



Reverse Autoimmune Disease Summit

Dr. Keesha Ewers Interviews Dr. Kasia Kines

- Dr. Keesha: Welcome back to the Reverse Autoimmune Disease Summit. I'm Dr. Keesha Ewers and I'm excited to bring to you Dr. Kasia Kines, who is an international authority on functional nutrition, evidence-based recovery protocols for chronic and acute Epstein Barr virus and gastrointestinal and autoimmune conditions. She's an Amazon bestselling author of Epstein Barr Virus and is a sought-out speaker on the topic. She's also helped close to 2000 individual clients recover from Epstein Barr virus, Hashimoto's, SIBO, or small intestinal bacteria overgrowth, irritable bowel syndrome, and autoimmune and other gastrointestinal disorders. Welcome to the Summit, Dr. Kines.
- Dr. Kines: That sounds really good. I know that I'm blushing. Thank you for having me. This is exciting.
- Dr. Keesha: I don't think any discussion about reversal of autoimmune disease, and I make the distinction because when people, when they hear reverse, they might hear cure. And I think the same thing about Epstein Barr virus, right? And Lyme disease, which I'm positive for both, which many Americans are; the CDC says 95% of the U.S actually have Epstein Barr virus. So, I want to go into it with that understanding that when we talk about really being able to reverse autoimmune disease, we're talking about not eradication and cure, but balance. So, let's talk about first how you got into this subject matter, how you became interested in it, because I always love hearing everyone's stories and what they're studying.
- Dr. Kines: I was doing my work just like most of us in the space, we work with complex cases. The longer we work, the more complex the clients and at some point, you hit the wall and you become demoralized and it does matter that you help so many people. There's one case you can't, you get really upset about that. So, I was asking the question why there's a percentage of population. They're doing everything that we're asking them to do. We're testing everything and something is not there. There's something I didn't know at the same time. That's a different story. That's a longer story. I lost one of my best friends to complications of multiple sclerosis.
- Dr. Kines: And so also, I was already practicing nutrition. She was back in Poland. I was in the States and I was watching the trajectory of about 17 years of her fight even as I was building my life in the space during the same time literally. And it was heartbreaking that she lost that battle and I wasn't able to figure out why I couldn't help her. And I think because I asked those questions, now you ask the questions, you be careful because you'll get the answer. Eventually a couple of my clients asked me to read a book, and so you're obligated to give [inaudible] and educated in if they keep asking. So,

I bought the book and I had to read it on the plane because I didn't have time to read, but I was blown away because I was basically reading about my population.

Dr. Kines: And so, I was highlighting; it made so much sense. And this was the famous book called Medical Medium. And so, I was really excited. This is a person who says he downloads information from a spiritual source and not everybody agrees with it depending on your belief system. But I thought what if 50% of what it says is true? So, what is my responsibility? I started to look at my own clients and I started to ask them to test. I started to research test interpretation. I started to plug into the EBV community; contribute, listen up, learn about what their struggles are. And I noticed that the medical community doesn't even want to test because 95% have the virus. We've all had it. It's all past exposure. It is not relevant and so and so. And then I saw the Medical Medium take off and you have this huge following.

Dr. Kines: Then people starting to bang on the door and expect that the doctors would test because now they feel I have it. This is my story. Just like I was reading the book, this is the story of some of my patients. I couldn't help, but the doctors are not really willing. They're not interested. The feedback from doctors that people were getting was really depressing and debilitating and demoralizing and humiliating sometimes. So, I thought my job was to create the bridge because we had this ocean of nothingness where people fell through the cracks for years and some people would die. So, I felt that my responsibility was to bridge that gap and just jump into deep waters and just do research. And I started with medical literature review. I had 75 pages and whoever I showed it to was telling me, when are you publishing the book?

