

Wholistic Therapy Centre  
[www-EpsteinBarrVirus.com](http://www-EpsteinBarrVirus.com)  
email: [staff@wholistictherapycentre.com](mailto:staff@wholistictherapycentre.com)

Elizabeth Noble  
Qualified Naturopath  
BSc. Dip Nat Res. Dip Nat Ther.

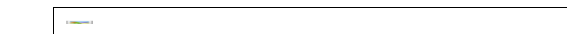
Complementary Medical Assoc Member  
"Health Practitioners who naturally care"

To view this site online please go to:

<http://www.ebvcures.com/>

**"Stop Epstein Barr Virus Dead in its Tracks.  
How an Amazing Discovery by a Naturopath will Help You  
say Goodbye To Painful Sore Throats, Swollen Glands,  
Debilitating Fatigue And Aching Muscles  
Once And For All!"**

**Finally, Who Else Wants To Stop Epstein Barr Virus, Quickly and Easily, By Unleashing  
the Amazing Power Of Their Immune System....Without Using Dangerous Drugs?**



Click above to hear a recent interview with naturopath Elizabeth Noble about her Epstein Barr support strategies.

*Duration 5 minutes*

*Interviewer: Jennifer Blondel*

Imagine, waking up in the morning with energy to burn. You feel alive, rested... with a spring in your step. You jump out of bed eager to face the day ahead. You're looking forward to breakfast because your throat is perfectly fine and clear. You power through your day with an alert mind and a new zest for living. Imagine the freedom you'll feel. At night you fall into a deep, rejuvenating sleep that fully refreshes your mind and body.

**You can now get my proven step-by-step strategy for banishing Epstein Barr virus quickly and easily, and keeping it at bay once and for all.**

**She just gave me my life back!**

"When I was first diagnosed with mononucleosis (Epstein Barr), I couldn't get out of bed at all. I just couldn't function. I had a chronic headache. Very, very severe fatigue. I felt like I had the flu. I had chronic nausea 24 hours a day.

And I was ill for about eight months, until I purchased the e-book and started following Liz's suggestions.

Within a week, I started to feel more energetic. I just started to feel better. I can't believe that now I can hop out of bed. I am now functioning every single day.

And, it's just a great feeling. I'm able to go out. I'm able to see my friends. I'm able to do things with my family. I'm able to have picnics. I just love to go outside. I love to look at my yard. I love to look at my flowers. The birds...I love every single day. And I just don't sweat the small stuff. I really just appreciate every day that God gives me.

I can't thank Liz enough. She is just an inspiration and I tell everybody. She just gave me my life back."

**Arlene, New Brunswick, New Jersey**

## Dear Friend,

If you're sick and tired of feeling miserable and run down, if your throat is red raw and swollen and you've finally had a gut full of Epstein Barr virus.. then this could be the most important letter you've read all year.

Here's why...

**Now there is a safe and easy way to stop Epstein Barr virus in its tracks... without undergoing expensive treatment and without taking a fistful of drugs either.**

Please let me explain...

My name's Elizabeth Noble and I'm a qualified naturopath. I know first hand just how terrible it can be to suffer from the relentless pain of Epstein Barr virus or mononucleosis.

**I know, because several years ago, I was where you are now...feeling sick. Tired. Vulnerable. And angry because I couldn't seem to get over my Epstein Barr virus symptoms.**

Before I became a naturopath, I was a long-term Epstein Barr virus sufferer. I was diagnosed with the active Epstein Barr virus, which causes mononucleosis or glandular fever, as a child, and then again in my late teens.

I never seemed to get over it - suffering from recurrent sore throats, swollen glands and fatigue. Sometimes the pain in my throat was so bad it felt like I was swallowing broken glass. I hated the constant irritation and discomfort. The horrible pain when I swallowed. The yucky feeling of mucous stuck at the back of my throat.

I disliked the tender, swollen glands in my neck. The hoarseness of losing my voice. The pain that made it impossible to sleep well at night. And waking up with a throat so parched that I could hardly talk.

I also suffered ongoing fatigue. I could not get through a day without collapsing into bed during the day to sleep. Sometimes I pushed myself and dragged my feet through a day, but I ended up spending the next day in bed to recover.

In most cases my Epstein Barr virus symptoms did not progress any further. But sometimes it seemed to develop into a thick, mucousy cold accompanied by headaches, runny nose, aching muscles and a racking cough. Occasionally it ended up in serious bronchitis. A couple of times I got pneumonia which made me feel like I'd been hit by a bus, and which took me months to get over.

**I was baffled by what caused my recurrent Epstein Barr virus...**

My doctors did not seem to have a clue. I was sent on a futile merry-go-round of doctors appointments, medical tests, antibiotics and dangerous drugs.

