A Closer Look
At
Viruses In The News

Disclaimer

• This is a teaching tool to explore questions and boost information about viruses. No claim is being made to cure or mitigate such.
• Teaching general healthy immune nourishing tools are included with the goal of keeping the body’s defenses well fed and healthy.
• The body heals and cures itself and is dependent upon healthy foods and lifestyle choices. Herbs are legally classified as foods.
• This is not a substitute for any doctor’s advice or treatments or for any conditions, disorders, or diseases.
• There is no intent to diagnose and prescribe for specific illnesses, conditions or disorders.
What Is A Virus?

- Not a bacteria, fungi, or parasite
- Only replicates inside living cells
- Made of genetic material
- Antibiotics normally have no effect
- Most abundant biological entity
- Various Routes of Transmission—coughing, sneezing, fecal (poor sanitation) to oral contact, sexual activity, insects, food and water, person to person.
- Could autoimmune disorders be the body attacking intracellular virus DNA?

Zika Virus

Transmission:
* The bite of an infected Aedes species female mosquito
* Sexual transmission when a partner is infected—this can occur during pregnancy—medical cautions are indicated in these cases
* An infected pregnant women to her fetus
* An infected person to a non-infected mosquito during the first week of infection

Noted manifestations: (microcephaly)—a sign of incomplete brain development and other neurological problems

May 2015 was the first case in Brazil found by Pan American Health Organization Feb 2016 a Public Health Emergency was issued.

Manifestations
Microcephaly and neurological symptoms
The Zika Virus Controversy

• 4780+ reported cases → only 404 infants have been confirmed with microcephaly; only 17 tested positive for Zika

• The Question: Could small brain size among Brazilian-born infants be due to lack of sanitation, widespread vitamin A and zinc deficiency, environmental pollution, toxic pesticide exposures, and Tdap vaccination now mandated for all pregnant women?

Chris Barker, Ph.D. a mosquito-borne virus researcher at the University of California, Davis School of Veterinary Medicine, said the risk of Zika in the continental U.S. is “near zero” Experts suggest there may be small clusters of Zika outbreaks in certain southern states and little risk elsewhere in the continental U.S.

The Herpesvirus Family

• HHV-1 : Herpes Simplex 1 (HSV-1)
  – Clinical: Oral Herpes
• HHV-2 : Herpes Simplex 2 (HSV-2)
  – Clinical: Genital Herpes
• HHV-3 : Varicella Zoster Virus (VZV)
  – Clinical: Chickenpox, Zoster
• HHV-4 : Epstein Barr Virus (EBV)
  – Clinical: Mono, lymphoma
• HHV-5: Cytomegalovirus (CMV)
  – Clinical: Retinitis, Pneumonitis, etc
• HHV-6/7: Roseolavirus
  – Clinical: Exanthem subitum
• HHV-8: Kaposi’s Sarcoma-Associated Herpesvirus (KSHV)
  – Clinical: KS, multicentric Castleman’s disease, primary effusion lymphoma
The Herpes Family

Type I

Type II

Chicken pox lesions

Transmission

Epstein Barr (Chronic Fatigue, Mono)
- Spread by saliva, kissing, sharing utensils

Cytomegalo virus
- Spread by any contact with body fluids including breastmilk
- More than 80 percent of the biopsy specimens from patients with Chronic Fatigue Syndrome tested positive for gut viral particles compared to 20 percent of healthy people.

These viruses can infect nerves and organs long term.

In many, the initial infection had occurred years earlier, but they had evidence of mild, long-term inflammation.


Oral Herpes
- Spread by saliva, shared utensils, and contact with mucus membranes of another

Genital Herpes
- Spread by sexual activity; baby can contract this during birth
  - Chicken Pox: spread by touching or inhaling micro-drops of fluid from water filled vesicles on the skin of an infected person

These viruses are not currently screened for in blood transfusion products.
Manifestations

- Epstein Barr-fatigue, fever, lack of appetite, rash, sore throat, swollen glands, sore or weak muscles.
- Cytomegalovirus—similar symptoms; babies can have visual/hearing issues. A mild, long-term gut infection could play a role.
- Herpes Simplex I (Oral)—many apparently healthy people are infected. 30% get cold sores and blisters. Can travel along trigeminal nerve and lie dormant. May manifest later as a type of encephalitis
- Herpes II (Genital Herpes)—painful vesicles or sores. Lesions and possible infection within the central nervous system. It is serious to have a primary infection at the time of delivery of one’s baby. This can also lie dormant.
- Herpes Zoster—inflammation of the dorsal root ganglia (nerve tissue—can stay in the body dormant for years—painful lesion outbreaks

One Must Request To Be Tested

50-90% of Americans have oral herpes (HSV-1). Can become type 2 from sexual activity spread

Herpes II (Genital Herpes)
About one out of five people in the U.S. (25% of women 20% of men)
More than 50 million people in the United States
85% of people don’t know they have it.
That’s 42 million Americans who are unaware they have genital herpes.
Genital herpes is one of the most prevalent viral STD and is spreading the fastest in the teenage population

One in four American teenagers has an STD.
OUTBREAKS

60% of infected women when studied, had never had any symptoms or outbreaks.