Dr. Kines: Like what book? I don't have the life. I've never written the book. There is no book I'm writing. But the more I worked and then I did my doctoral degree and actually incidentally, I was very lucky because Dr. Vasquez was our instructor and she taught neurology and that really opened my mind. It wasn't focused on EBV at all, but there was so much amazing support in research and also, he has specific protocols for viruses, especially herpes. So, I just jumped in and started to connect all the dots, started to read more, write more, test more, do more work, for the aim of my own clients. And they started, I started to see that there was a trend to route for people to recover naturally. And then I found a case report from 2006 by Dr., a wonderful doctor, Flavian who was able to reverse the acute virus infection in a large spleen; 50 cases within 48 hours.

Dr. Kines: I literally track her down, she's in Germany and talk to her. It's like, how is it that the world does know it? So, this really gave me ammunition between that Medical Medium client and then Dr. Flavian and all the research that I had been seeing that clearly says, if you have idiopathic chronic condition, it doesn't respond to expected treatment, expect chronic Epstein-Barr infection and so on, so forth. So, I had this core now that I could work through and the rest is history. My husband really pushed me to keep writing the book. Everybody did. So, the book somehow wrote itself. It had to come. And it's out there and it's helping people. And the next thing you know, I'm creating consumer programs and we have a wonderful second group now and magic is happening. So, there's a lot more work to do. I think my friends that I lost, is shining over all of this and

pulling all the strings. And it's like I'm doing it for her. And for all the moms, and for all the sons, so they don't have to go through this. So, nobody has to die. Nobody has to suffer.

Dr. Keesha: Let's talk about this. Why 95% of Americans have Epstein Barr virus and why the CDC just sort of like throws it's hands up and says, okay, everyone has those. So, it's our new norm. If you look at trends over the years, there's a similar thing that's happened with how much allowable heavy metal are allowed in our environment or any kind of pollutants, right? Eventually it gets up to here and then we say, okay, well now that's allowable and then anything above that. So, you can see over the years, actually the allowable has been raised and raised and raised and raised until we're like frogs in boiling water. It started

Dr. Keesha: Off cool. And now we're boiling. So, this is another example of that.

Dr. Kines: Epstein-Barr virus has been on this planet for 1 million years, so it's been here for much longer than we are. I think the differences if we evolve to live with it, which seems so the difference is the degree of pollution we have and the degree of stress, physiological, physical, emotional stress. We have because that seems to really trigger the reactivation with chemical exposure and toxicity. And before I thought that the virus was feeding off it. But I think right now when I look at some of the research, I suspect that the virus feels threatened and when it feels threatened, it's going to be more aggressive. And, and another thing is that it will become more aggressive, more virulent, when nutritional status drops in a person; that's very well documented.

Dr. Kines: And what is happening with our nutritional status is dropping, just like you were saying, the water's getting hotter, our nutritional status is dropping. It's been dropping over the years because of food industry and the soil quality and all of that story. So, we are overfed [inaudible] and so it's much harder for the new system to do its job.

New Speaker: Let's set another stage around that. What you just said, I want to explain a little bit better and that is that, you know, the soil samples taken from era's in time reflect different mineral saturation then what we have today. So when we say nutritional status is dropping, we're not actually talking about people are eating fewer vegetables, which you know, can also be the case that actually our vegetables, our fruits, our food itself that comes from the planet is lower in nutritional density. And so, when we say that, that's what we mean.

Dr. Kines: Yes, that's very well documented. There are big studies on produce 50 years before. So, we would have to eat maybe five apples to get the vitamin C of one apple from 50, 70, 80 years ago. That's the difference. We're more susceptible to infections of all kinds. And unfortunately, there's something in medical literature called Trans Activation in terms of the EBV, if you have EBV, you can actually trigger other infections that are not related. And vice versa. If you have H. Pylori, if you have strep infection, they can actually stimulate B cells in a way that we activate the virus. So, it's a party both ways. And that doesn't help us.