Some medications made me as sick as a dog with pounding migraines, nausea, vomiting, sleeplessness, thrush and bright red skin rashes. Some drugs would give me relief for a few hours, then the inevitable sore throats, swollen glands and fatigue would return.

I fiercely yearned for some kind of diagnosis and offer of a cure. I was worried why my body had let me down.

### **Are you fed up with suffering from Epstein Barr virus?**

- Do you have to get better fast for your work, studies or family commitments?
- Do you hate the idea of going to work, school or university feeling sick?
- Are you worried about the overwhelming amount of work or exams you'll have to catch up with?
- Do you dread having to answer the phone or chat socially because your throat hurts?
- Do you feel agitated that you can't shake your annoying Epstein Barr virus symptoms and jump back on the bandwagon of life and work?
- Do you despair at missing out on family activities and fun things you really want to do?
- Do you feel inadequate and guilty that your body has let you down?
- Are you terrified that your Epstein Barr virus could end up as chronic fatigue syndrome or worse?

**You are not alone! Epstein Barr virus can be a time of significant physical suffering, great uncertainty, frustration and distress.**

Many Epstein Barr virus sufferers experience great loss, forced to endure shattered hopes and dreams. There is also great strain on relationships. Epstein Barr virus can be a disaster for your social life. No one wants to date or be around someone with Epstein Barr virus. The boss or colleagues may resent your frequent sick days. Your family and friends may complain that you seem detached, irritable or uncooperative.

Epstein Barr sufferers are often driven into silence, resentment, anger and depression. I believe that these frustrations and blocks are only something that a true Epstein Barr virus sufferer can understand.

#### **You have been an answer to my prayer...**

"I am feeling so much better that I can hardly believe it. You have been an answer to my prayer. I'm no longer exhausted at night, my body doesn't ache, my head rarely swims anymore. I've noticed that my appetite has returned and I rarely feel nauseous after eating. Thank you, thank you, thank you! I really feared I would be sick for the rest of my life!"  
**Alison C, Utah, USA**

**My experience with Epstein Barr virus motivated me to research its causes and treatments.**

I spent years poring over library books, studying research papers and looking up medical journals for the latest breakthrough information. I interviewed doctors and natural health experts, and quizzed hundreds of patients on their success stories.

I was on a quest, a journey, a search to rid myself of Epstein Barr virus once and for all. I threw my heart and soul into it.

What I discovered astounded me! I learnt that conventional drugs did not address the causes of Epstein Barr. In many cases, drugs are immune draining and damaging to your health. The standard medical advice is often to go home and rest - even if it takes weeks, months or years!

**In my desperation I researched and tried every alternative health therapy I could get my hands on, including:**

- Acupuncture
- Allergy programs
- Ayurvedic diets
- Bowel cleanses
- Chinese herbs
- Chiropractic
- Elimination diets
- Hair mineral tests
- Homeopathy
- Hypnotherapy
- Hydrotherapy
- Intravenous glutathione
- Intravenous vitamin C
- Massage
- Mercury removal
- Meditation
- Oxygen therapy
- Physiotherapy
- Reiki
- Vitamin and mineral therapy
- Western herbs
- Yoga

I passionately put what I'd learnt into practice. I tried and tested everything. What worked I kept. What didn't work, I'd throw out in the garbage.

**After much persistence, I began to unlock the secret cures of Epstein Barr virus.** I learned about many very **simple natural remedies** that start to work on the painful Epstein Barr virus symptoms almost immediately. The pieces of the puzzle slowly fell into place, and finally everything made sense.

The improvement I experienced in my own health was phenomenal. I had an overwhelming sense of relief that my energy and vigor were returning. It was liberating. I felt the sheer joy of living again. I was profoundly grateful to be able to take long walks in the sunshine and fresh air, and spend quality time with my family and friends again.

But I did not stop there. My search for natural health cures led me to my career as a qualified naturopath, and Director of the Wholistic Therapy Centre.

I treated many patients with heart-wrenching stories of suffering Epstein Barr virus and chronic fatigue. I used what I learnt in my research and my own experience with sensational results. The amazing accolades from my patients was even more satisfying than my own progress. Patients were able to get on with a life of health, vigor, productivity, decent relationships and following their dreams.

**Your e-book is awesome, stunning, brilliant..... I am so thoroughly impressed!!!!**

I'm thrilled to report that my glands and strange throat are subsiding - don't feel like I'm being throttled anymore...I'm improving without a doubt.

Thank you Elizabeth for sharing this book with us, at least we know what we are dealing with and there is hope for a full recovery. It's a whole different thing when you share with someone who has actually suffered with chronic Epstein Barr virus. That's why I love your e-book, you've been there and address it magnificently, and as you say, you know what works and what doesn't.

