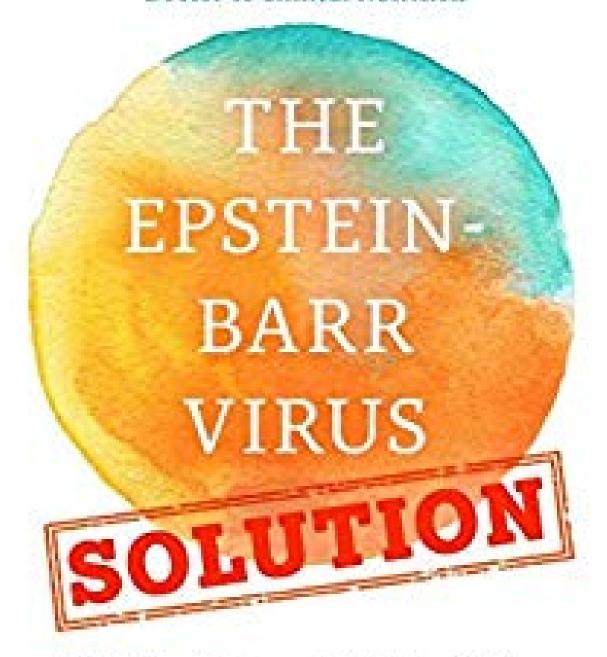
"I learned to much reading thininemidditionals." - Dr. howest Parriers ND

"This book should be in the hands of every healthcare professional in the world and every patient who struggles with choosic infections of any kind."

- Dr. Jessica Divaminand, DCN, CNS, PT.

Dr. KASIA KINES

Doctor of Clinical Nutrition



The Hidden Undiagnosed Epidemic of a Virus
Destroying Millions of Lives through Chronic Fatigue,
Autoimmune Disorders, and Cancer

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DR Kasia Kines

The Epstein-Barr Virus Solution: The Hidden Undiagnosed Epidemic of a Virus Destroying Millions of Lives through Chronic Fatigue, Autoimmune Disorders and Cancer



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From the Best Selling author Dr. Finally, a book that speaks to both the medical community and folks inflicted by both mono and chronic circumstances due to EBV! Take your life back! For anyone suffering from Epstein-Barr Virus (EBV), chronic fatigue, autoimmune disorders, Infectious Mononucleosis, or other mystery ailments, this is a must read! Do you are feeling lost and hopeless, living a existence of illness with no answers? Do you are feeling unsupported by your medical team, left to suffer by itself with no guidance? Looking for solutions to obtain your health and life back again on track? Kasia Kines. The expanse of this pivotal book is significant – many people may not yet know they are infected with EBV (commonly known as the "kissing disease"), yet somehow they struggle every day with persistent symptoms such as for example severe brain fog, debilitating fatigue, head aches, fever, chills, sore throat, body aches, and abdominal pain and can't appear to find a effective treatment plan. Eventually, some go on to develop autoimmune disorders, e. Dr. Lupus, Multiple Sclerosis, or Hashimoto's Thyroiditis and even cancer and are informed that their disease fighting capability is merely confused and is currently attacking itself, left without solutions or expect recovery. Alarmingly, chronic EBV an infection is almost completely skipped in medical practice, and for that reason of never being tested, misinterpreting the test results, not really being diagnosed, or being mis-diagnosed by their doctors, millions of people suffer debilitating circumstances for several years with no answers. The research is out there, and Dr. And with this reserve, answers are available. Through Dr. Kasia Kines is considered by her co-workers to become "one of the most brilliant, and importantly, clinically experienced practical nutritionists in the world." In Epstein-Barr Virus Alternative, Dr. Kasia Kines offers found it, synthesized it, and utilized it to implement successful treatment protocols in her own clinic. This reserve was written in hopes that it'll globally change the way EBV is understood, diagnosed, and treated. Kines' life-changing 30-Day Detox Program that she has taught successfully for over 10 years. Combined with the validated research, Epstein-Barr Virus Answer presents useful, time-tested, and evidence-based medical solutions for the screening and medical diet therapy for EBV, examining and lab interpretation, unique supplementation protocols, recovery approaches for stress, insomnia, exhaustion, and toxicity, pantry and kitchen rehab for EBV, and delicious anti-EBV dishes. Author Dr. This book will provide those infected with EBV everything they need to finally manage their health insurance and take their existence and happiness back again. Epstein-Barr Virus Remedy urges medical suppliers to listen to their clients' problems and provides the medical community with the research and insights needed to avoid misdiagnosis and common issues with tests for EBV. Epstein-Barr Virus Option was made possible because of Dr. Customers who had experienced years with chronic EBV disease symptoms are actually recovering and living their lives.g. Kines tells visitors in easy-to-understand vocabulary that recovery and hope for better health are possible through targeted nutrition and lifestyle changes. Readers are given a toolkit full of practical advice and guidance, including exclusive components from Dr. The deep trip into the existing research sheds light on the EBV virus for both seasoned medical community and the layperson. But this suffering could be avoided. Kines provides a groundbreaking study of EBV and not just how it causes chronic exhaustion, autoimmune disorders, and also malignancy but also how recovery is possible. Kines' long-standing experience as a functional medical nutritionist who has dedicated her practice to dealing with clients inflicted by EBV. Kines' compassionate guidance, readers will feel self-confident to go over their concerns with their doctor, to require testing, and to consider their lives back again from EBV.



