

ULTIMATE SUPPLEMENT AND DETOX GUIDE TO

VIRUSES AND RETROVIRUSES

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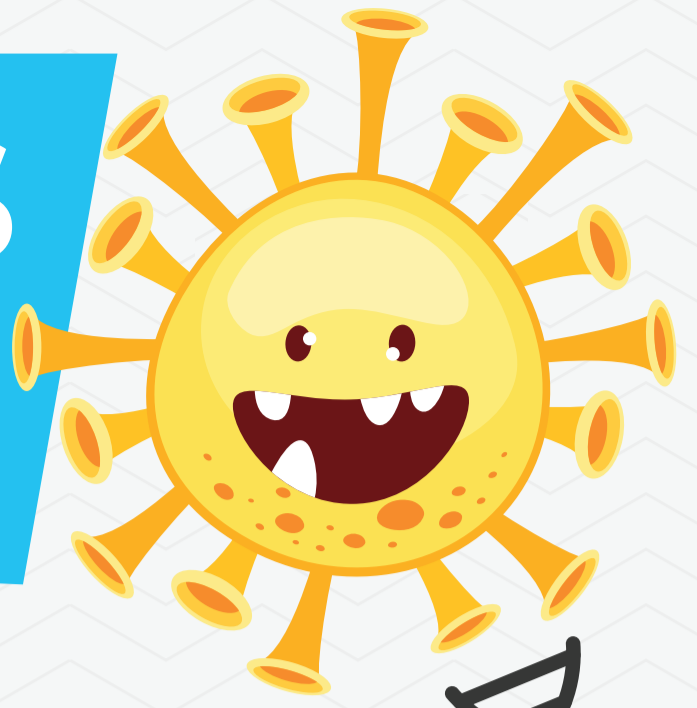
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RETROVIRUSES AT A GLANCE



Retroviruses are responsible for many deadly diseases including cancer, leukemia, and AIDS. Retroviruses, unlike typical viruses, are RNA viruses. An enzyme in retroviruses transcribes their RNA into a DNA molecule that can integrate with a host's DNA. Once in a host cell, a retrovirus can take control of the cell's machinery and replicate itself. Retroviruses are passed down generationally. Mothers can pass them to infants. Retrovirus DNA embedded in the DNA of human ancestors accounts for up to 8-15% of the DNA in the human genome.



HERVs (human endogenous retroviruses) are passed down from ancestors. HERVs can become active and start replicating, causing or exacerbating illness. Generally, HERVs can cause immune deficiency.

Retroviral pathogens release biotoxins into their hosts, leading to toxic overload. Retroviruses can jump the species barrier from non-human primates to humans. Retroviruses could play a role in addictive behavior. Retroviruses have been found to create mutations in human DNA.



The cell danger response (CDR) is an evolutionary protection mechanism. Retroviruses can trigger this response, leading to many adverse effects. There is an unexplainable amount of retrovirus in some, if not all, vaccines. Reactivation of HERVs is a serious concern. It can lead to system-wide dysregulation in the body. No laboratory test can identify retroviral infection. Immune markers are used for indirect diagnosis.



Plants, like animals, have evolved in the presence of retroviruses and have developed protective mechanisms against them. Herbal and nutritional supplements are very effective against retroviral infection. *Cistus incanus* is a natural antiviral, antibacterial, and biofilm buster. Extracts of broccoli sprouts contain antiviral compounds.



Active ingredients in herbal remedies St. John's Wort and Chinese Skullcap have antiviral action. Adding a high-dose selenium supplement is important to any retroviral elimination protocol. Bioactive carbon supplements have toxin-binding capabilities far beyond activated charcoal.



WHAT IS A RETROVIRUS, ANYWAY?