God Bless,  
**Carol G, South Africa**

## Finally - there is a solution to the pain of Epstein Barr virus...

My program is now available to you in an e-book called "Nature's Amazing Mononucleosis Cures".

This is the exact formula that has worked for me and hundreds of my patients. It reveals all the secrets of how to supercharge your immune system and banish Epstein Barr virus once and for all!

If you want a solution that doesn't take six years to figure out, and cost thousands of dollars, then this is the solution for you.

**This is great. Thank you.** This book is excellent. Our son was just diagnosed with the Epstein Barr virus and I have done a lot of web research. Your information is by far the most comprehensive and constructive information available.

Again, many thanks for this roadmap to good health. I am off now to the vitamin store to stock up on your recommended daily regiment.

**John C, Laguna Niguel, California**



Leading naturopath Elizabeth Noble has won national recognition with her natural health approaches - helping people to regain their health without drugs, surgery or expensive fad treatments. Her comprehensive treatments help people find the causes to why they are ill, and then help them regain their health and vitality for life.

Elizabeth leads two busy natural therapy clinics. For over 14 years, Elizabeth and her qualified naturopaths at the Centre have helped thousands of children and adults on the path to better health.

## **Feast Your Eyes On Just a Few Of The Life Changing Benefits You'll Discover in "Nature's Amazing Mononucleosis Cures" e-book....**

Powerful strategies to nip Epstein Barr virus in the bud

7 little known but amazingly effective ways to boost your stamina, giving your body an extra jolt of energy that lasts for hours

Proven techniques for stress management that enable you to relax on demand

Secrets of a perfect night's sleep, so you jump out of bed fully refreshed, totally excited about the day ahead

A new sense of empowerment and freedom because you can rejoin those activities that you love, and have the confidence to try new things you've always wanted

How to slash your risk of developing secondary infections like colds, flu, coughs, bronchitis, pneumonia, asthma and even chronic fatigue syndrome which can develop from Epstein Barr virus and a lowered immune system

How to heal your mind, conquer negative emotions and achieve a happier mood

Peace of mind, and the security and comfort that you are doing the best things for your body

Best of all - wholesome good health that will add a sparkle to your eye, a spring to your step, a silk-like shine to your hair, a healthy glow to your skin, an alert mind and a new zest for life that makes you happy to be alive!

Imagine how much better your life will become. How much more you can get accomplished during the day. And how successful you can become because you no longer suffer from Epstein Barr!

Finally, you will be in control of your health and destiny.

### **I am definitely feeling the benefit of the supplements you suggested.**

Having rested 3 days, I started to take a gentle outdoor walk today, and it seems OK so far. I wish I had known about you and your book 2 months earlier, and it could have helped me so much when I was so desperate and helpless. I'm now content that I can always find a way to ease off the symptoms.

I finally had time to read the preface of your book today. I was very touched by your own story, and feel so lucky to be able to get in touch. Thank you so much for sharing this experience and comprehensive information to those who most need it.

Kind Regards,  
**Dr Liang L., Swindon UK.**

## Here's Another Taste Of What's Coming Your Way Inside "Nature's Amazing Mononucleosis Cures" e-book...

### Chapter 1 - What is Epstein Barr Virus / Mononucleosis?

- What are the symptoms of Epstein Barr ? (page 13)
- How long will Epstein Barr last? (page 16)
- What are the Epstein Barr complications? (page 14)
- **How is Epstein Barr spread?** What is mononucleosis's incubation? Who gets it? (page 16)
- How is Epstein Barr diagnosed? (page 17)
- What is the standard Epstein Barr treatment? (page 19)
- What happens to your body when you get mononucleosis? (page 20)
- Why do some people get recurrent Epstein Barr? (see page 23 for details)
- When to call a doctor - The **nine Epstein Barr symptoms you can't afford to ignore** (page 24)
- Danger at the drugstore - **what drugs you should never buy for mono** (page 24)
- Why **antibiotics** are useless and possibly dangerous for Epstein Barr (page 26)

### Chapter 2 - Targeted Supplements and Herbs to Eliminate Epstein Barr Virus

- Supplements that work. Supplements that don't. This chapter reveals the **latest research on scientifically backed supplements** for Epstein Barr (page 28)
- Nutrients to boost your body's natural infection fighting ability (page 30)
- **Healing herbs** to soothe and comfort an irritated throat, swollen glands, fatigue, muscle pains and fever (page 44)
- Herbs to reduce liver and spleen enlargement (page 49)

