



Wellness Trading Post

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Clinical Herbal Therapy

Back Flower Essences

Reflexology

Reiki

Energy Healing

Mononucleosis

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MONONUCLEOSIS

MEDICAL INFORMATION

Infectious viral condition caused by the Epstein-Barr virus (80% of cases), or cytomegalovirus (20% of cases) and characterized by fever, enlarge lymph nodes, and sore throat or pharyngitis.

Epidemiology:

- Children: 50% of American children have had the Epstein-Bar virus infection before age 5.
- Teenager and young adults: usually between 15 – 24 yr of age.
- Older adults are usually immune to the Epstein-Bar virus.

Transmission:

- Children: Not very contagious
- Teenager and young adults: usually catch it by kissing (thus, called the “*kissing disease*”).

The virus is transmitted by saliva exchange (kissing, or other intimate contact with someone infected, possibly coughing, sneezing, sharing food, using same utensils), and invades the lining of nose and throat. Then, invades B-lymphocytes and spread to the spleen, lymph glands, liver.

Incubation period:

- Children: About 10 days.
- Teenager and young adults: 30 – 50 days.

Prognosis:

- Most people recover completely. The length of the illness varies.
- The initial acute phase last about 2 weeks, and most people can resume normal activity.
- Fatigue may continue for several weeks to months.
- Death is rare (less than 1% of case), and it is usually due to complications (brain inflammation, airway obstruction, spleen rupture).

Causes:

- Epstein-Barr virus (80% of cases),
- Cytomegalovirus (20% of cases).

Both, members of the herpes family.

Risk Factors:

- High school, College student.
- Kissing.
- Blood transfusion.

Differential Diagnosis:

- Cytomegalovirus infection (instead of Epstein-Barr).
- Toxoplasmosis.
- Rubella.
- Adenovirus.
- Influenza, Streptococcal throat infections.
- Viral tonsillitis.
- Drug side effects.
- Diphtheria.
- Viral hepatitis (A, B)
- Lymphoma or leukemia.
- Mumps
- HIV infection.

Diagnosis:

- Usually based on symptoms.
- Blood test to confirm presence of Epstein-Bar virus antibodies, and atypical lymphocytes.
- Liver function test.
- Cultures from the back of the throat to eliminate throat infection (as Strep-throat)

Signs & symptoms:

- In children under 5, it usually is asymptomatic.
- In teenager and adults, it may or not produce symptoms.
- If symptoms, they appear after the incubation period (30 to 50 days).

Major symptoms:

- Fever (may raise to 103°F)
- Sore throat, pharyngitis (possibly with pus-like material at the back of throat),
- Swelling of lymph nodes (most commonly, around the neck, but it can affect any in the body).
- Fatigue (esp. in the first 2 – 3 weeks; but it may prolong for several weeks to months in some),

Others:

- Enlarge spleen (50% of cases).
- In some, jaundice and swelling around the eyes may occur.
- Headaches
- Anorexia
- Pains
- Nausea, vomiting, abdominal discomfort, liver enlargement, rash (rare).

Complications:

- Spleen rupture.
- Airway obstruction.
- Brain inflammation (encephalitis).
- Seizures.
- Behavioral abnormalities (as psychosis).
- Pneumonitis.
- Hemolytic anemia's.
- Hepatitis, liver necrosis.
- Malabsorption.
- Nerve palsy
- Later, Chronic Fatigue Syndrome (controversial).
- Nephrotic syndrome,
- Glomerulonephritis.

Orthodox Treatment

Treatment:

- There is not treatment to cure the Epstein-Bar infection. The treatment is basically symptomatic relief until body heals on its own.

General recommendations:

- Rest until fever, sore throat, and feeling of illness disappear.
- Avoid heavy sport (to minimized complication, esp. rupture of spleen).
- Avoid excessive/vigorous spleen palpation.
- Use of ultrasound to check for or monitor spleen enlargement.