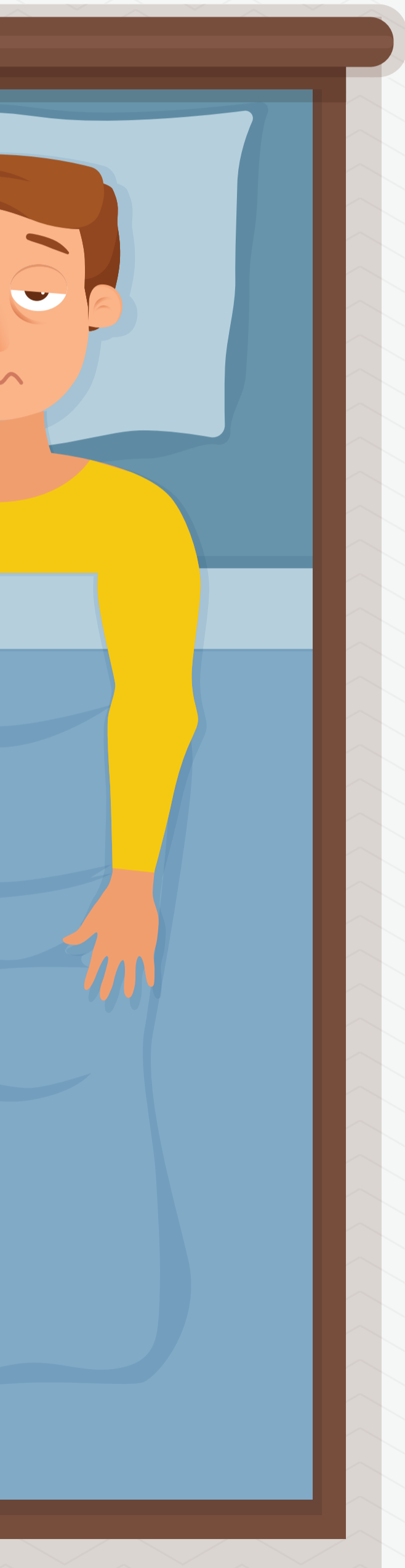
Retroviruses--pathogens that may be as much as half a billion years old--are responsible for some of the most deadly diseases known. ¹

Oncogenic retroviruses cause cancer and leukemia. Retroviruses are also the causative agents of HIV/AIDS, utilizing a clever tactic that suppresses the host's immune system. ²

Unlike common viruses, the genome of a retrovirus is made up of RNA. Retroviruses have a unique enzyme that "reverse engineers" their own RNA into a DNA molecule that can integrate into the DNA of a host cell. The retrovirus then hijacks the host cell's machinery, forcing it to replicate the virus.

Since the retrovirus integrates into the host's DNA, it can be passed on genetically from pregnant mother to child. It can be passed down for generations. Retrovirus DNA embedded in the DNA of our human ancestors accounts for up to 8-15% of our DNA. Yes, 8-15% of our DNA is non-human, retroviral DNA. These retroviruses are called Human Endogenous Retroviruses (HERVs).





The DNA in your body from HERVs must remain inactivated for health and well-being. When HERVs are de-methylated (methyl group removed) or de-acetylated (an acetyl group removed) they become active and start replicating.

Generally, retroviruses cause immune deficiency. They can affect very specific parts of our immune systems, and so a multitude of illnesses can be the result. As a result of the lost immune protection, parasites, bacteria (including the Lyme disease organism *Borrelia burgdorferi* and its co-infections), and other types of viral pathogens have an enhanced opportunity to exert their effects.

Secondarily, the pathogens are opportunistic and create biotoxins to establish themselves. This helps them convert their human host's body into a more comfortable environment for them to thrive. Biotoxins are cleared from the body through a common pathway. Once overloaded with biotoxins, the host becomes even more toxic because it can no longer detox mold, heavy metals, glyphosate, and a myriad of other environmental toxins. This is a typical presentation in a chronically ill patient.

Additionally, these ancient viruses lurking in our genes have been found to modulate human DNA and can create mutations of MTHFR, DNMT, and other genes which control methylation. Again, retroviruses cause these mutations so they can become comfortable in the host environment.

¹Surugue, Lea. "Retroviruses Like HIV Could Be Half a Billion Years Old." IBTimes, IBT Media, 10 Jan 2017. Web

²CNRS (Délégation Paris Michel-Ange). "Secret Weapon' of Retroviruses That Cause Cancer." ScienceDaily.com, ScienceDaily, 17 Feb 2010. Web

HERBALS AND SUPPLEMENTS FOR VIRAL AND RETROVIRAL SUPPORT



For the most part, all animals have retroviral DNA integrated and encoded in their genomes. Even plants have retroviruses. Plants have evolved in the presence of retroviruses much longer than we have. Consequently, many plants have developed potent adaptogens. That makes them ideal for drug-free treatment.



