

GAPS MASTERCLASS



Viral Infections

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BROAD SPECTRUM ACTIVE INFECTIONS

In this section, we'll talk about strategies for broad spectrum "active" viral infections, followed by a spotlight on—Epstein Barr. The broad spectrum strategies can generally be incorporated into the spotlighted condition as well.

****IMPORTANT NOTE**** As with bacterial infections, natural remedies can be powerfully effective, *but it's important how they are used*. Viruses multiply using a different mechanism than bacteria and can multiply by many, in each cell they are infecting. Even more, some viruses "cell surf", leaving markers on cells that are already infected so they can be skipped over and the virus quickly goes to the next non-infected cell.

The more consistently that you can give a remedy, the better. Teach your children to come to you at the slightest hint of feeling "different," feeling sore all over, feeling chilled, having a hot feeling, etc.—and that goes for you as well. **Many remedies are best given every 1 - 2 hours.**

Vaccines = Developed For Viral Infections

Antibiotics = Developed For Bacterial Infections

Antibiotics were applauded as the answer to bacterial infections, while vaccines were touted as the answer to viral infections. We know now, however, that there are drawbacks and limits to both. Viruses (and bacteria) are woven into the very fabric of the earth and its inhabitants. To set out to annihilate them is short-sighted. Viruses respond and interact with both our inner and outer environments, exchanging genetic code, even across species. In this workbook we'll cover some proven alternatives that work *with* humans and the eco-system, not against them.

We talked a bit in the Module 2 workbook about how viruses operate. They've found ways to gain access to our cells by having the right fitting "key" to unlock the cell's receptors. To quote scienceclarified.com:

"But viruses have also acquired the key to specific cells. For example, the pneumonia virus is capable of latching on to a human lung cell. The virus that causes hepatitis can infect human liver cells. The human immunodeficiency virus (HIV) that causes AIDS is capable of landing on white blood cells.

Once a virus attaches to a host cell, it inserts its genetic material in one of three ways. Some host cells are fooled into thinking that the virus is food. These cells pull the genetic material in just as they would pull in other nutrients. Other viruses have a sticky coat that fuses with the cell's membrane, and the genetic material enters that way. Other viruses forcibly pierce the cell's membrane and inject their DNA into the host."

So what are our strategies for working with our bodies?

Dr. Natasha on Viruses

"We all have dormant viruses living in our bodies (herpes family, papilloma virus, etc); some we acquire even before we are born...

...GAPS people have compromised immune systems, so is not unusual during die-off for your resident viruses in the body to get active, so you can get a cold sore, or shingles, or warts and moles. When your immune system gets stronger with the GAPS Protocol, it will take them under control.

*Keep in mind that citrus fruit, nuts, chocolate, and coffee (and too much of any fresh fruit) shift the balance in your immunity and allow the viruses to get active. **Meat/bone broth, hot rich soups and stews with animal fat will do the opposite: they will allow your body to bring the viruses down. Supplementing an amino acid Lysine will also help to bring the viruses down: an adult usually needs 4-6 grams a day, a child about half that dose."***

Antiviral Dietary Strategies

As with active bacterial infections, the best foods for an active viral infection are going to be GAPS Intro-like foods. Stocks, soups, stews, egg yolks, sour cream, probiotics/ferments, cod liver oil, smoothies/juices—whatever foods are easiest to digest and deeply nourishing—that is what you want to be eating. If infection is severe and the digestive system is very compromised (as in Crohn's or ulcerative colitis) first use the No-Plant GAPS version. For info on the No-Plant GAPS diet [click here](#).

Patient Management

Beyond the inner care, here are some useful actions to take:

1. **Magic sock treatment** - great for stimulating circulation and the immune system, and for bringing down a fever.
2. **Hot baths** - The good old detox bath. This is good to follow up with the magic sock treatment (linked above).
3. **Essential oils** of lavender, tea tree & eucalyptus mixed with carrier oil (like olive or coconut oil) and rubbed every hour or so over the area of concern. For an upper respiratory infection, this would be across the ribs, both front and back.
4. **Emotional support** - As much as is applicable to the patient in question, see [Emotional Care QuickSheet](#).

Antiviral Herbal Strategies (Top 7)

With inspiration from the excellent work Herbal Antivirals, by Stephen Harrod Buhner. Another highly recommended book to have in your home. *All herbals to be checked with physician if pregnant or nursing.

These are systemic herbs that generally work well against a wide variety of viruses. For a complete description of the herbs, as well as the diseases and infections they are useful for, refer to the book, Herbal Antivirals.

1. **Chinese skullcap** - Can be found through [Woodland Essence](#) and [Elk Mountain Herbs](#).