Medications:

- Acetaminophen (Tylenol), codeine, for fever and pain. Aspirin is contraindicated in children (associated with Reye's Syndrome).
- Corticosteroids if severe swelling of airways.
- Acyclovir – it reduces production of the virus, however, it has little effects reducing symptoms.
- Antibiotic for secondary infection. Ampicillin antibiotic may be used (often lead to skin rash).

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GENERAL

- Rest, especially during the acute phase of the infection.
- Low to moderate exercises are good to support the general health of the body, but avoiding over exerting, contact sports, or competitive/strenuous (esp. if spleen is enlarged).
- Avoid exposure to cigarettes smoke – add stress to liver.
- Avoid caffeine, and alcohol intake – also add stress to liver, depresses immune functions.
- Avoid antibiotic unless a secondary bacterial infection develops. If used, complement with acidophilus to support the natural flora of digestive tract, this in turn helps with absorption of nutrients needed to support the body.
- Avoid aspirin (esp. children and teenagers).
- Gargle a few times a day with warm salt water for the sore throat; or warm herbal infusion (such as chamomile, sage, thyme, cinnamon).
- Avoid overstraining when a bowel movement to minimize injuries to spleen.

NUTRITION

1. Drink plenty of fluids – 8 or more glasses of water (prevents dehydration, esp. during the fever; and helps flush toxins).
2. Use a lot of garlic, ginger and onions in the meals. They enhance immune function, are natural antibiotics, and help kills microbes.
3. Include soups/broths in diet, esp. if sore throat and there is difficulty in swallowing. They supply easy to absorb nutrients, and hydration to the body.
4. Eat a lot of fresh fruit and vegetables – they are rich in nutrients, fibers, and natural body cleansers/detox. Eat specially those rich in flavonoids (antioxidants), Vit. A, C, E (refer to the supplement section for food sources).
5. Include green leafy vegetables, wholes grains, nuts/seeds in the diet. They are high in nutrients, fibers. In addition, leafy greens contain chlorophyll (strengthen/cleanse the blood), nuts/seeds contains good fats, and protein.
6. Eat food high in protein needed for immune function, antibody formation to fight infections – grains (brown rice, millet, oats, quinoa, barley, corn, wheat), nuts/seeds (almonds, cashews, pumpkins seeds, sunflower seeds), legumes (beans as soybeans, lima beans, lentils, kidney beans, peas), poultry, fish, lean meats.
7. Avoid processed, refined foods, deep-fried foods to avoid adding more stress to the liver and body in general. If possible, buy organic products to reduce intake of pesticide residues and other chemicals, and hormones in animal-foods.
8. Avoid simple/refined carbohydrates, or products that high in sugar such as soda drinks, table sugar, white flour products (white bread, cakes, cookies), and white rice. Sugar suppresses immune function.
9. Eat small meals 4 to 6 times a day to keep steady supply of nutrients and calories to the body.
10. Complement diet with:
 - “green” supplements – such as spirulina and chlorophyll; they are rich in nutrients and helps cleanse and strengthen the blood; and it has been reported that spirulina boost immune function.
 - Brewer’s east – rich in nutriens, contain thiamine, riboflavin, biotin that help reduce fatigue.
 - Protein shakes is needed for the formation of antibodies.