### Chapter 3 - The Immune Boosting Diet

- Little-known secrets about the **everyday foods that fight** Epstein Barr (page 57)
- **Why you should avoid some foods like the plague** (pg72)
- The fruits that are healthiest to eat, including ones with **natural enzymes to help reduce throat and gland inflammation** (page 49)
- Quick and easy recipes to give you **fast relief from Epstein Barr pain**, including Spicy Pumpkin Soup, Chicken Galangal and Soothing Onion and Honey syrup (page 49-60)

### Chapter 4 - More Supportive Strategies to Supercharge Your Immune System and Stop Epstein Barr Virus

- The simplicity of homeopathy for treating Epstein Barr - particularly in **babies and young children** (page 79)
- The wonders of essential oils to soothe your Epstein Barr symptoms (page 80)
- **User-friendly strategies**, including massage, skin brushing, acupuncture and oxygen therapy that will supercharge your immune system (pages 83)

## Chapter 5 - Lifestyle Factors For Optimal Immunity

- Give yourself a stress makeover - lower your worry levels to help your immunity (page 87)
- **Hot health tips for a good night's sleep for Epstein Barr.** More than 60% of westerners are chronically sleep deprived! Don't be one of them! (page 89)
- The **new techniques** everyone's talking about to banish negativity and unhappiness (page 90)
- The healing powers of sunlight, and how much is enough (page 98)
- Motivation and inspiration for getting fit (page 92)

## Chapter 6 - Detox For a New You

- The deadly dangers of toxins (page 101)
- Detoxification - **the key to your optimal health.** Flush out years of built up toxins hidden in your liver and bowel. Enjoy efficient digestion that gives you a lighter, healthier feeling body (page 102)

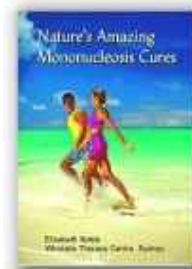
## Chapter 7 - Allergies and Sensitivities

- Allergies and sensitivities - the hidden culprit in chronic Epstein Barr? (see page 125 for details)

## Chapter 8 - Your Step-by-step Epstein Barr Treatment Plan

- **How to be Epstein Barr-free.** Your personal blueprint for creating a super charged immune system that helps keep mononucleosis at bay (page 136)
- **How to treat Epstein Barr fast.** Critical strategies on how to nip mononucleosis in the bud **so you start to feel relief within hours** (page 140)

### **Offer 1 - Downloadable E-book "Nature's Amazing Mononucleosis Cures"**



You'll get instant access to all 146 pages of life-changing Epstein Barr virus information for a special introductory investment of only **USD\$37.95 if you order now**. A very small investment for banishing your Epstein Barr virus and getting your health back.

It would take the average person days, weeks, months and years of sweat, tears and time to get this valuable information. You can get it today and put the information to work within minutes.

Click on the link below to get the ebook:  
<http://www.www-epsteinbarrvirus.com/item-purchase.htm>

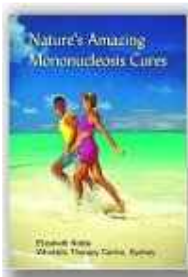
## Offer 2 - E-book & Support Program

Get the e-book, and also Elizabeth's practical, easy-to-follow, "hold-your-hand-at-every-step" *Mononucleosis Support Program*



Downloadable e-book, plus valuable e-classes, audios, generous support and more...

### includes...



"Nature's Amazing Mononucleosis Cures" e-book (As above) - all 146 pages of life-changing Epstein Barr virus information, described above!

### Plus...



**Regular e-classes e-mailed to you every few days to take you step-by-step through the healing and recovery process.**

These classes complement the e-book and help you build up a strong, robust immune system that keeps mononucleosis at bay for life!

Some of the e-class topics include:

- How to avoid rupture of the spleen
- your amazing healing system
- breathing to activate your healing
- how to look after your emotional well being
- stretching your body to support immunity
- the warning signs of chronic fatigue
- how to develop a positive mind set
- the dangers of sugar
- how to meditate

- coffee enemas for liver detoxification
- is your thyroid underactive
- food and mood, and
- is Epstein Barr a trigger for cancer?



**Email support with Elizabeth Noble** for the entire 3-month membership.



**Interviews with other mononucleosis sufferers** - their unique stories with all their trials and tribulations. What's worked for them, what hasn't and how they have coped. Don't make the mistakes that I've seen thousands of other people make!



**Interviews with health professionals**, including nutritionally-minded doctors, naturopaths, homeopaths, and energy healers on how they treat mononucleosis successfully. You can apply this information to help fast track your own recovery with your own doctor.



**Bonus audios series "Treating Epstein Barr Naturally"**, by Elizabeth Noble. The series includes six MP3 files to play on your computer, or iPod or any other portable media player. Each episode runs for about 20 minutes.