Average outbreaks/year: 4 or 5
Some have only 1-2 in lifetime

Asymptomatic carriers can still spread herpes, (4-10% chance)

Hepatitis C—from 1989

• Blood-born virus -- infects the liver.
• Transmission: sharing hypodermic needles, accidental needle sticks in medical facilities, birth-- if the mother is infected, infected blood transfusion (which now is screened—so rare); sexual transmission, or from use of others razors or toothbrushes are more rare.
• 70%–85% of those infected--a long-term, chronic infection that many are not be aware of.
• Possible long-term health problems, even death.
• Science now claims drug cures for Hepatitis C. The best way to prevent Hepatitis C is by avoiding behaviors that can spread the disease.
Hepatitis C symptoms

https://www.google.com/search?espv=2&biw=1600&bih=721&tbm=isch&q=hep+c+virus+symptoms&oq=hep+c+virus+symptoms&gs_l=img.3..024k1.112989.117896.0.118239.19.17.2.0.0.115.1261.142.26.0...0..1.64.jmg..1.17.1175...0j516k1j03041i0HrRrwa9bNk7Yimgc=SOq3s3m8EyEhY3A

HPV--Human Papillomavirus

- Symptoms: (may be absent or present) genital rash or warts.
- Transmission: Most common is through sexual contact; also mother to baby during birth. Can be passed even when no symptoms are present
- Length: can last for years or a lifetime
- No medical cure; symptoms can be managed
- HPV can be a cause of cervical cancer
- Currently the Guardasil vaccines are recommended, but at least 8 deaths were recorded after taking the vaccine in the first year.

(Cindy Bankston—administration—Abstinence Program, OR)
Manifestation and virus

HIV—Human Immunodeficiency Virus

Transmission

YOU CAN GET HIV VIA...

- Sex without a condom
- Passed from mother to baby
- Sharing injecting equipment
- Contaminated blood transfusions & organ transplants

HIV VIRUS
HIV Basic Facts

- Attacks the body’s immune system, specifically T cells. Over time, HIV can destroy so many of these cells that the body can’t fight off infections and disease. Opportunistic infections or cancers take advantage of immune weakness and signal that the person has AIDS.
- No cure presently but if caught early, certain medications can allow a person to live nearly a normal lifespan.
- Estimate: 1.2 million people in the U.S. were living with HIV at the end of 2013, the most recent year surveyed. Of those, about 1 in 8, did not know they were infected. In 2015, 39,513 people were diagnosed with HIV. The annual diagnosis reduced 9% from 2010 to 2014.
- HIV is largely an urban disease, with most cases occurring in metropolitan areas with 500,000 or more people.

- [https://www.cdc.gov/hiv/basics/statistics.html](https://www.cdc.gov/hiv/basics/statistics.html)

HIV—Human immunodeficiency virus

Main symptoms of Acute HIV infection

- Central:
  - Malaise
  - Headache
  - Neuropathy

- Lymph nodes:
  - Lymphadenopathy

- Systemic:
  - Fever
  - Weight loss

- Pharyngitis

- Mouth:
  - Sores
  - Trench

- Esophagus:
  - Sores

- Muscles:
  - Myalgia

- Liver and spleen:
  - Enlargement

- Gastric:
  - Nausea
  - Vomiting

- Skin:
  - Rash

- Chest:
  - Pain, pressure, fullness, or squeezing (lasts more than a few minutes or comes and goes)

- Lungs:
  - Trouble breathing (shortness of breath)

- Stomach:
  - Upset stomach, urge to throw up

- Other Signs:
  - In addition, some women may feel very tired, sometimes for days or weeks before a heart attack occurs. Women may also have heartburn, a cough, heart flutters, or lose their appetite.
Natural Remedies that are Traditionally Used To Improve Immune Resistance and Health

Could These Supplements Fortify Our Viral Immunity?

**HERBS**
- Elderberry
- Olive Leaf Extract
- Una de Gato
- Milk Thistle
- Pau d’Arco
- Green Tea
- TCM Chinese Herbal Combinations

**MINERALS, ESSENTIAL OILS**
- Zinc
- Bioavailable Liquid Silver
- Essential Oils of Oregano and Myrrh
- Blends containing at least in part: Orange, Clove Eucalyptus, Cinnamon, Lemon, Pine Needle, and Thyme
Elderberry
(Preliminary Trials: HIV and Herpes Simplex)

- Honeysuckle family; a deciduous tree with cream color flowers and purple bluish berries. All tree parts are usable—very popular in England.
- Popular to support healthy immune response, ease symptoms of colds, flu, pain, swelling, nasal congestion, sore throat inflammation.
- Synergistic with Echinacea, Olive leaf extract and Vitamin D. How much D?
  10 minutes at midday sun gives you 10,000 IU of D with shorts and tank top.