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A Wise Woman's Instruction to Living Good with EBV! As someone who has been struggling with Autoimmune disorders for 30 years, I consider myself blessed to attended across Kasia's services. What's wrong with this picture? Thirty years ago, the EBV Solution could have transformed everything. A much-needed resources for doctors in addition to those suffering and seeking solutions by themselves! This book has just about everything you will have to understand how to subdue it, recover and keep it inactive. But more than that it is an incredibly supportive tome that feels like a wise woman reaches your aspect. Kines recommends, like eating lots of vegetables, using essential oils, and getting a lot of rest.- She barely mentions the immune system in this whole reserve! lists of antiviral teas - yum! I read the sample on my kindle - it had been faint but I didn't think it could carry to the publication....all section of that kind and loving support that you will find during the book. I was excited to find this publication, but upon reading it I've very mixed emotions about it. Evidence Based Step-by-step Manual for Epstein Barr! Finally, a book that goes down the rabbit hole with Epstein Barr and delivers! Unfortunately, because I'm not willing to pay four instances as very much for a paperback edition of the book, I was never in a position to see the articles so I cannot foundation my review on content material. Kasia Kines for assisting to provide the chronic nature of this disease from the shadows and in to the mainstream dialogue that it deserves. You can't discuss an infection without discussing the disease fighting capability, but in some way she did therefore for 500 web pages. We no more have to patch together info from different resources this is a surface- breaking evidence-based book on study and solutions behind acute and chronic Epstein-Barr virus, a must have for any functional clinician and any person with an autoimmune condition or chronic exhaustion. Use this as a step-by-step manual to take your life back from recurrent Epstein Barr. I'm an operating Medicine doctor and I use EBV frequently I am a functional medicine doctor, and We work with EBV and viral attacks frequently. Take this significantly, upgrade your lifestyle and be well!Disadvantages:- It's clear that the author doesn't know anything about herbal medication. For example, she says that she hardly ever uses tinctures and often recommends using capsules or teas. She cites a study that shows frankingense has antiviral activity, and continues on to state that she recommends using essential oil on the bottom of your ft. To state that you should always utilize one method is merely plain ignorant.! I polled many herbalist co-workers and all agree that astragalus is best found in a decoction (concentrated tea) and 's almost never used in tincture. I highly recommend that you get the paperback version so you can highlight and create notes in the margins. Any herbalist will tell you that the extraction technique (alcohol, water) depends on the material you intend to extract from the plant.! Excellent kitchen magic; exceptional explanation of Epstein Barr Virus I love this reserve, it clarified so much about EBV in such a way which makes sense. Biotoxin disease or kissing disease, and everything among, read Epstein Virus Answer, as a step-by-step manual to taking your health back out of this promiscuous disease. Of course, she mentions B cells because they're a reservoir for EBV, but in any other case she mentions additional immune cells maybe 10 times in the entire book. I always tell my sufferers that 90% of the "work" is in strengthening your disease fighting capability and just 10% of the task is normally in inhibiting EBV!- The author's ego really comes through in the reserve. The first 20+ pages alone are all about how great she actually is. Even more selfcongratulatory fluff is found scattered through the entire book.- IMO she is bordering on plagiarizing Dr. Vasquez's work.Advantages:- The elements of the reserve about nutrition are great and non-extremist. In a world that wants to deaminize everything (grains, carbs, fruit, meats, lectins) I appreciate that she won't do so.- A lot of the supplements she recommends are great, but her ideas for how to utilize them (form, dose) need function.? Yes, you may have EBV, but you also need to deal with stress, your gut, your diet, hormones, etc. Be your own advocate All too often and by so many doctors I have already been dismissed and designed to feel like a hypochondriac. I have been told that EBV does nothing within your body if you are not active. I came across Dr. I have been told that is all right now there will ever end up being that this was my life and it wasn't ever going to change. I like that this book goes deep into how EBV can affect so many other "dis-eases" and I also appreciate the comprehensive, real-globe, step-by-step suggestions she offers. This book really places everything into one place. I have found so many things already that I didn't know I didn't know. I realized along period ago that I was going to have fix myself and now I can. Kasia Kines proposes is not a diet but instead an extensive, multi-faceted method of the "hidden epidemic. This is a classic revolutionary book on how to approach and manage the Epstein-Barr Virus (EBV) and the many faces of it. From obtaining the right testing to the