Your investment in this option (3-month support program with e-book) is only USD \$89.95 and nothing more to pay.

**Click on the link below to get the ebook or program:**  
<http://www.www-epsteinbarrvirus.com/item-purchase.htm>

**Here's what others say about the *Mononucleosis Support Program*:**

**"The program was worth every penny just to get Elizabeth..."**

"Elizabeth is the most amazing support system. She really is. She is fantastic. I don't know what I would have done without her.

I would email Elizabeth every couple of days and she would get back with a very focused, non-panic letter, just telling me why don't I try this, and why don't I try that. She understands. The program was worth every penny just to get Elizabeth. She was invaluable.

I can't thank her enough. Because she was the one constant I had right the way through. Elizabeth is such an incredible authority on this disease, and the world is better because of her".

**Debi, South Africa**

**"Wow...what a journey of discovery it's been..."**

I've had amazing results and life changing experiences from Elizabeth's e-book and e-classes. Wow what a journey of discovery it's been. I'd have to say though, that my favorite part of this experience was receiving the classes and putting into practice what I'd learned.

**Isaac, New Zealand**

**"Your support site is so well designed and informative..."**

"I am so pleased to see your newly launched support site is so well designed and informative. I'm sure the members will greatly benefit from these e-classes as I have this year.

I am now almost back to full strength having worked full time for sometime. The regular exercise and the everyday healthcare knowledge learnt from your program all help. Best Wishes to the program!"

**Dr Liang L, Swindon UK**

**"This program has been a breakthrough for me..."**

"For years I was so sick. I did not even know what was going on with me. I thought this was a dead end for me. But I was completely wrong.

This program has been a breakthrough for me. When I came across Elizabeth's program I thought it was just amazing. I mean this lady had it, she's cured, she knows what she is talking about. It's like she has been in my own shoes. She's right that having no support just makes your symptoms worse.

I have learnt so much from her program. That was a really wonderful tool for me to use. I just keep getting better and better. I know I will get cured completely. It has given me so much hope and so much confidence."

**Cecilia, Pretoria, South Africa**

**Your 30-Day, No-Risk Money Back Guarantee**



You just can't lose with my 30-day money back guarantee. Go through "Nature's Amazing Mononucleosis Cures" and discover the amazing secrets my patients use to get astounding results. See for yourself how quickly and easily you can get relief from your sore throat, swollen glands, draining fatigue and muscle aches.

And if in the unlikely event you are not 100% convinced my tips have saved you time and money while giving you relief from your Epstein Barr virus, then simply email me for a complete refund of your investment.

It's that simple. If you're not happy, for whatever reason or no reason at all, I want you to let me know and you'll get a prompt and courteous refund. It's that simple.

**In addition, I'm throwing in some very special bonuses if you are one of the next 25 people to order the e-book (option 1) or the e-book and support program (option 2)...**

**FREE BONUS 1 Free e-mail support**

If you buy the e-book (option 1) I'll be happy to provide e-mail support for 30 days. And if you order option 2 then I'll extend the generous 90 days already included by an extra month. I'll be there to hold your hand and give advice on any problems you have.

This bonus is priceless. You get a qualified naturopath on call 24/7 to answer your most pressing questions. It's like having your own trained professional on stand-by ready to pitch in and help you anytime you desire.

**I am one of few web-based authors who actually give email support to readers.** You can be sure that your questions will be answered promptly and accurately.

**"Elizabeth, Thank you for always responding so quickly on my e-mails.** Sorry for all the questions. I do not remember everything! I appreciate your input in my life and I know I will get victory over this Epstein Barr. I am following your advice, and I trust your advice because you have all the experience. You are a true blessing."

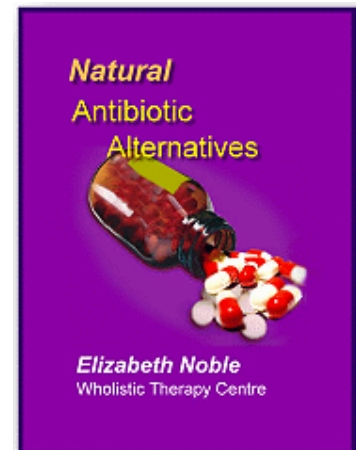
Kind Regards **Cecilia S. Pretoria, South Africa**

## FREE BONUS 2 - Natural Antibiotic Alternatives e-book valued at \$30.00

A bonus e-book on the dangers of antibiotics, their natural alternatives and **how to protect yourself and loved ones against what some call "the coming plague"** - the time when infections are resistant to antibiotics and many drugs will be rendered useless.

This information could save you or your families lives!

