to experience these temporary symptoms. Any pain and discomfort associated with this removal is the necessary price to be paid for the health and wellness we so desperately seek.
- H. Strong Areas clean first.** Remember, the strong areas of your body will cleanse and heal themselves first, as the weaker areas do not have the strength or integrity to remove the impurities as quickly. It takes a while longer for energy to build up in these suppressed areas before sufficient cleansing can take place, allowing the symptoms to disappear. The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of energy we have available. If the cleansing process is too strong, then slow the program down for a while by diluting your Calli even further (some have had to mix 1 bag/3 gallons.) but do not stop the program, keep the energy flow going. The more you rest, sleep and exercise when the symptoms are present, the milder they are and the more quickly they are terminated. Adding extra Quinary and NuPlus helps the body adjust and keep balance while cleansing.
- I. Cyclical Healing**
We must not expect to go on a straight road to perfect health, thinking that improving our diet and lifestyle will make feel better and better each day until we reach perfection. The body is cyclical in nature (on a circadian rhythm), and health returns in a series of gradually diminishing cycles. For example, we start a better diet and lifestyle and for a while we feel much better. After some time, a symptom occurs, we may feel nauseous for a day and have diarrhea with a foul-smelling stool. After that day, we feel even better and all goes fine for a while. Then we suddenly develop a cold, feel chills, and lose your appetite. After about two or three days (assuming we don't take drugs or do anything negative), we suddenly recover and feel better than we did for years. Let us say this well being continues for two months, when suddenly we develop an itch or rash. We still don't take anything for it. This rash flares up, get worse and continues for ten days, and suddenly subsides. Immediately after this we find that our hepatitis, for example, is gone and our energy has increased more than ever before. The rash became an outlet for the poisons in the liver, which produced the

hepatitis. This is how recovery occurs, like the cycles in the Dow-Jones Average at the beginning of a bull market.

J. Worth the price: We can do many good things that bring good rewards, but we are as strong as our weakest link and it is our weaknesses that do us in. Any pain and discomfort associated with the removal of the toxins in the body is the necessary price to be paid for the health and wellness we so desperately seek.

Why go back to the old ways of eating and living? Continue to give your body the best opportunity to have a life of wellness and vitality. It's well worth the price! May God bless you in your journey to a healthy and fit body? Remember, It's a journey that lasts a lifetime and the rewards are well worth it!

K. Remember the Wellness Formula:

Nourish + Cleanse = Balance

Let your food become your medicine and your medicine be your food! -- Socrates

VI. Pre – Evaluation: 66 Mystery Symptoms

This is a 3-month evaluation tool to encourage and empower the client with their progress as they apply the solutions recommended in this document. Have a client take this evaluation *prior to reading or sharing the document info*. Have the client evaluate their current health by indicating 1-10 (10 being the most challenged by the symptom). Have the client then re-evaluate at the end of each of the 3 months.

66 Mystery Symptoms

“Root Cause” Explained *With Effective Solutions*

Before you read this document:

Identify on this chart any symptoms you might be experiencing and then as you learn about these symptoms, see how you can empower yourself with solutions.

Mark 1-10: 1 – a little challenge; 10 – significant challenge

Check yourself over a 3 month period. If you follow what you will learn in this document, the chances are very good, you could become symptom free.

Symptom	Pre	1 month later	2 months	3 months
Date:				
Weight: Mystery Gaining				
Difficult losing weight				
Constant Hunger				
Hair: thinning & loss				
Texture & loss of luster				
Insomnia				
Brain Fog, memory				
Focus Issues, concentration				
Cold Hands and feet				
Hot flashes, night sweats				
Mood swings				
Irritability				
Anxiety				
Depression				
Edema				
Restless Legs				
Joint Pain				
Muscle Weakness				
Tingles/Numbness				
Twitches/Spasms				
Trembling Hands				
Heart: Palpitations/Arrhythmia				
High Blood Pressure				
High Cholesterol				
Exhaustion/Chronic Fatigue				
Tinnitus-Ringing, buzzing				
Hearing loss				
Vertigo, Meniere's				
Dizziness				
Balance Issues				
Goiter				
Throat Tightness				

Swollen Tongue				
Hoarseness				
Change in Voice				
Taste & Smell altered				
Metallic taste in mouth				
Nails: Brittle/ridged				
Skin: Dry, cracking				
Eczema/Psoriasis				
Discoloration				
Constipation				
Diarrhea				
Eyes: Blurry				
Glaucoma				
Detached retina				
Eye Floaters/Flashes				
Bulging Eyes				
Toenail Fungus				
Hormonal:				
Loss of Libido				
Abnormal Periods				
Peri /menopause				
Postpartum Depression				
Polycystic Ovarian Synd.				
Breast Cancer				
Brain Fog, memory				
Focus Issues, concentration				
ADDHD				
Fibromyalgia				
Chronic Fatigue				
Lyme				
Rheumatoid Arthritis				
Connective Tissue				
Sarcoidosis				
Pulmonary Fibrosis				
Cystic Fibrosis, Lung Disease				
Hypoglycemia				
Type 2 Diabetes				
Acid Reflux				
Celiac				
Cushing's Syndrome				
Hepatitis C-				
Plantar Fasciitis				
Parathyroid Diseases				