Olive leaf extract-Anti-viral, HIV

- From a small evergreen tree native to the Mediterranean. The active is the bitter component. In the 1960’s, researchers found that leaf components could kill many types of viruses and more. Look for standardized 12% Oleuropein.
- Studied for managing viral infections, slows HIV by inhibiting growth of viral budding or assembly. Penetrates infected cells and stop replication.
- Supports the body’s natural defenses against parasites, bacteria, yeasts, and fungi that may contribute to chronic fatigue and immune dysfunction syndromes.
- Some individuals have reported rapid relief of acute infection symptoms with 1500 mg every 6 hours.
Una de gato (Cat’s Claw)

• A tropical creeping vine from Central and South America. Vines can reach up to 100 feet
• History of use: heat reducer, immune stimulator, anti-viral support, deep cellular support, antioxidant
• Assists the body to produce T-cells and WBC’s in normal numbers. May be a supportive immune food during HIV (may encourage the body to be less drug resistant) and herpes (body may better control outbreaks)

• TIP: Increase release of healing alkaloids from the tannins by adding a Tbsp of lemon juice or a tsp of raw apple vinegar when taking. Astragalus and echinacea purpurea are synergistic supports.

• Avoid if pregnant or nursing, in kidney failure, auto immune, transplanted organs or on anti-blood clotting medication

Milk Thistle—Liver Inflammations

• Spiny perennial—a common weed with distinctive white leaf markings. Grows throughout Europe and imported to California. Can reach 5 feet with purple flowering heads which may be eaten fresh. Traditional as a spring tonic to ease winter blues and cleanse the liver.
• Alcoholic and viral hepatitis. Assists resistance of the liver cells to toxins by influencing the cell membrane. Stimulates the chemical reactions that stimulate regeneration of new liver cells. Silymarin is an extract of milk thistle which acts on the cell membranes to prevent entry of viral toxins into the cells of liver. With Hepatitis C, a flavonoid in silymarin stimulates the liver to produce new healthy liver cells and reduces inflammation.
• Virtually no side effects, but may reduce Birth Control Pill effectiveness. May have a mild laxative effect. Look for 80% silymarin when standardized.
Pau d’Arco—Broad Spectrum

Analysis of the chemicals in Pau d’Arco have shown that the bark contains chemicals called naphthoquinones, which may kill bacteria, viruses, fungus and yeast—granting the supplement beneficial antimicrobial properties.


Green Tea

The antioxidants specific to green tea are polyphenols (catechin), bioflavonoids that act as super antioxidants to harmful fats and oils, supporting healthy, normal cholesterol and blood pressure, inhibiting bacteria and viruses, supporting healthy digestion and protecting against ulcers and strokes.

http://crazyhorseghost.hubpages.com/hub/Green-Tea-And-You
Chinese Herbs TCM

• Traditional Chinese Medicine (TCM). Originating in China over 2,000 years ago, this entire system of healthcare combines nutrition, acupuncture, massage, exercise, heat therapy, meditation and herbal medicine to support healthy body functions. Many patients with hepatitis C who turned to TCM-based protocols have successfully decreased their symptoms, normalized liver enzyme levels and slowed liver damage. Dr. Mercola.com

Chinese Herbal Formulas—An Example

• We want a “metal-enhancing” formula.
• These herbs create a favorable environment for microbial balance and overall health.
• Dandelion root has nutritive properties for the liver, kidneys, stomach and blood. Purslane tops were eaten by American pioneers and in the Orient in the belief that it nourishes the liver and blood. Indigo leaves and root were used traditionally to support detoxification processes. Bupleurum root is a Chinese bitter herb that nourishes the liver and promotes perspiration. Typhonium rhizome supports the respiratory system. Scute root has been used to support the gallbladder and spleen. Cinnamon twig benefits the intestinal tract. Licorice root adds harmony and nourishes the adrenal glands. Ginseng root is a well-known adaptogen, promoted as a general body builder.
Zinc

• Zinc: test tube studies have proven that zinc is potent against HSV-1 and HSV-2. Consult a physician on the ideal amount of zinc that you should take, as high amounts of it can lead to an overdose.
• Zinc displaces excess copper in the body which is often stored in the liver. Liver detoxification may be accompanied by short-term nausea.