This e-book contains over 40 pages of life-changing information about natural approaches to treating sinus infections, bronchitis, ear infections, gastroenteritis, urinary tract infections and more. Valued at \$30.00 this is **FREE** when you order your e-book.



**Your antibiotic bonus report is magnificent** - your explanations are incredible. I thought that I knew a bit but I've learnt a whole lot more too. Amazing!!

Carol G, South Africa

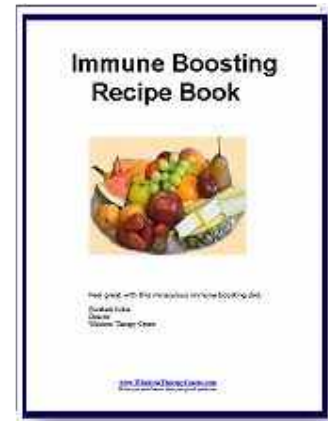
## FREE BONUS 3 - The Immune Boosting Diet Recipe Book valued at \$30.00

Feel great with the miraculous immune boosting diet. This recipe e-book is crammed with mouth-watering meals that will dazzle your taste buds and give you a **strong, robust immune system**.

Here are just a few examples of the 50 energizing recipes I'll share with you:

- Thai Yellow Curry,
- Salmon Cutlets with Lemon Dill sauce,
- Spicy Meatballs with Garlic,
- Vegetable Ratatouille,

- Asian Chicken Stir Fry,
- Veal Mozzarella,
- Mushroom and Cheese Omelettes,
- Cottage Cheese Pancakes,
- Cream of Chicken Soup,
- Berry Smoothies and more!



Click on the link below to get the ebook or program:  
<http://www.epsteinbarrvirus.com/item-purchase.htm>

**One of many success stories on the bonus  
 'Immune Boosting Diet...'**

"I have always had a battle with my health and weight. I have tried every diet on the market. Some diets just did not suit me. Others made me feel ill. I was constantly tired and had no energy. I felt trapped in a body that was not the real me.

I finally got fed up with making excuses and started on Elizabeth's Program. Now all I can say is THANK YOU. I have lost 25 kg, my health has greatly improved and to know it helps my epilepsy is a godsend. This is not a diet to me. It is a way to keep my body firing on all cylinders.

I am so much happier in every way. You have given me back my life to enjoy with a sense of purpose."

**Debbie L, Hornsby, Sydney.**



Before Immune Diet

Four months after Immune Diet

**Within minutes you can be reading my "Nature's Amazing Mononucleosis Cures" e-book and bonuses, with personalised support.**

Lets take a closer look at everything you get :

	Value	<b>Offer 1: Basic Package</b> - eBook	<b>Offer 2: Deluxe Package</b> - Support program and eBook
<b>Downloadable e-book</b>			
"Nature's Amazing Mononucleosis Cures" 146 page e-book	normally \$50	✓	✓
<b>3-month Support Program</b>			
Audios series "Treating Epstein Barr Naturally" (8 audio files)	worth \$40	--	✓
30 e-classes	worth \$155	--	✓
Audio interviews with patients and health professionals	worth \$97	--	✓
<b>Personalised Support</b>			
1 month e-mail support with the book	worth \$200	✓	✓
Email support for an <i>extra 3 months</i>	worth \$400	--	✓
<b>More Bonuses</b>			
Antibiotic Alternatives e-book	worth \$30	✓	✓
Immune Boosting Recipe Book	worth \$30	✓	✓
<b>Total Value</b>		\$310.00	\$1002.00
<b>Your Investment</b>		<b>\$37.95</b>	<b>\$89.95</b>

[Click on the link below to get the ebook or program:  
http://www.www-epsteinbarrvirus.com/item-purchase.htm](http://www.www-epsteinbarrvirus.com/item-purchase.htm)

If you're as frustrated as I once was, and ready to break out of the limitations you have experienced because of your Epstein Barr virus symptoms, then I invite you to make the investment in this e-book and support program.

You can be free to achieve your goals and live the vibrant and full life you desire.

**Visualize yourself with a strong, healthy body - free from the suffering of Epstein Barr.**

Can you see it?

Now, imagine how great you'll feel with your new found time and energy - enjoying social occasions, having fun with friends and family, doing the things you want to do in life.

**Order now and download your e-book and bonuses immediately** to get relief from the pain, discomfort and frustration of Epstein Barr virus.

Yours Sincerely

*Elizabeth Noble*

Naturopath  
Director,  
Wholistic Therapy Centre

**P.S.** Order my "**Nature's Amazing Mononucleosis Cures**" e-book and support program today and start feeling **positive results instantly**. You can soothe your painful throat, swollen glands, fever, fatigue and aching muscles without the use of immune-draining drugs.