Dr. Keesha: We've got a lot of Lyme going up. We have Staph carriers, we have Strep carriers, right? And so, when you are a carrier of these bacteria, this transactional work is really important to understand. So that's been shown to be a big trigger for a lot of autoimmune conditions. And in fact, I've done this before, taken papers out of Pub Med and taken a look at bacterial and viral causes of rheumatoid arthritis, MS, lupus, you can start seeing and put together a chart of different components that are bacterial and viral, that activate these different diseases. Now that's super important because as we started talking about critical mass, you know, my listeners have heard me explain this a couple of times, right? I always talk about I live on an island and when they load the ferry, the cars are told, and the trucks are told to go very specific places on the ferry.

Dr. Keesha: So, the ferry doesn't tip as it's being loaded. Our bodies are like this also. So, when we have a critical mass of imbalance, and now we're capsizing Epstein-Barr, Lyme, Herpes virus, H. Pylori being a Strep carrier, Staph carrier. Actually equally, of these things. Klebsiella and Clostridium, mold, they all become important variables when we're starting to unload, the capsize Let's talk about for testing. I test every one of my patients. I do genetics and I also look for Epstein-Barr and I look for Lyme. And why is that? I want to know what, you know genetically, what your programmed for in terms of being able to detox things, what can a virus turn on in your genetics or activate or up regulate or express and then what is it going on in the lab work? So, this is a very big area of confusion for Epstein-Barr and I would love to have you start with how to get tested for Epstein-Barr. What do the viral loads mean when it has three different results on the test? What does that mean?

Dr. Kines: Let's jump into it. There was a great study that has a color-coded image with a graph with different antibodies in and when they increase and what it means. And so, I posted it in color on our informational website for EBV. It's called EBV Help; H, E, L, P. I invite everyone to go and find the lab page and look at it and read interpretation and all that. But basically, on the market in the states at least, typically a panel for antibodies; rarely I think, one of the labs that the one of the biggest labs has the fifth one, but it's rare I'm going to walk through all of them. So typically let's start with the most important one that many doctors actually do not pick; they skip that sometimes and it's called early antigen; E, A. Could be early antigen IgG or early antigen IgD, as in dog.

Dr. Kines: Early antigen is the one that indicates that you are reactivating right now, and it doesn't flag for too long. A good story to explain to everyone when you should ask if you suspect you have a reactivation. Is this one of my clinician's students were saying, I have clearly an EBV case, chronic EBV case, everything fits, but she tested an early antigen is fine. So, what do we do with this? The other way we're positive so she was producing antibodies. I said, well when did she test? January. When did she feel like the truck hit her over the head? When was the time? Thanksgiving. Early antigen will not hold up this long. It's going to go for maybe two, three weeks, maybe four and then it's going to go down. So, it's possible that they just missed it.

Dr. Kines: So if a person has struggled with all these unexplained conditions, conditions as chronic fatigue as well and had terrible Mono in the past too; I would say the minute you feel

you're crashing again, the minute you feel awful, this is one you want to, within a week or two, you want to test to see that early antigen is still flagged. If it is positive, then no doctor can deny it. Problem is, sometimes it doesn't flag and then the decision, you see had it in the past and it's irrelevant; it's a little gray area in this way. The next one, the big one that is also people sometimes are confused about is VCA IgM. We see IgM typically flags during the first infection, the first initial infection. I've only seen literally a couple of cases when people flag up with it every time, they feel awful or every time they test.

Dr. Kines: So, I'm not sure if you've just flagged so often and they test when they feel so bad or if it remains high. Some of these antibodies have irregular cases. All this is explained in the book. I have a whole chapter when you have different unusual cases. But anyway, you see IgM in people with chronic EBV will always be normal, otherwise it won't flag. If you look research, it might flag a little bit in reactivation, but I don't see it high enough. Like it doesn't flag enough to actually be positive. So, we see an IgM is expected to be normal in a person with this chronic aspect of EBV or reactivation. And then you have the other two big ones which is EBNA IgG and BCI, we IgG, both of them in majority of population will have some form of elevation.