Silver Solution

• Kill Bacteria
• Inhibit Viruses
• Kill Fungus & Mold
• Improve Wound Healing
• Disinfect
Not All Silver Solutions Are Created Equal

• Common ionic silver particles = - 1 electron
This gives the silver particle the ability to bind itself with and eliminate one electron of a targeted pathogen
• Better Silver Technology = - 2 electrons
This gives the silver particle the ability to bind itself with and destroy electrons of targeted pathogens multiple times

Silver’s Safety

• According to the Agency for Toxic Substances and Disease Registry:
  • Non-toxic to the immune, cardiovascular, nervous or reproductive systems
  • Not considered carcinogenic
  • At doses 200 times the normal adult dose, it is non-toxic to healthy human cells
Resonance

- Silver is engineered to resonate at a frequency between 850 - 910 Terahertz

-- the same frequency given off by germicidal bulbs in hospitals and labs designed to kill pathogens

Magnetic Disruption

Preventing Viral Replication

- Silver has antiviral properties against:
  - Ebola Virus
  - Human Papiloma
  - SARS and Avian Influenza
  - Hepatitis B
Dr. Ken Friedman, MIT

“Based on my research, I have found the new silver solution to be an effective weapon against harmful yeasts, viruses and bacteria. Its low concentration, high effectiveness and lack of side effects make it an ideal supplement for the prevention and care of conditions associated with these pathogens.”

*Wellness Report, 2007*

Oregano oil

“Joy of the mountain”

• Popular with ancient Greeks and Romans for various medicinal uses. From the Greek words “oros” and “ganos,” which are words for mountain and joy.

• Carvacrol compound is largely responsible for its biological activities, notes a 2008 “Current Pharmaceutical Design” study. But it has at least 50 compounds having antimicrobial action, including thymol and rosmarin acid.

• Antiviral, antibacterial, antifungal and antiparasital properties and may also help protect cells’ genetic material (November 2003 “Cytotechnology” study).

• Capable of destroying both RNA and DNA viruses, such as those that cause cold sores, shingles and genital herpes, according to “Natural Forms of Defense Against Biological, Chemical and Nuclear Threats,” by John Brighton. The oil destroys the virus’s outer coating. It does not harm human cells.

Myrrh (herb/essential oil)

- A resin harvested from the bark of the myrrh tree from Africa and Arabia, India, the Mediterranean, Yemen, Somalia, Ethiopia

- Powerful antioxidant, antifungal, antiviral, anti-inflammatory, anti-parasitic, expectorant, and antispasmodic. Stimulates white blood cells; immune strengthener and activator.

- Powerful respiratory and digestive remedy: congestion, phlegm, healing

- Gum and mouth – ulcers, infections, pain and sores. Hippocrates used it as a balm for sores. Highly regarded as a topical for bedsores and wounds.

- Chinese research study, (Journal of Medicinal Plants Research), found that extracts made from myrrh resin may be effective to promote cell health in the sexual organs.


Ready to Go Shopping?

- Elderberry formula (elderberry fruit extract, echinacea, olive leaf extract, D-3-2000 IU (10 minutes at midday sun gives you 10,000 IU of D with shorts and tank top)
- Una de Gato with Pau d’Arco capsules and tea
- Chinese Dandelion and Purslane formula with Indigo and Bupleurum
- Nanoparticle Silver Sol liquids and gels
- Oil of Wild Oregano
- Oil of Wild Myrrh
- Zinc 25 mg of zinc blends with calcium, phosphorus, kelp leaves and stem, thyme leaves and alfalfa aerial parts.
Essential Oils to Target Immunity

- Orange, Clove, Eucalyptus, Cinnamon, Lavender, Lemon, Pine needle Wild Rosemary, Peppermint, Pink Grapefruit, Thyme

- Soothing and penetrating properties

Further Supports

- Spirulina—superfood, energy, vitality support
- Yarrow—immune support
- L-lysine—immune and nerve support
- Curcumin with black pepper extract—immune and cellular support
- Essiac tea—immune and lymphatic support
- St John’s Wort—immune, brain and nerve support
- Frankincense—immune, skin, and cellular support
- B complex—nerve, brain, and digestive support
- Vitamin C—immune support
Healthy Immunity Includes a Healthy Lifestyle

- Am I releasing toxic emotions in a timely manner? (stored anger, fear, worry, stress, etc. Could these keep toxins bound in my body??
- Am I engaging in healthy lifestyle behaviors?
- Am I releasing incoming toxic mindsets? (pessimism, unforgiveness, negative words, obsessions.
- Am I eating fresh, unprocessed foods and pure water? Daily exercise?
- Do I have affirmations or prayer in my life regarding my immunity?
- Am I fortifying my immunity with healthy NSP products such as herbs, metabolic age reducing products, vitamins, minerals, authentic essential oils?