

EBV FOODS

Eat at least three servings of these foods daily. Cycle through the list so that each week you have at least one serving of each item. Keep a list and be very faithful to this task:

Apricot: immune system support that also strengthens the blood.

Asparagus: cleanses the liver and spleen; strengthens the pancreas.

Blueberry: helps restore the central nervous system and flush EBV neurotoxins out of the liver.

Celery: strengthens hydrochloric acid in the gut and provides mineral salts to the central nervous system.

Cilantro: removes heavy metals such as mercury and lead which are favored foods of EBV.

Coconut oil: antiviral and acts as an anti-inflammatory.

Cucumber: strengthens the adrenals and kidneys and flushes neurotoxins out of the bloodstream.

Fennel: contains strong antiviral compounds to resist EBV.

Garlic: antiviral and antibacterial to defend against EBV.

Ginger: helps with nutrient assimilation and relieves spasms associated with EBV.

Grapefruit: rich source of bioflavonoids and calcium to support the immune system and flush toxins.

Kale: high in specific alkaloids that protect against viruses such as EBV.

Lettuce: stimulates peristaltic action in the intestinal tract and helps cleanse EBV from the liver.

Papaya: restores the central nervous system; strengthen and rebuilds hydrochloric acid.

Parsley: removes high levels of copper and aluminum which feed EBV.

Pomegranate: helps detoxify and cleanse the blood and lymphatic system.

Raspberry: rich in antioxidants to remove free radicals from the organs and bloodstream.

Spinach: creates an alkaline environment and provides highly absorbable micronutrients to the nervous system.

Sprouts: high in zinc and selenium to strengthen the immune system against EBV.

Sweet potato: helps cleanse and detoxify the liver from EBV byproducts and toxins.

JUICES: In addition to the [Turn Around Diet Juices](#) daily include juice made from celery and papaya at least every other day for 60 days. 4 oz minimum serving.