Cistus is a plant that has long been used as a folk remedy. Cistus incanus, also known as Mediterranean rock rose is an evergreen shrub that can be infused into a tea. It has exceptionally high levels of antioxidants and polyphenols and has been shown to have potent antiviral activity.³



Broccoli sprouts are young broccoli plants. Extracts of broccoli sprouts contain antiviral compounds.⁴ Studies also indicate they have antibacterial and anti-cancer activity as well.



St. John's Wort (*Hypericum perforatum*). The active ingredient in this popular herbal remedy is called hypericin. In vitro studies reveal its value as an antiviral compound.⁵



Chinese Skullcap (*Scutellaria baicalensis*) is a traditional Chinese herbal medicine. Baicalin, a flavonoid compound found in Skullcap, is an effective inhibitor of retroviral infection and replication.⁶



Selenium. Adding a high-dose selenium supplement is important to any retroviral elimination protocol.⁷ Selenium is severely depleted by retroviruses. Retroviruses are inhibited by selenium, and in fact, may inhibit themselves in the presence of selenium.

Other herbs and supplements that facilitate and support an antiviral protocol include:

Green Tea



Stevia



Vitamins D3 and K2



Reishi Mushroom



Lomatium Root
(Lomatium dissectum)



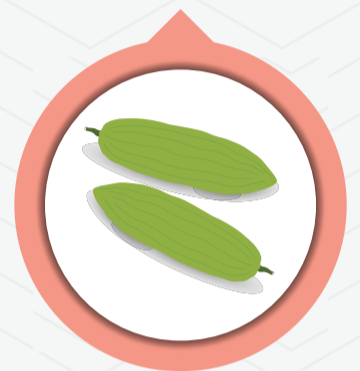
Stinging Nettle
(Urtica dioica)



Olive Leaf



Bitter Melon



Pantethine (B5)



Luteolin



Binders



Bioactive Carbon



Bioactive carbon supplements are systemic toxin binders. They are not sourced from activated charcoal. Activated charcoal, a long-chain, or "spent" carbon, binds toxins in the GI tract only. Bioactive carbons are specialized to enable increased binding ability. Many contain high-energy long, medium, and short-chain active carbon molecules. A variety of chain lengths allows the carbon supplements to bind to different things in different areas of the body.⁸

In addition to their superior biotoxin binding abilities, bioactive carbon products support cellular respiration (cellular energy production). These products provide the carbon, as well as hydrogen, and oxygen molecules that comprise the body and the cells. Therefore, this organic material repairs the body.

³ Rebensburg, Stephanie, et al. "Potent in Vitro Antiviral Activity of Cistus Incanus Extract against HIV and Filoviruses Targets Viral Envelope Proteins." Scientific Reports, Vol. 6, No. 1, Feb 2016. Web

⁴ Furuya, et al. "Sulforaphane Inhibits HIV Infection of Macrophages Through Nrf2." PLoS Pathogens, Vol. 12, No. 4, 19 April 2016. Web