You owe it to yourself to put this program to work.

**P.P.S** To get your e-book and support program at the special introductory price with the 3 free bonuses you must be one of the next 25 to order. Avoid disappointment - order now!

Remember, you risk absolutely nothing with my **30-day money back guarantee**. If you're not delighted with your purchase, simply email me for a prompt and courteous refund - no questions asked. You simply can't lose!

**P.P.P.S** One last thing! If you have any further questions go to our **Frequently Asked Epstein Barr virus Questions** page  
<http://www.epsteinbarrvirus.com/epstein-barr-book.html>

There's a good chance your question has been answered there.

### **More testimonials...**

**Thank you so much for your kind help and encouragement at a very discouraging time.**

It is so inspiring to know that you were able to heal yourself from your Epstein Barr virus. Maybe if you could, I can too.

I was able to open and print your wonderful e book. I just wished I had ordered it months ago! I have known for two and a half years that I have been under too much stress and extremely unhappy with my life. Hmmm, it looks like I need to change it, as scary as it might be ...

Your e book is helping me focus on very practical strategies, i.e. vitamins, herbs, affirmations etc. and it continues to give me hope. I feel like the riddle of my ailments has finally been solved. I have learned so much from you. Again, it is such a huge help to be able to communicate with you.

With lots of gratitude for your help and kindness!!! And thank you so much for taking the time to read my story!!! Your help has been so invaluable. You made me feel supported and normal in a crazy situation.

All the best to you.  
**Regina Y, Missouri, United States**

### **College student helps friends:**

"For my college daughter with Epstein Barr, we took your advice with the supplements and all the other ideas. I really feel that the Epstein Barr virus left her rather quickly . She really only suffered about 2 weeks. I would say that it was your advice that turned this thing around.

She wound up with a 4.0 on the deans star list! All her close friends came down with Epstein Barr virus too and she passed the advice on to them, which seem to help them also. Thank you .... this could of been a disaster as I almost felt that I was going to have to pull her out of college. Maybe you even saved her career.

What I like most of all, is that this kid learned that there is another way to cure problems and she passed the cures on to others. She will be working in the health field maybe as a Pharmacist, so who knows how many lives you have affected in the future.

Thank you again for your wonderful information. The regular doctors had nothing to offer. I can't believe that they don't know about these ideas.

Thank you."  
**John C, Bangor PA, United States**

### **11 year old boy makes speedy recovery:**

"Thank you for your well-compiled e-books. I find them compactly informative. My 11-year old son was diagnosed with the Epstein Barr virus after 3 days of high fever (39-40°C).

2 weeks later I am glad to report that my son seems to be completely back to his old self. The day after our last email (day 9 from first fever), he started eating skinless roasted chicken with no ill effects. After 4 more days we had a big family Sunday lunch and he was back to eating "normally". He does not seem to be lethargic at all. I don't know if it is common for children his age to recover so quickly!

Thank you very much for your support!"

**Elsemarie W.**  
**Pretoria, South Africa.**

### **Sport-mad 10 year-old boy makes full recovery:**

"Thank you, thank you, thank you for your rapid replies! I cannot begin to thank you for all of your support. You have no idea how much this means to our family.

For 2 weeks my 10 year old son with Epstein Barr virus had a runny nose, sore throat and low fever, (100 F). His eyes did not look good and he was very pale. He couldn't wait to return to school and his beloved hockey.

I really noticed a difference with my son once he started taking the recommended amounts of vitamins and minerals you suggested. Within a week of taking them I noticed a HUGE improvement in his eyes!

On November 24 he had a series of tests. His blood work was very good. He was not anemic,

his liver enzymes were good, his mononucleosis count good, and his chest x-ray was clear. He has been eating great! He returned to school on Nov. 27, and hockey on Nov. 30. Our coach has eased him back into it.

Thank you so much again for your time and support. I credit you with getting him back on the path to good health!"

Sincerely,

**Gale M. Crystal Lake, Illinois. United States**

### **Chronic Epstein Barr virus sufferer finds hope:**

"I am 39 years of age and have been suffering from the Epstein Barr virus for almost 12 months. Since contracting Epstein Barr virus in January 2006, I have come close to losing my family, my business and my mind. In recent times I have contemplated suicide.

There seemed no way out. I had tried everything.

Then the other week I was at the Chemist and a lady called Wendy was kind enough to tell me to look on the internet. Never thought of that! I did and found your book. For the first time in a long time I felt "normal" and at peace.

Thank you so much!"

**E. H. Adelaide, Australia**

### **I feel like I have my life back...**

My name is Shani. I've been sick with mono on and off for about 3 years, and during my last "on" time, I read your book and started taking the vitamins you told me about.

