

## Epstein Barr Virus Syndrome versus Ross River & Barmah Forest Virus What do you actually have?

Symptoms	% affected with EBV	% affected with RRV & BFV
Acne lesions / Rash	25%	68%
Alcohol intolerance	40%	
Allergy, Insecticide exposure, Organo-chlorine exposure reactions	75%	
Arthralgia's / Myalgia's / Joint pain	60%	68%
Candida infections – thrush & tinea that keeps coming back, thick white coating on the tongue	25%	
Lapses in memory, Poor concentration and attention span	80%	49%
Depression, anxiety, irritability	80%	42%
Fatigue / Lethargy	95%	89%
Fever	10%	
Gastritis – inflamed gut	20%	
Hair loss and hair texture changes	15%	
Low grade infections and fever	70%	52%
Lowered red blood cell and magnesium	95%	
Palpitations	40%	
Weight changes	70%	
Weight Loss	20%	34%
Headache		57%
Loss of sex drive		31%
Tingling in the soles of your feet or in your hands		40%
Sleep difficulties		49%
Night sweats	90%	

You may have noticed that you caught a cold that seemed to linger continuously and from then on you began to suffer some or many of the symptoms above.

Organo-chlorines (PCB, insecticides, DDT and Dieldrin compounds) can be mobilised from fat tissue during viral infections. Fatigue, headaches, muscle weakness, aching joints, memory loss, irritability, impaired balance and insomnia occur and form part of the synergy of virus and chemicals that make this syndrome so awful.

If you have a number of these symptoms go to your doctor to get a blood test to identify the virus as on-going nutritional treatment and support will be needed to reduce your risk of cancer.

A persistent virus may express itself differently in different hosts. Certain triggers in the body such as high tissue calcium can reactivate viruses.

**When viruses are replicating and producing a lot of intense symptoms then that is the time to test for them** otherwise during dormancy blood tests may fail to identify them.