protocols customized to each individual, whole person - a functional medicine concept which is patient-centered rather than disease-focused. Great book. A revolutionary, empowering Epstein Barr manual for both the patient and their clinician!! Kines requires her reader on a transformational trip through which they are able to flip the coin from its fear and anxiety side onto its independence from pain side. Studying Chronic EBV and just how I can help keep under control I am thankful I ran across this reserve by Dr. Kasia Kines through a social media group I follow about Epstein Barr Virus and thankful she required the time to create this 500 page reserve on it that's well documented by various other doctors too! I will be so happy when doctors when doctors perform more analysis on EBV and CAeby because it affect an incredible number of us. I am happy when Doctors understand the consequences that ebv causes and the risks of other illnesses. There needs to more knowing of this debilitating illness. Not APPROPRIATE FOR Kindle Paperwhite?.- This publication exemplifies what "functional medication" is all about- treating the whole person and not hyper-focusing using one thing. I ordered this publication in the Kindle edition. When I went to open up it on my Kindle Paperwhite it stated it was "not suitable with this product." My device is certainly a Kindle. The book stated it was a Kindle version. I wasn't sure that which was going on but I was going downhill fast. I came back the book. I applaud Dr. Goid Informative Light print-Hard to Read.?! What had been they (the publisher) thinking?? The print is so light it is gray - not dark.?? Herbs, spices and lots of recipes. Having experienced EBV for years I was therefore looking forward to getting this book! If you read the study, nevertheless, you'll observe that the compounds which are antiviral are not really found in the fundamental oil. For an older person it is very difficult to learn." Dr. Ironically, nevertheless, the main one herb that she specifically claims is best as a tincture (astragalus) is never found in a tincture. My FMD responded that was the person she was going to get in touch with, as she was a former student of hers, knew of her thesis paper / study, and that I am in great hands with her &- I don't think she reads some of the research she cites.! In my own case, I've already been doing most of the items Dr. A few examples: excellent stories from former individuals, understanding the part of stress, good sleep and detoxification. Nevertheless, I haven't been performing them exactly in the way she recommends, therefore for me, minimal tweaks to my routine have previously yielded huge outcomes, and I've only been at this for 3 weeks. Many thanks, Dr. I finally feel just like a have a solid support group helping me to improve my health. It shows that you care deeply concerning this topic and about individuals whose lives might be wrecked by this illness, which is, as you therefore eloquently show, manageable, but only if you are armed with the proper information. What Dr. Thanks! This book has the potential to transformation your life, and I will be returning to it often later on as I continue to learn from it.. Digs deep into EBV to access root causes with lots of great support and suggestions I am a health practitioner but knew hardly any about EBV before reading Dr. I proceeded to tell her about a Facebook support group I joined for EBV, which lead me to Dr Kasia Kines and this book. Her comprehensive and in-depth research and explanations provided me therefore much great information to dig into to better support my customers. Kines a while ago on Facebook and have learned so much already. Even so, I am right now armed with the information I need to live well with a Viral condition that lies in wait for a chance to arise again. Bigger than the Bible It's too big to learn but has summary's at the end of every chapter A must have for all with EBV! This book is filled with so much researched backed info to greatly help one navigate EBV and also have conversations together with your Dr! When I was diagnosed with chronic reactivated EBV by my Functional Medicine Dr, she said she was going to reach out to a specialist she knew to discuss my case because I am also coping with multiple co-infections. When I implemented up with FMD, she said she haven't contacted her. Kasia Kines' excellent book. This Reserve is a Game Changer for Anyone with CAEBV If you or someone you care about has chronic active Epstein-Barr, this book is crucial read, her publication! Kines, for pouring your life's function into this book. Came just needlessly to say.?FINALLY! MANY THANKS!!! I don't understand how that's also feasible. She's done all of the research to prove her points, and makes it clear that EBV can be healed. Also displays the research behind all the circumstances that EVV is connected with. Excellent publication! I'm deploying it as a study tool myself.



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