



## Your Monthly Update

*Dear Colleague*

Welcome to the June 2011 newsletter from Pure Bio Ltd.

### **Did you know:**

Studies at the University of Wales Institute reveal that Manuka Honey interacts with three bacteria that commonly infect wounds: MRSA, Group A Streptococcus and Pseudomonas aeruginosa. The honey works by hampering attachment of bacteria to tissues, which is an essential step in the initiation of acute infections.

The chosen topic for this month is:

## Glandular Fever (Infectious Mononucleosis)

### Protocol Summary

Ranking	Nutritional Supplements	Botanical Medicine
Primary	<a href="#">Vitamin A</a> <a href="#">Vitamin C</a>	
Secondary	<a href="#">Zinc</a>	<a href="#">Echinacea</a>
Other	<a href="#">Multivitamin</a>	<a href="#">Asian Ginseng</a> <a href="#">Cat's Claw</a> <a href="#">Barberry</a> <a href="#">Green Tea</a>

**Primary** – Reliable and relatively consistent scientific data showing a substantial health benefit.

**Secondary** – Contradictory, insufficient, or preliminary studies suggesting a health benefit or minimal health benefit.

**Other** – An herb is primarily supported by traditional use, or the herb or supplement has little scientific support and/or minimal health benefit.

## **Definition**

Infectious mononucleosis, commonly known as glandular fever, is a viral infection that is caused by the Epstein-Barr virus (EBV).

The disease is characterised by a sore throat, swollen lymph nodes (usually in the neck) and extreme fatigue.

Young people aged between 10 and 25 years are most vulnerable to this infection. The treatment is to ease the symptoms, and the illness usually passes without serious problems.

## **Transmission**

The virus is transferred from one person to another in saliva. Kissing is one obvious way by which the disease can be transmitted. But the infection is also spread via airborne droplets.

The incubation period from infection to when the symptoms first appear is between 30 and 50 days.

## **Symptoms**

- It is possible to become infected with EBV and to develop no symptoms. This is referred to as a subclinical infection
- Before the disease breaks out, one to two weeks may pass with symptoms that are similar to those of flu
- A sore throat, with swollen tonsils that are heavily covered by a white coating
- Fever
- Severe fatigue
- Muscle pains
- In 20 per cent of cases: swelling and puffiness may develop around the eyes, settling after one to two days
- Headache
- Tendency to sweat
- Enlarged spleen (splenomegaly). If this occurs, it may be palpable below the ribs and may occasionally cause mild pain
- Swollen and sore lymph nodes in the neck, axillae and the groin
- The liver may become enlarged and jaundice may develop
- There may be a non-itchy widespread, red rash that quickly disappears

## **Diagnosis**

Definitive diagnosis is via a blood sample and a throat swab.

## **Lifestyle Modification**

- Hot drinks can relieve the sore throat
- High intake of fluids during a fever
- Plentiful rest and sleep

- Resume physical activities slowly
- Wait at least eight weeks before resuming exercise and activities that involve heavy physical strain
- Avoid alcohol for six weeks, while recovering from glandular fever

## Additional complications

Possible, but rare, complications of glandular fever include:

- The respiratory passages may become partially blocked and require a short course of oral steroid therapy to help to reduce the inflammation
- Secondary pneumonia
- The spleen may rupture – this happens in 0.1 to 0.2 per cent of all cases
- Very rarely, the central nervous system may be infected by the virus and can lead to meningitis or encephalitis
- Anaemia
- The number of blood platelets may decrease (thrombocytopenia)
- Rarely, the disease may lead on to chronic fatigue

## Additional Advice

A short fast can help activate the immune system to fight the virus. Drink plenty of fresh fruit and vegetable juices, water with a dash of fresh lemon juice and herbal teas for 24 hours. Over the next 24 hours continue with the fluids and eat only fruit, salads, lightly steamed vegetables, small amounts of wholegrain cereals and a little fish and poultry for protein. Exclude all refined and sugary foods from the diet, and avoid alcohol and caffeine until recovery is complete.

To support the immune system and relieve aches and pains take an aromatic bath using 6 to 8 drops of any of the following essential oils, or a combination of 2 or 3: lavender, juniper berry, tea tree (6 drops max), Scots pine (6 drops max), rosemary, helichrysum.

To ease a sore throat and help kill the virus, gargle with the following 2 to 3 times a day, making a fresh mixture each time: 1 teacup warm water, 2 tsp cider vinegar, 1 drop lemon essential oil, 1 drop tea tree, ½ to 1 tsp clear honey. Stir well.

## Topical Treatments

- Rub the following mixture into the skin after a bath: 25 ml grapeseed or sweet almond oil, 3 drops tea tree, 4 drops lavender
- Add 2 drops tea tree, 2 drops lemon, 4 drops helichrysum (or rosemary) to 2 tsp carrier oil and apply to swollen lymph nodes (glands) 2 to 3 times a day. *This mixture is quite strong, so do not apply to the whole body.*

## Nutritional Supplement Treatment Options

**Vitamin A** – according to practitioner instruction. Vitamin A plays an important role in immune system function and helps mucous membranes, including those in the lungs, resist invasion by microorganisms. However, research is controversial as to whether supplementation in the developed countries is justified during infection.

**Vitamin C** - 1 to 4 grams daily. Vitamin C has antiviral activity and may help prevent viral infections and / or reduce the severity and duration of an infection. Most studies researched used 1 to 4 grams of vitamin C per day.

**Multivitamin** – according to practitioner instruction. In a double-blind study, supplementation with a multiple vitamin and mineral preparation for one year reduced the risk of infection by more than 80%, compared with a placebo.

**Zinc** – 30mg to 60mg daily. Marginal deficiencies of zinc result in immune function impairments. In a double-blind study of healthy people, supplementing with 45 mg of zinc per day for one year significantly reduced the frequency of infections. Long-term zinc supplementation should be monitored carefully due to its antagonistic reaction with copper.

## **Botanical Treatment Options**

**Echinacea** - 3 to 5 ml QDS, or 300 to 600 mg of powdered herb TID. Human studies have found that Echinacea taken orally stimulates the function of a variety of immune cells, particularly natural killer cells. The balance of evidence currently available from studies suggests that Echinacea speeds recovery from viral infection, via immune stimulation (as opposed to killing the virus directly).

**Asian (Panax) Ginseng** – 100mg of a standardized extract, or tincture equivalent, BD. Asian (Panax) ginseng has a long history of use in traditional herbal medicine for preventing and treating conditions related to the immune system. A double-blind study of healthy people found that taking 100 mg of a standardized extract of Asian ginseng BD improved immune function.

**Cat's Claw** - according to practitioner instruction. Substances found in Cat's claw, called oxyindole alkaloids, have been shown to stimulate the immune system.

**Barberry** - according to practitioner instruction. Barberry is both immune supportive and antimicrobial.

**Green Tea** - Green tea is an herb that directly attack microbes.

Other herbs that support a person's immune system against microbes and directly attack microbes include the following: [elderberry](#), [goldenseal](#), [licorice](#), [Oregon grape](#), [Astragalus](#) and [Wild indigo](#).

## **Homeopathy**

Homeopathic ingredients can also assist in treatment and recovery.

- [Belladonna](#) can help to address the early stages of mononucleosis with the sudden onset of fever
- [Ferrum phosphoricum](#) can treat fever accompanied by a painful cough and sore chest
- [Kali muriaticum](#) is a good choice to address extremely swollen tonsils.

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