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SUPPLEMENTS		
Nutrient	Adult Dose ¹	Description
Acidophilus	As directed on label	Very important if antibiotic are part of the treatment. To promote/restore normal flora in the bowel; act as immune enhancer, improve digestion and absorption of foods.
Vit A	5000 – 10000 IU daily	Important for the immune system. Antioxidant (protects body against damage by free-radicals), protects against colds/flu, and infections of kidney, bladder, lungs, and mucus membranes. Needed for the utilization of protein by the body, promote health of eyes/vision, and skin.
Beta-carotene (Precursor to Vit. A)	20000 IU daily	<u>Food sources:</u> liver, fish liver oils, green and yellow fruit and vegetables such as green and yellow fruit and vegetables such as papayas, mango, carrots, apricots, asparagus, cantaloupe, garlic, kale, squash, yams, sweet potatoes.
Vit C with bioflavonoids	1000 mg 2–3x/day Or to bowel tolerance (increase dose daily by 500 mg until stool become loose, and then reduce until stool is normal again).	Important for the immune system. Antioxidant, support the immune system, needed for tissue growth and repair; for the adrenal gland function (overworked during chronic stress), and healthy gums. It helps with the production of anti-stress hormones, and enhances immune function. It helps protects against the effects of pollution, reduces risk of cancer, protect against infections. It works synergistically with Vit. E and beta-carotene (so it's best to take them together). Bioflavonoids help stabilize the cell walls and inhibit release of histamine. <u>Food sources:</u> kiwis, citrus fruit, berries, green vegetables, asparagus, avocados, black currants, mangos, cantaloupes, onions, kale, papayas, pineapples High in bioflavonoids: colorful fruit and vegetables such as peppers, black currant, apricots, blackberries, cherries, grapefruit, grapes, plums, prunes, rose-hips, hawthorn berries.
Vit E	400 IU	Important for the immune system. Powerful antioxidant, enhances immune functions (often affected by long term stress), destroys viruses, protects against cancer and cardio-vascular disease, improve circulation, needed for tissue repair, normal blood clotting and healing, participates in healthy nerves and muscles, strengthen capillary walls. Works synergistically with Selenium. <u>Food sources:</u> cold pressed vegetable oils, dark green leafy vegetables, legumes, nuts & seeds, whole grains, brown rice, eggs, milk, oatmeal.
Selenium	100 – 200 mcg	Important for the immune system. Antioxidant that works synergistically with Vit. E and together help in the production of antibodies. Protects the immune system by preventing the formation of free-radicals. Helps maintain a healthy heart & liver, inhibits the oxidation of lipids. Helps regulate the effects of thyroid hormones on fat metabolism. Helps protect against formation of tumors. Needed for pancreatic function and tissue elasticity. Together with Vit E and zinc help with enlarged prostate. <u>Food sources:</u> meat, grains, brazil nuts, brewer's yeast, broccoli, brown rice, dairy products, garlic, liver, blackstrap molasses, seafood, chicken.
Zinc (Zn)	30 – 50 mg daily	It supports immune function – improve antibody response, cell-mediated immunity, production of T lymphocytes, antioxidant. It promotes wound healing by helping collagen formation, helps the skin oil gland function. It may help in the utilization of Vit. A (helping maintain healthy skin). Needed for the growth of the male sex organs and reproductive fluids (esp. the prostate glands). It is a constituent of insulin, and participates in the acuity of taste and smell. As part of enzymes or a cofactor, it is involved in the clearance of alcohol in the liver, energy production, bone formation, protein digestion, synthesis of nucleic acid of DNA and RNA, antioxidant effects, <u>Food sources:</u> brewer's yeast, egg yolks, fish, kelp, nuts/seeds (esp. pumpkin seeds), lime beans, soybeans, whole grains, lamb, meats, liver, oysters, poultry.
Garlic supplement	As directed on label	A powerful immune booster. Strong natural antibiotic and anti-microbial (anti-viral, anti-fungal, anti-bacterial, anti-parasitic).