Dr. Kines: And this is what I really don't want people to look at those labs and look by them because these will be flagged for life. So, it's not expected for them to drop to normal. We're just tagged for life to a degree. But if a person starts recovering and doing better and reclaiming their lives and be functional again, they may drop a little as they go. And that's expected. And the worst thing that people do is these two have a tendency to sometimes go over the limit of the range. So, you probably have seen more than 600. And this is a very dangerous concept because people don't understand that they may be recovering; they may be doing great and they test, they see I still have more than 600. It's not working. There's something wrong with me. There's nothing wrong with you.

Dr. Kines: The problem is that more than 600 may mean 5,000 and as you're recovering, your testing is still more than 600 until it drops to 599, but maybe 625 now; you don't know. You'll have to go by how you feel and not just the labs. I really try to teach everyone not to get discouraged and depressed because those two are still flagged. Once they drop below 600 as people get better, the numbers should be dropping. Maybe they still remained with the three triggers, three digits, but the number itself would be dropping. That's kind of the big picture. Rarely you can get an EBNA IgM and that's another marker that would indicate that you are reactivating right now. I know of two labs that do it. Most labs don't do it, but even those four are a good map.

Dr. Keesha: This is really important because it's the same thing like with thyroid peroxidase autoantibody; it'll say over and then you could have gone from 5,000 down to 3,200 and you've had this great drop that it won't register it. So, you can't live and die by your lab values. You really do have to check in with your body and say, how

Dr. Keesha: Are you doing body?

- Dr. Keesha: What I'm always about is getting you to get into a collaborative relationship with your body anyway; becoming a team instead of fighting whatever it is. I'm not in a fight with my body and we're trying to get everybody on the same page and aligned including our viruses.
- Dr. Kines: That's a very good point. The fight with the body, this is a very good point because the longer I do what I do, the more I am absolutely sure and that's exactly what you're saying. The body is not there to deceive you and to attack you. This is not what it's doing. And so, you want to, all the viewers today, you want to remember that the body is your best friend. It only wants to keep you alive and it compensates left and right to do that. And if given the opportunity, the right tool, nutrition, rest; it will shine for you. This is all the body is designed to do to protect you, to keep you alive, to keep everything moving smoothly. And if it's failing at some point, it's just fighting. I explain to people your body has been fighting EBV 24/7. Do you know how exhausting it is? It's trying. It's doing this for you. It's not fighting against you. I think people are really scared, at least in that community, that what is around the corner? What is the next thing that's going to hit me? It's like my body has deceived me. I can't trust it. No, no, no, no, no. The body---
- Dr. Keesha: A huge thing that I try and get people to hear is that your body has not betrayed you. And it's why I work on past trauma so much because if you already have past trauma, you feel betrayed by your life in general; by life; by God; by a parent; by whatever; then you're going to be looking for betrayal. And so, this is really important because that's then how you perceive it. And you said something earlier where, and I really want to circle back to it and had a hard time not interrupting and going, yes!
- Dr. Keesha: And give you a high-five, I had to sort of sit on my hands
- Dr. Keesha: And that is that Epstein-Barr will come out more aggressively and virulently when it feels attacked. Now this is something I saw a long time ago and I've been trying and like voice in the wilderness to say
- Dr. Keesha: You can actually make friends with your flora and fauna.
- Dr. Keesha: As an interdependent web of life it's like we as humans are supposed to do in our environment anyway inside the microcosm of your own body. And so what that means is when you start thinking your body is the adversary and start to turn against it, whether you're looking in the mirror and going ugh, look at those wrinkles or look at that, or oh, I wish my chin, don't take a picture from my profile. It looks like you're in an adversarial nature with this beautiful body. It's carrying your soul around for you. You know? And so, I think about the same thing with all of the living organisms inside of our body. When we start to attack and go into fight mode, then it's going to become more aggressive. And you can see this in your own toxic relationships. You know, when you're in a space with somebody where you're not saying you, you, you, you, and you're starting to own your own things and taking responsibility. You know, I've realized that

when I hear you, I'm hearing you in this way that says this, and I've realized that's my not yours. The person across from you is going to go, oh.

Dr. Keesha: Right? Because they're not having gasoline poured on their own fire. I'm always about this relationship with yourself, with life yourself, with God, with others. And now let's talk about the relationship with your viruses.