- **Used for** - Viral infections, especially pandemic flu viruses, and encephalitis, respiratory infections, pneumonia, and infections of the central nervous system. Root tincture is very specific for reducing brain inflammation caused by both bacterial and viral infections in the CNS.
- **Tincture** - 1/2 - 1 teaspoon 3x per day for acute. (*Note, can be taken for sleep, 1/2 teaspoon before bed.)

2. **Elder (*sumbucus nigra*)** - Ready made elderberry syrup can be found through [Honey Garden Apiaries](#) and [iHerb.com](#).

- **Used for** - Viral infections, especially flu viruses, and herpes simplex viruses, among others.
- **Elderberry Syrup** - 2 - 4 tablespoons for adults every 2 - 4 hours, and half that for children (up to 1 tsp. per hour for children under 6, and up to 1 tbsp. per hour for older children/adults)
- 4 cups fresh elderberries (or 2 cups dried soaked overnight in water)
- 1 1/2 cups honey or maple syrup
- 1/4 teaspoon dried ginger
- Juice and zest of 1 lime
- Simmer mixture for about 10 minutes, stirring occasionally, then strain through a fine mesh sieve. Store in fridge up to 3 months.
- *Recipe inspired by [Feasting & Foraging](#)

3. **Ginger root (fresh)** - Can be found at a grocery store near you :)

- **Used for** - Viral infections, especially respiratory. It is also very helpful for nausea, chills, stomach cramping and diarrhea.
- **Fresh Ginger Juice Tea** - To prepare, juice 1 - 2 lb. fresh ginger root. To make a cup of ginger tea mix:
 - 3 - 4 oz. of ginger juice
 - 1 1/2 teaspoons lime juice

- Heaping tablespoon raw honey
- 1/8 teaspoon cayenne
- 12 oz. hot water
- Drink 4 - 6 cups per day

4. ***Houttuynia (cordata)*** - Can be found as a tincture through Woodland Essence and Sage Woman Herbs and Elk Mountain Herbs.

*Caution...does have a fishy smell :)

- **Used for** - Respiratory viral infections, especially SARS and the flu. Also ECHO infection, neurological enterovirus and encephalitis infections, and dengue fever.
- **Tincture** - 1/4 - 1/2 teaspoon up to 6x per day in acute infection.

5. ***Isatis (tinctoria)*** - Normally combined with other herbs. Can be found single through Woodland Essence and Elk Mountain Herbs and Sage Woman Herbs. Use no longer than 3 weeks.

- **Used for** - All flu varieties, SARS, Epstein-Barr, chicken pox, and many more.
- **Tincture** - 1 teaspoon up to 10x daily in acute infection.

6. ***Licorice (Glycyrrhiza glaba)*** - Can be found through Standard Process and Sage Woman Herbs and Woodland Essence. Great synergist (i.e. it plays best with other herbs) *Don't use deglycyrrhized licorice for antiviral purposes and don't use longer than 6 weeks.

- **Used for** - Increases potency of other herbs. Used for all types of flu, respiratory viral infections, SARS, and many more.
- **Tincture** - 1/2 teaspoon 3 - 6x per day, taken with other herbs.

7. ***Lomatium (dissectum)*** - Can be found through Sage Woman Herbs and Elk Mountain Herbs .

- **Used for** - Viral infections, including Epstein-Barr and cytomegalovirus, hepatitis C and HIV.
- **Tincture** - 10 - 30 drops per hour in acute infection.

Antiviral Supplement Strategies

The supplements below are expensive, and, yes, there are a lot of them. However, for viruses such as Epstein Barr, Hepatitis, Mononucleosis, and Cytomegalovirus, it is important to be serious with your remedy measures.

Dosages are for adults; use half the recommended dose for children. By Biotics Research. As stated in Module 1, I recommend to take under the direction of your own health practitioner. These supplements may have standard “fillers,” but I feel that in an acute situation, that can be excused.