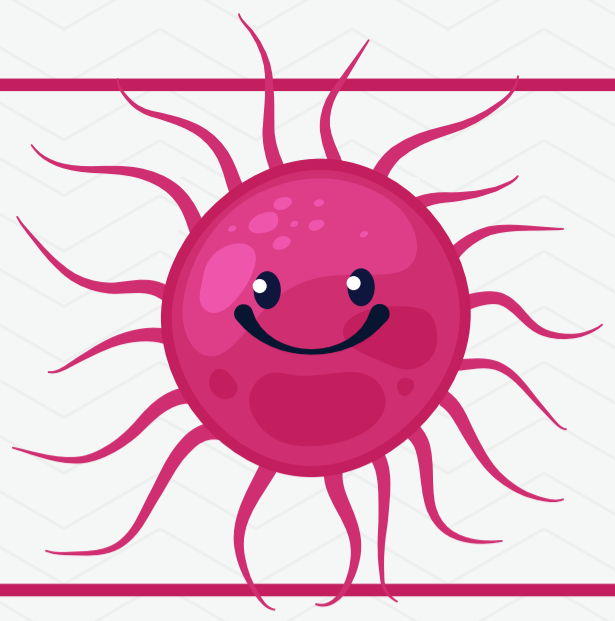
⁵ Jacobson, J M et al. "Pharmacokinetics, Safety, and Antiviral effects of Hypericin, a Derivative of St. John's Wort Plant, in Patients with Chronic Hepatitis C Virus Infection." Antimicrobial Agents and Chemotherapy, Vol. 45, No. 2, Feb 2001. Web

⁶ Li, BQ et al. "Inhibition of HIV Infection by Baicalin--a Flavonoid Compound Purified from Chinese Herbal Medicine." Cell Mol Biol Res, Vo. 39, No. 2, 1993. Web

⁷ Steinbrenner, H et al. "Dietary Selenium in Adjuvant Therapy of Viral and Bacterial Infections" Advances in Nutrition, Vol. 6, No.1, Jan. 2015. Web

⁸ www.microbepformulas.com

EBV



WHAT YOU NEED TO KNOW

Most people become infected with EBV as infants or young children. And the shocking fact is that 95% of people are infected at some time in their lives.⁹ It spreads remarkably easily via saliva or other body fluids. Although many people carry of this virus without apparent effects, some will experience moderate to debilitating symptoms that can make life challenging.¹⁰

EBV is part of the herpesvirus family and is also known as human herpesvirus 4. That's the same viral family that causes herpes, shingles, and chickenpox. Fortunately, if you get EBV as an infant or young child, you typically don't get very sick and probably won't remember experiencing an infection. Mononucleosis, the kissing disease, is the manifestation of EBV that most people recognize.

If you miss out on it as a child, you can get exposed to it later in life. If you happen to have a compromised immune system that cannot fend off the virus at the time of exposure, you could develop infectious mononucleosis (IM).

⁹ "Epstein-Barr: Scientists Decode Secrets of a Very Common Virus That Can Cause Cancer." ScienceDaily, ScienceDaily, 15 Dec. 2010. Web

¹⁰ Cohen, Jeffrey I. "Optimal Treatment for Chronic Active Epstein-Barr Virus Disease." Pediatric Transplantation, U.S. National Library of Medicine, June 2009. Web

INFECTIOUS MONONUCLEOSIS

IM is typically more severe than the infection that happens in childhood. Signs and symptoms of IM may include:

Severe fatigue



Fever



Swollen lymph nodes in the armpits and neck



Swollen tonsils



EBV Reactivated



Skin rash



Headache



Soft, swollen spleen



Sore throat that doesn't get better after treatment with antibiotics



SYMPTOMS OF CAEBV INCLUDE:

Extreme fatigue



Fever



Sore throat



Irritation of mucous membranes



Swollen lymph nodes (lymphadenopathy)



Enlarged spleen (splenomegaly)



Swollen liver and liver dysfunction



Anemia



Low numbers of platelets (thrombocytopenia)