...some weeks later I realized that my throat wasn't hurting me, and that some of the other things that come with mono had stopped.

Normally, when I had a recurrence of mono, I would slowly return to school and push myself until my energy level improved and I could drag myself through a daily routine.

This time was different. Instead of trying to muster my energy each time I wanted to do something, I had it there from those vitamins.

I am now making sure that I get the correct amount each day and also a nice amount of sleep (which comes much easier to me now).

I want to thank you for your book and the advice you gave me. I feel like I have my life back.

Thank you again! **Shani F, Baltimore MD USA**

### **When I stick to the diet my symptoms disappear**

I have definitely made progress. This is the first winter that I did not catch a cold, everyone around me did but I did not get sick.

When I stick to the diet my symptoms disappear. The nutrients help a lot with my allergies and increase my energy levels tremendously. My skin looks much better and my eyes are not that yellow anymore. I will not allow stress to knock me down anymore. I stay calm and do what I can do and that's it. I sleep so much better!

Thank you for always responding so quickly on my e-mails. You are a true blessing.

**Cecilia S, Pretoria South Africa**

**I'm also losing weight which is an unexpected surprise!**

Thank you so much for responding to my email. I've been so happy with your book as not only is my sore throat pretty much gone, but due to the changes in my diet I'm also losing weight which is an unexpected surprise!

Last week I was able to do my dancing (either rehearsals or classes) every day, except for Sunday, without feeling too bad. This is a HUGE improvement for me and one that raises my spirits as I live to dance!

I am taking all of the supplements you mentioned along with the protein diet and lots of water so it sounds like I'm on the right track.

And I'm only on my 2nd week of following your instructions so things are looking good!

Thanks, **Charis, MAROOCHYDORE, QLD Australia**

**This book has helped us immensely...**

Wow! Is all I can say! Thank you so much...not only for the prompt reply but for such a wonderful book. All three of my daughters were recently diagnosed with Mono, whereupon the doctor informed me that there was "nothing" that could be done. After much agony, I decided to try a natural approach. I feel very lucky to have found your company. This book has helped us immensely.

Again thank you and God Bless.

**Sincerely, Annette M, Howell, New Jersey USA**

**Daniel finally returned to his weekend job and to school...**

First, let me say thank you for the great and very informative book on mononucleosis. My son, Daniel, had been sick for about a week and a half with multiple trips to his Dr. with no help to ease the pain.

Normally a very active child he was prone to his bed and experiencing a lot of eye swelling and fevers. He also had diarrhea and coughing up blood-tinged mucus. He did not want to eat and was beginning to look like this was taking an awful toll on his body.

After starting him on a multivitamin and about everything else listed in the book, I just wanted you to know that Daniel finally returned to his weekend job and to school.

Thank you for answering my questions quickly. I learned so much about using the holistic approach when ill. I truly felt you were there for me whenever I needed extra support. I know we will never meet face to face but I consider you a friend.

Always,

**Roxanne C, San Diego, California USA**

**Thank you so much for your help...**

I had mono for almost one year, non-stop. After just one and a half months with your treatment, it is over!

**Christiane J**

### **Your book has been a tremendous help**

It has definitely helped me recover a lot quicker than normally would be expected. I am now back at work as a flight attendant.

I would like to pass on that your books have been a tremendous help and somewhat a 'bible' for helping me through the last 4 weeks. I love the recipes you have provided in the immune boosting recipe book and have been enjoying trying out a lot of the dinners.

Thank you!

Kind regards,  
**Sue L, Randwick, Sydney, Australia**

### **"Finding your support group has made such a positive difference"**

"Hi Elizabeth,

It is wonderful to have something positive to do to fight this illness - thank you! I have joined your support program on behalf of my daughter who is 16 and a half.

When she was first diagnosed by the doctor, I was appalled to discover that there was "nothing" we could do to help her recovery, and it was purely a matter of time.

Finding your support group has made such a positive difference - I can do things to help my daughter!

Again Thank you,

Kindest Wishes"  
**Kathryn, Lichfield UK**

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Including:

Epstein Barr virus cause

Epstein Barr symptoms

Is mononucleosis the same as glandular fever?

Duration of Epstein Barr virus

Can you get Epstein Barr virus twice?

Is Epstein Barr virus recurrent?

How do you get Epstein Barr virus?

Is Epstein Barr virus contagious?

Epstein Barr virus incubation

Epstein Barr virus diagnosis

Epstein Barr virus treatment

Can Epstein Barr virus cause chronic fatigue?

Can Epstein Barr virus in children be a concern?

Can Epstein Barr virus in pregnancy be serious?

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