1. **Bio-Immunozyne Forte** - 2 tablets, 3 times a day when acute. 1 tablet, 3 times a day if chronic.
2. **Cytozyme-THY** - 5 tablets, 3 times a day when acute. 2 tablets, 3 times a day when chronic. Thymus gland.
3. **Livotrit-Plus** - 1 tablet, 3 times a day with meals when acute. Increase by 1 tablet daily until you reach a maximum of 3 tablets, 3 times a day. (When chronic, 1 tablet, 3 times per day with meals.) Use Beta-TCP anytime Livotrit is used - 2 tablets, 3 times per day with meals.
4. **Dismuzyme Plus Granules** - 2 teaspoons, 3 times a day with meals when acute. 1 teaspoon, 2 times a day if chronic.
5. **IAG** - 6 teaspoons daily when acute. 2 teaspoons daily if chronic.
6. **Ultra Vir-X** - 2 capsules, twice a day.
7. **21st Century Homeopathic For Lymphatic Drainage** - 1 capful, 2 times a day for 30 days and then 1 capful a day.
8. **21st Century Homeopathic For Detox-Virus** - 1 capful, 2 times a day for 30 days and then 1 capful a day.
9. **Bio-C Plus 1000** - 1 tablet, 3 times a day
10. **Bio-FCTS** - 3 capsules, 2 times a day
11. **Cytozyme-LV** - 2 tablets, 3 times a day. Bovine liver.

When symptoms stop, continue taking one-a-day each, for a year, of:

- Livotrit-Plus
- Beta-TCP
- Bio-Immunozyne Forte
- Ultra Vir-X
- IAG (one teaspoon daily)

SPOTLIGHT ON EPSTEIN BARR VIRUS

*“Epstein Barr Virus is part of herpes family; it is a resident virus in most of us. **There is no need to fear resident viruses as long as you keep your immune system in good shape.**”*

You cannot get rid of your resident viruses, they will always be with you. So it makes sense to look after your immune system.”

Dr. Natasha Campbell-McBride



In this section, we'll talk about Epstein Barr, its expression as Mononucleosis, and its treatment. Mononucleosis (or Mono for short) is what can happen when our Epstein Barr virus is active in our bodies. Mono is characterized by an abnormally high proportion of monocytes (a type of white blood cell) in the blood. It's also quite contagious, but will not necessarily express itself the same way in everyone. If

someone's immune system is strong, they may feel mild sickness, or even nothing at all.

Strengthening the immune system is a priority for any virus.

Signs Of An Active Mono/EBV Infection

- Fever
- Lethargy/Fatigue
- Sore throat
- Swollen lymph nodes (the infection-fighting glands in your neck, underarms, groin, and elsewhere throughout your body)
- Swollen tonsils
- Headaches
- Sore muscles
- Enlarged liver or spleen

Testing

1. **Antibody test** - A Monospot test can confirm a Mono diagnosis (active EBV infection) on the same day, but may not catch it in the first week or two of infection.
2. **White blood cell test** - While not definitive, this will show an elevated white blood cell count, which would be a possible indicator of an active mono/EBV infection.

Epstein-Barr/Mono Treatment Options

1. **GAPS:**
 - **GAPS Intro food** (see GAPS Class Module 6)
 - **Elderberry** (up to 1 tsp. per hour for children under 6, and up to 1 tbsp. per hour for older children/adults)
 - **Lysine** (Use therapeutic doses of the amino acid L-lysine, 4 - 6 grams which is typically 8-12 tablets of a 500mg dose lysine, use 1/2

that amount for young children. You can also grind into powder with a mortar and pestle, and mix with food)

- **CLO** (Extra doses of cod liver oil are immune boosting)

2. Buhner's Herbal Protocol:

1. **Chinese skullcap, isatis, and licorice** tinctures, combined in equal amounts. Take 1/2 - 1 teaspoon of this mixture 3 - 6x a day, depending on how severe the infection is.
2. **Motherwort** and **passionflower** tinctures, combined in equal amounts, 1/4 - 1/2 teaspoon 6x per day.
3. **Cordyceps** and **rhodiola** tinctures, combined in equal parts, 1/4 - 1/2 teaspoon 3x per day.
4. **Fresh ginger juice tea** - To prepare, juice 1 - 2lb fresh ginger root. To make a cup of ginger tea mix 3 - 4 oz. of ginger juice + 1.5 teaspoons lime juice + heaping tablespoon raw honey + 1/8 teaspoon cayenne + 6 oz. hot water. Drink 2 - 6 cups per day.
5. **Andrographis** capsules or tablets - 1,200mg 3x per day for a month. (About 1% experience hives, stop use if this occurs)
6. For remedies even more specific to the symptoms of mono, like sore throat, please reference Buhner's book [Herbal Antivirals](#).

3. **Biotics Supplements Protocol** - as outlined above, titled, "Antiviral Supplement Strategies."

RESOURCES

Herbal Companies

- [Elk Mountain Herbs](#)
- [Woodland Essence](#)
- [Sage Woman Herbs](#)

Books

1. **Herbal Antivirals** by Stephen Harrod Buhner

Articles

1. **<http://chriskresser.com/rhr-testing-for-sibo-graves-disease-and-all-about-anemia>** Talks about the use of monolaurin for Epstein-Barr.