



Thank you for purchasing the EBV protocol. I repeatedly felt the importance of this protocol as I put it together. It was similar to past feelings I've had about the importance of Olive Leaf and it compared to feelings I have had about the Red Plague Remedy. Detoxing from EBV is important and I'm glad you'll be using this protocol to both benefit and protect your health.

I think it's best to take the homeopathic EBV remedy we offer on our store page with the EBV herbal tea to hit the EBV on two different levels. The herbal recipe for EBV is as follows:

#### EBV Herbal Mix Recipe

- 1 part Calendula petals
- 1 part Lemon Balm leaves
- 1 part Mullein
- 1 part Red Clover
- ½ part Olive Leaf
- ½ part Thyme
- ½ part Oregon Grape Root
- ½ part Licorice Root
- ½ part Nettle
- ½ part Plantain leaves

Mix the herbs together. Take 1 tsp in 1 cup of boiled water. Cover. Let steep for 20 to 30 minutes. Drink 2-3 x per day for 2 weeks (or more). These herbs can also be used to make a tincture using either vodka or vegetable glycerin as the solvent.

There are a few extra things I'd like to share with you regarding the prevention of or cleansing of EBV. Depending on whether you have an **active** case of EBV or have had **chronic** bouts of EBV - you may need to take it up a notch. Here's what I'd do for the following situations...

#### **GENERAL PROTECTION CLEANSE PROTOCOL** (Claudia's EBV protocol) – To eliminate EBV (and other viruses) on all levels of the cell and on an acute level. Anyone can use the protocol to both protect and cleanse their body of this virus and other viruses.

- **Viral Support Tea - 3 week herbal remedy** – Drink 3 x day first week. Then 2 x day the second and third week. (If wanted, a bit of raw honey can be added to the tea.)
- **EBV/Viral Homeopathic Remedy - 2 week homeopathic remedy** - Take 15 drops, in water, 20 minutes away from food or liquids, 3 x day for 1 week then twice a day for the 2nd week.)
- **L-Lysine Capsules (extra/optional)** – Can take 1 pill (400-500mg) with the tea, twice a day while taking the tea. L-Lysine also kills the EBV virus. *This is an optional addition to the protocol for those who feel it necessary to add an extra punch to the protocol.*

(For children, give them half a cup of tea 3 x day for first week and half a cup of tea 2 x day the following week. For the homeopathic remedy, give 10 drops in water instead of 15 drops following same instructions as above. Skip giving them the Lysine unless they have an active infection.)

#### **CHRONIC EBV PROTOCOL** – For those who have had bouts of EBV that have come and gone and that may be continuing to weaken one's health. To be used for those who have deeply embedded EBV viruses in their body that may continue to create chronic health problems.

- Do the General Cleanse Protocol above TWICE in a row and do the following for at least 6 weeks along with that protocol>>>
  - Take a Lomatium tincture 3 x day the first week then 2 x day after that up to 6 weeks. (Purchase LDM-100 from <https://barlowherbal.com/products/ldm-100-1-oz>)
  - Take L-Lysine daily – Take 1 capsule (750 mg) twice a day for the full 6 weeks.
  - Take Olive Leaf daily for at least 4 weeks, 3 capsules, 3 x per day.
  - Take vitamin C daily (ascorbic acid or sodium ascorbate) – 500-1000 mg 3 x day.

*Note: When taking Lomatium, a rash may appear. If this occurs, cut back on the Lomatium and drink a dandelion root and red clover tea a few times a day. Then slowly increase the dose back up to the regular dosage. Lomatium is a powerful anti-viral formula, I wouldn't skip this step.*

**ACTIVE EBV PROTOCOL** – For those dealing with an active infection of the EBV virus. This is an aggressive protocol to knock this virus out of the body both on an acute and intracellular level.

- Do the Chronic EBV Protocol above and also do the following:
  - Increase the L-Lysine to 3 capsules (3 x 750 mg) during an outbreak.
  - Take Lauricidin 3 x per day (purchase from Amazon) for 3-4 weeks
  - Take vitamin C, 500 -1000 mg (depending on bowel tolerance), 4-6 x per day. Or take 2 packets of LivOn Labs Lypo-C twice a day along with taking regular 500mg of vitamin C twice per day. (LivOn Labs vitamin C can be purchased from Amazon.)

I hope this protocol and this information will help protect and / or restore your health. Here's to doing something about EBV!

~Claudia

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