Increased susceptibility to other infections



Rash



Chronic achiness



Emotional disturbances and stressors



A variety of debilitating neurological symptoms



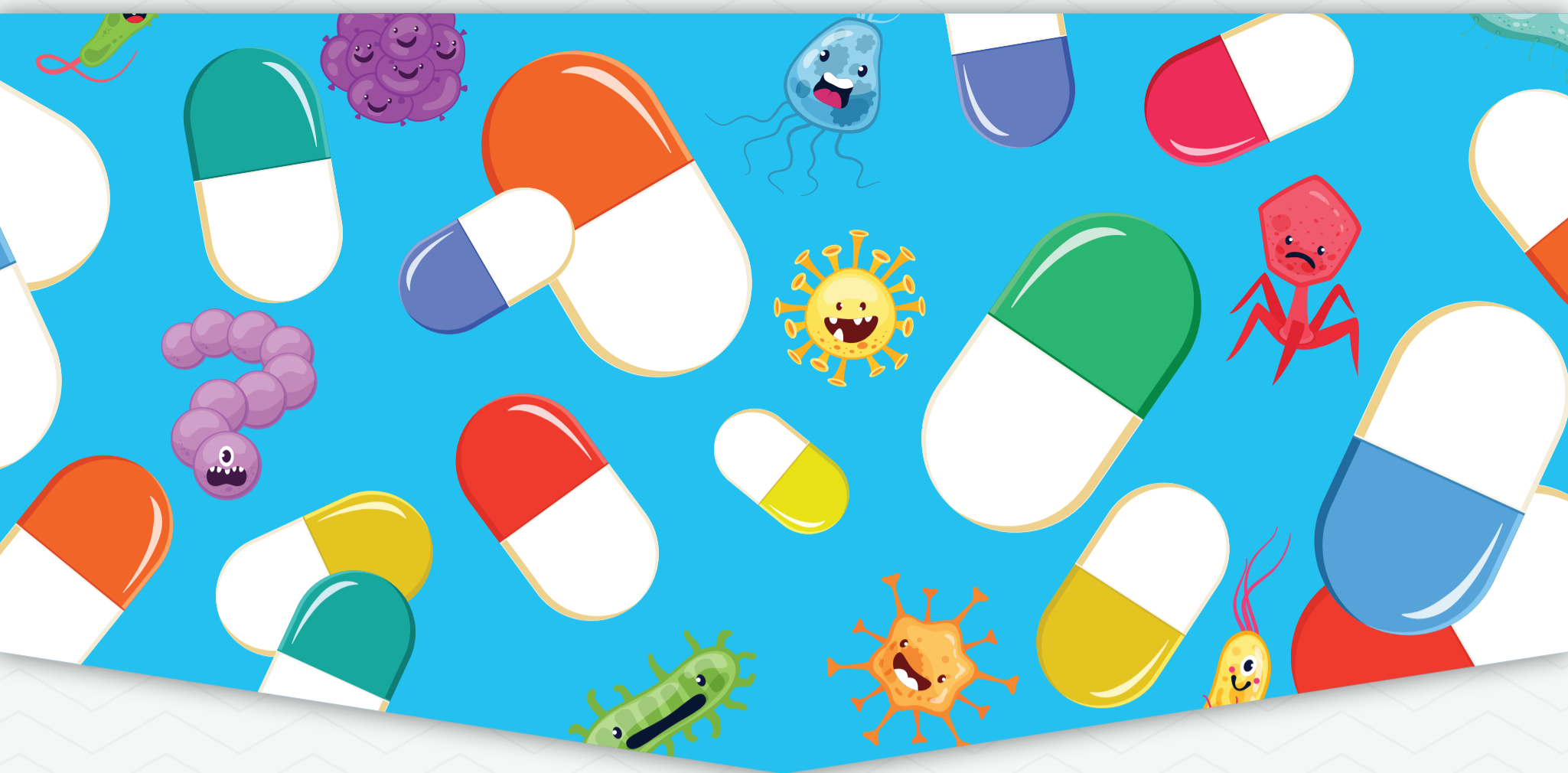
Autoimmune diseases, like Hashimoto's thyroid



A variety of debilitating neurological symptoms



When something triggers reactivation of dormant EBV, it can come roaring back with a vengeance. Chronic active Epstein-Barr virus (CAEBV) can be like having extreme mononucleosis or severe chronic fatigue syndrome. Symptoms can come and go for years. Severe cases may include evidence of liver dysfunction, immune suppression, and anemia.