¹ For children (12–17): reduce dose by ¼; For children (6–12): reduce by ½; For Children (3 – 6): use ¼ of dose;

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Nutrient	Adult Dose	Description
B-Complex	50–100 mg 2–3x/day	<p>B-vitamins work together synergistically, so it is best to take them together and a B-Complex offers that.</p> <p>They are needed for the health and proper functioning of the nervous system, eyes, skin, liver, and more. They are also needed for the production of energy, cell replication; and for the metabolism of fats, carbohydrates and protein.</p> <p>Vit. B₁ participates in the synthesis of the neurotransmitter acetylcholine, and linked to learning capabilities, and growth in children. Important for the muscle tone of the stomach, intestines, and heart.</p> <p>Vit. B₂ needed for normal cell growth, cell respiration. Helps with fatigue and lack of vitality.</p> <p>Vit. B₃ is essential for the production of energy; needed for synthesis of sex hormones (as estrogen), production of adrenal hormones. The Niacinamide form has shown to have antioxidant properties and to inhibit autoimmune in DM type-I (in high dose, short-term, it can damage liver).</p> <p>Vit B₅ is considered the anti-stress vitamin; it is required for the manufacture of adrenal hormones; participates in the synthesis of the neurotransmitter acetylcholine.</p> <p>Vit-B₆ is needed for the manufacture of neurotransmitters such as serotonin, dopamine, adrenaline, noradrenaline, GABA. Participates in the synthesis and functioning of DNA & RNA, helps with the electrical functioning of the nerve, hear, and muscles..</p> <p>Folic acid and B₁₂ are needed for DNA division of cells (deficiencies can lead to some types anemia, memory loss, irritability, depression). Vit. B₁₂ is essential for the metabolism of the nerve tissue, and the health of the nervous system.</p> <p>Inositol participates in the proper functioning of neurotransmitters in the brain including serotonin and acetylcholine.</p> <p>Biotin – a coenzyme; helps with the formation of DNA and RNA.</p> <p>Choline or Phosphatidyl choline is an integral part of the acetylcholine neurotransmitter. It is important for the health of the myelin sheath covering the nerves. Helps with liver and gallbladder functions.</p> <p><u>Food sources</u> depend on the type of vitamins. Food rich in various types of B vitamins are brown rice, egg yolk, fish, legumes, liver, poultry, beef, whole grains, oatmeal, nuts & seeds, dried fruits (raisin, figs, prunes), milk, yogurt, Brussels sprouts, dandelion greens, leafy green vegetables, brewer’s yeast, avocados, cheese.</p>
Calcium (Ca) & Magnesium (Mg)	700 to 1000 mg/day 350 to 500 mg/day	<p>Ca & Mg are best taken together (2:1 is most commonly available).</p> <p>Ca and Mg help calm the nervous system, thus beneficial for anxiety and insomnia.</p> <p>Ca is essential for the formation of bones & teeth, and maintenance of healthy gums. It is also needed for regular heartbeat and nerve transmission, and muscular growth and contraction. It helps reduce cholesterol levels and the risk of cardio-vascular disease.</p> <p>Mg participates in energy production, nerve transmission, muscle contraction, helps with calcium and potassium uptake, and the proper body’s pH and temperatures. It helps prevent depression, dizziness, muscle cramp, muscle weakness, and symptoms of PMS.</p> <p><u>Food sources:</u> of Ca are milk, dairy products, seafood, dark green leafy vegetables, almonds, asparagus, blackstrap molasses, brewer’s yeast, broccoli, nuts & seeds, dried fruits, oats, kale. Mg is found in most foods especially dairy, fish, meat, and seafood; also, apples, apricots, avocados, bananas, blackstrap molasses, brown rice, brewer’s yeast, garlic, nuts & seeds, whole grains, legumes.</p>
Iron (Fe)	25 mg daily.	<p>If anemia is present. It is required for the production of hemoglobin (to transport the oxygen within of the red blood cells) and myoglobin (within the muscle tissue). It is also needed for a healthy immune system and energy production.</p> <p><u>Food sources:</u> eggs, fish, liver, meat, poultry, green leafy vegetables, whole grains, almonds, blackstrap molasses, brewer’s yeast, dried fruits (as dates, figs, prunes, raisins), avocados, beans.</p>
Good multi vitamins/mineral complex	As directed on label	To ensure intake of all nutrients necessary for cellular function and repair, and help return the body to health.
Thymus glandular product	As directed on label	To enhance immune response.