Viruses & Autoimmune Disease: The Infection Connection

FMTown Nikolas R. Hedberg, D.C., D.A.B.C.I. Copyright 2013

Viruses

- Viruses consist of a nucleic acid (either DNA or RNA) associated with proteins
 encoded by the nucleic acid. The virus may also have a lipid bilayer membrane (or
 envelope) but this is acquired from the host cell, usually by budding through a host cell
 membrane. If a membrane is present, it must contain one or more viral proteins to act
 as ligands for receptors on the host cell.
- Since many viruses make few or no enzymes, they are dependent on host cell enzymes to produce more virus particles. Thus, virus structure and replication are fundamentally different from those of cellular organisms.
- Viral dependence on the host cell for various aspects of the growth cycle has complicated the development of drugs since most drugs will inhibit cell growth as well as viral multiplication (because the same cell enzymes are used).
- Enveloped viruses do not necessarily have to kill their host cell in order to be released, since they can bud out of the cell - a process that is not necessarily lethal to the cell hence some budding viruses can set up persistent infections.

Diagnosis

- Any history of autoimmune disease
- Check blood chemistries
- Specific antibodies for each virus
- Chronic fatigue
- Chronic fever of unknown origin
- Swollen lymph nodes
- Symptoms seem to go up and down

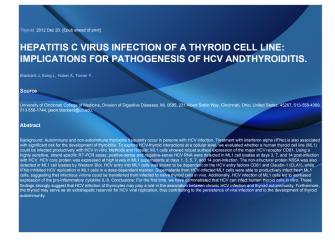
Blood Chemistry Patterns

- High WBC during acute phase
- Low WBC during chronic infection
- High lymphocytes and monocytes in chronic infection
- High C-reactive protein, ESR, Fibrinogen
- Check ANA, RF and other autoimmune markers based on clinical findings

Classic Chronic Viral Infection







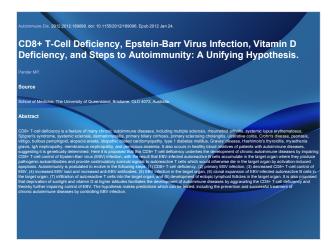


Risk factors associated with elevated blood cytomegalovirus pp65 antigen levels in patients with autoimmunediseases.













Lupus & Hashimoto's

- 39, female
- Fatigue/malaise, muscle pain, swollen cervical lymph nodes, insomnia, weight gain, joint pain, kidney pain, bloating, anxiety, depression, mood swings.
- Rosacea
- ANA positive
- Blood in urine
- Regular herpes outbreaks

Lupus & Hashimoto's				
EBV-VCA IgG / IgM by ELISA 229 Verified 5/25/2012 Serum - 2	5/23/2012	lgM Neg (Index≕0.19)	lgG Pos (Index=4.95)	* IgM Index range: Neg: < 0.90, Equivocal: 0.91-1.09, Pos: 1.10 > * IgG Index range: Neg: < 0.90, Equivocal: 0.91-1.09, Pos: 1.10 >
EBV-EBNA-1 IgG / IgM by ELISA 230 Verified 5/25/2012 Serum - 2	5/23/2012	IgM Neg (Index=0.64)	lgG Pos (Index=7.31)	* IgM Index range: Neg: < 0.90, Equivocal: 0.91-1.09, Pos: 1.10 > * IgG Index range: Neg: < 0.90, Equivocal: 0.91-1.09, Pos: 1.10 >
EBV-EA-D IgG / IgM by ELISA 231 Verified 5/25/2012 Serum - 2	5/23/2012		IgM Pos (Index=1.43) IgG Pos (Index=2.64)	* IgM Index range: Neg: < 0.89, Equivocal: 0.90-1.09, Pos: 1.10 > * IgG Index range: Neg: < 0.90, Equivocal: 0.91-1.09, Pos: 1.10 >
Cytomegalovirus (CMV) IgG / IgM by ELISA 233 Verified 5/25/2012 Serum - 2	5/23/2012	IgM Neg (Index=0.23) IgG Neg (Index=0.11)		* IgM Index range: Neg: < 0.90, Equivocal: 0.9141.09, Pos: 1.10 > * IgG Index range: Neg: < 0.90, Equivocal: 0.9141.09, Pos: 1.10 >
Chlamydia pneumoniae IgG / IgM by ELISA * 327 Verified 5/25/2012 Serum - 2	5/23/2012	IgM Neg (Index=0.16) IgG Neg (Index=0.47)		* IgM Index range: Neg: < 0.89, Equivocal: 0.90-1.10, Pos: 1.11> * IgG Index range: Neg: < 0.89, Equivocal: 0.90-1.10, Pos: 1.11>
Mycoplasma pneumoniae IgG / IgM by ELISA 340 Verified 5/25/2012 Serum - 2	5/23/2012		IgM Pos (Index=1.17) IgG Pos (Index=5.18)	* IgM Index range: Neg: < 0.90, Equivocal: 0.91-1.09, Pos: 1.10 > * IgG Index range: Neg: < 0.90, Equivocal: 0.91-1.09, Pos: 1.10 >
Helicobacter pylori (IgG / IgA) by Western blot * 353 Verified 5/25/2012 Serum - 2	5/23/2012	lgAAlt Neg IgGAlt Neg		IgA: No bands present IgG: No band present . See attached report.



Lupus & Hashimoto's

- Larrea tridentata
- Olive Leaf Extract
- Lysine
- Monolaurin protocol
- Vitamin C
- Zinc
- Usnea lichen (mycoplasma)
- Whey protein
- N-Acetyl Cysteine

Nutrition

- An alkaline-forming diet is high in Lysine which is anti-viral.
- Sugar devastates the immune system for approximately 6 hours after consumption.
- Coconut, garlic and onion have anti-viral properties.
- Foods high in arginine may feed viruses.
- Ensure adequate protein intake for immune system health ie. Whey protein to boost glutathione

Conclusion

- More and more research is emerging on the connection between viruses and autoimmune diseases as well as disorders related to neurodegeneration such as Alzheimer's disease.
- Identify the virus through blood testing
- Look for chronic fevers and abnormal CBC's
- Treatment can take a few days to months
- Results can come very quickly when the virus is addressed
- www.infectionconnection.net