

HEALING FROM the EBV - Anthony William's protocols

Healing Foods Try to eat at least 3 per day—the more the better—rotating your consumption so that in a given week or two, you get all of these foods into your system.

- **Wild blueberries:** help restore the central nervous system and flush EBV neurotoxins out of the [liver](#).
- **Celery:** strengthens hydrochloric acid in the gut and provides mineral salts to the central nervous system.
- **Sprouts:** high in zinc and selenium to strengthen immune system against EBV.
- **Asparagus:** cleanses the [liver](#) and spleen; strengthens the pancreas.
- **Spinach:** creates an alkaline environment in the body and provides highly absorbable micronutrients to the nervous system.
- **Cilantro:** removes heavy metals such as mercury and lead, which are favored foods of EBV.
- **Parsley:** removes high levels of copper and aluminum, which feed EBV.
- **Coconut oil:** antiviral and acts as an anti-inflammatory.
- **Garlic:** antiviral and antibacterial that defends against EBV.
- **Ginger:** helps with nutrient assimilation & relieves spasms associated with EBV.
- **Raspberries:** rich in antioxidants to remove free radicals from the organs and bloodstream.
- **Lettuce:** stimulates peristaltic action in the intestinal tract and helps cleanse EBV from the [liver](#).
- **Papayas:** restore the central nervous system; strengthen and rebuild hydrochloric acid in the gut.
- **Apricots:** immune system rebuilders that also strengthen the blood.
- **Pomegranates:** help detox/cleanse the blood as well as the lymphatic system.
- **Grapefruit:** rich source of bioflavonoids and calcium to support the immune system and flush toxins out of the body.
- **Kale:** high in specific alkaloids that protect against viruses such as EBV.
- **Sweet potatoes:** help cleanse/detox the [liver](#) from EBV byproducts and toxins.
- **Cucumbers:** strengthen the adrenals and kidneys and flush neurotoxins out of the bloodstream.
- **Fennel:** contains strong antiviral compounds to fight off EBV.

Healing Herbs and Supplements: The following herbs and supplements (listed in rough order of importance) can further strengthen your immune system and aid your body in healing from the virus's effects:

- [Cat's claw](#): herb that reduces EBV and cofactors such as strep A and strep B.
- [Silver hydrosol](#): lowers EBV viral load.
- [Zinc](#): strengthens the immune system and protects the thyroid from EBV inflammation.
- [Vitamin B12](#) (as methylcobalamin and/or adenosylcobalamin): strengthens the central nervous system.
- [Licorice root](#): lowers EBV production and strengthens the adrenals and kidneys.
- [Lemon balm](#): antiviral and antibacterial. Kills EBV cells and strengthens the immune system.
- [5-MTHF](#) (5-methyltetrahydrofolate): helps strengthen the endocrine system and central nervous system.
- [Selenium](#): strengthens and protects the central nervous system.
- [Red marine algae](#): powerful antiviral that removes heavy metals such as mercury and reduces viral load.
- [L-lysine](#): lowers EBV load and acts as a central nervous system anti-inflammatory.
- [Spirulina](#): rebuilds the central nervous system and eliminates heavy metals.
- [Ester-C](#): strengthens the immune system and flushes EBV toxins from the [liver](#).
- [Nettle leaf](#): provides vital micronutrients to the brain, blood, & central nervous system.
- [Monolaurin](#): antiviral; breaks down EBV load and reduces cofactors.
- [Elderberry](#): antiviral; strengthens the immune system.
- [Red clover](#): cleanses [liver](#), lymphatic system, & spleen of neurotoxins from EBV.
- [Star anise](#): antiviral; helps destroy EBV in the [liver](#) and thyroid.
- [Curcumin](#): component of turmeric that helps strengthen the endocrine system and central nervous system.