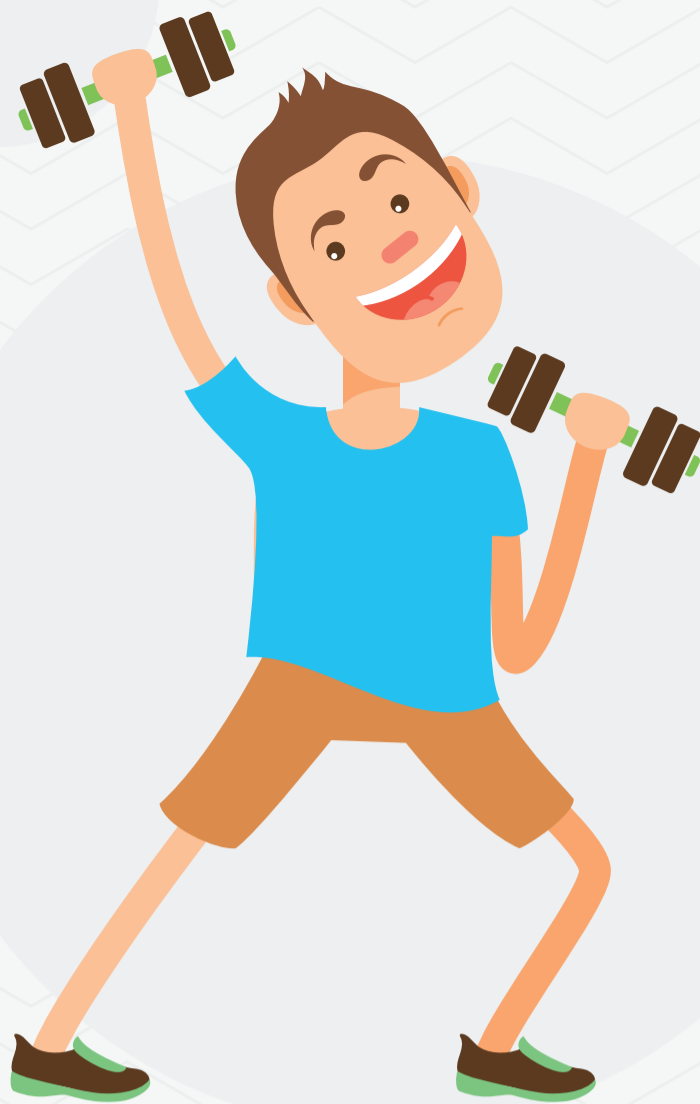


SO WHAT CAN I DO FOR VIRUSES?

Chronic EBV and retroviruses don't respond to the typical nucleoside antivirals, and scientists have demonstrated the reason: antiviral agents work by blocking DNA polymerase, which inhibits viral replication inside cells. Chronic EBV infection does not need DNA polymerase to replicate itself.¹¹ Therefore, current antiviral agents have no effect on chronic EBV infection. There are no medicines to get rid of EBV, nor are there vaccines to help prevent it.¹²

Conventional medical treatments primarily focus on addressing the symptoms associated with EBV infection and little more. However, there are natural alternatives that not only target EBV but also work to support a compromised immune system that may be allowing the virus to run amok.

An updated therapeutic approach to health and wellness should include EMR/EMF control and protection and other vital steps to keep the environment of our bodies inhospitable to pathogens. It involves addressing toxic overload from Lyme disease and coinfections, parasites, heavy metals, and mold. Elimination of environmental toxins and biotoxins is crucial.



Since oxidation is how EBV drives its progress, antioxidants are a significant defense.¹³ Retroviral and viral infections are not to be taken lightly. They are a piece to the puzzle of chronic illness and need to be tackled in the proper order.

If you'd like help managing retroviral activity, Lyme disease, and chronic illness, my At-Home Program could give you the guidance you need to restore your vibrant health and energy.

Plus, you'll get a free antiviral bioactive carbon supplement when you sign up.

Additionally, the doctors in my 1:1 Coaching Program can provide you with the personal touch and customized protocols that lead you to your health and wellness goals.



11 Odumade, Oludare A et al. "Progress and Problems in Understanding and Managing Primary Epstein-Barr Virus Infections." *Clinical microbiology reviews*, vol. 24, no.1, Jan 2011. Web

12 "Viruses That Can Lead to Cancer." cancer.org, American Cancer Society, n.d. Web

13 Flavin, Dana. "Reversing Splenomegalies in Epstein-Barr Virus-Infected Children: Mechanisms of Toxicity in Viral Diseases." *semanticscholar.org*, Allen Institute for Artificial Intelligence, 2006. Web