Dr. Kines: Well, the concept that you're bringing is very important, that is a big part of our culture here in the States and how we perceive things is we like the be-gone approach. You have an infection; kill it. You have this; kill it. You have bugs on the lawn, kill it; but it's all about the terrain. That's absolutely true. I wrote to myself mirroring when we do not take responsibility when we attack somebody, we actually mirroring our own fears. And I remember everybody has insecurities, everybody has emotional issues, we're just, you know, generational just like you said.

Dr. Keesha: But I remember most recently at a conference that we both attended, I had a very amazing moment when I was looking at hundreds of people sitting in one big room. And people have different personalities, different belief systems, and especially with diets; pioneers and advocates have different diets. And of course, diet is the personal-- I'm a nutritionist and suddenly instead of all of this friction that I felt for different people representing different aspects of health. What overcame me was compassion and love for everyone. When I had that compassion, it brought me so much incredible peace. And so ESR is for the viewers, he can just see if you can see other people not through the mirror of your fears and your own history and your hurt but looking at them saying they have their hurt. They have their generational trauma that they have to live with. They're doing their best and they're just human beings. We're just all doing our best and see if the tension drops and the compassion spills out and fills your room and fills your energy field. It may help because we're in that killing mode, fighting insecurity, danger. Like you said, fighting with a body, it's great to check: How are you doing my body? I love that. I'm going to incorporate that.

Dr. Keesha: I love you, body. Oh, I'm so grateful for you. I mean, my gosh, we know that we're going to be parting from our bodies and we're going to think about all the things that we spent time worrying about. Now, I've done these three times, I've had three near death experiences and every time I come back, I always have a deeper, richer appreciation for this body and just like, oh man, was I given an amazing body? And it's had breast cancer, it's had autoimmune disease; it's has Epstein-Barr and Lyme; it has all these things. But my gosh, I'm just so grateful. This is my body.

Dr. Kines: I think maybe the challenges that you had reflect how stubborn you were until you actually got it right. You're a hero right now, but you had to get through some tough lessons.

Dr. Keesha: Exactly, yes. And that's the beauty of those challenges is if you're willing to self-confront whatever it is that your perceptual field is, then you actually can up level your wisdom. And so, let's now talk about, because if you are in a toxic relationship, I also teach

people, you have to say no, like no set boundaries, that limits. So, if you've got to Epstein-Barr that has overwhelmed the other little critters that are living inside of your body, then you do want to set limits with it. So how do you do that? What are some ways of working with that?

Dr. Kines: You mean on an emotional level? A physical level?

Dr. Keesha: Physical level.

Dr. Kines: I can tell you the bigger ones, the external issues that I see this population is very susceptible to is EMF, truly. And it's underappreciated, makes a big difference in sleep quality. Sleep is huge. People with EBV oftentimes awake in the middle of the night and can't sleep and they're wired and they're sweaty, little bit like menopausal symptoms, anxious. EMF is a big contributor. Heavy metals and toxic mold can really affect the ability to actually recover from EBV. EBV is pretty predictable, I have to say, because the protocols I put together are based on research. People respond and if they don't respond there's something behind, we have to clean. Exactly like those. Physically, the single most important thing that we train is understand the stress.

Dr. Kines: Especially deep emotional, spiritual stress, grieving, being betrayed, really indeed that hurts you in the gut and the heart that will tip people over any time. The physicalities also medically speaking steroid therapy can backfire because you're turning off the immune system and that opens the door to reactivation for EBV.

Dr. Keesha: What kind of therapy?

Dr. Kines: Steroid. They have to be careful of that. And consider and let me see, emotional trauma; spirituality, joy; joy is instrumental. Joy opens the door to healing. Fear does not. So, I have to train people to find, scrape off some of the old joy, all passions. And then just people forgot. People lose jobs. People are bedridden. So how do you even create that? But there's, that population has a lot of hurt and a lot of trauma--

Dr. Keesha: We should work together because this is exactly what I see. I do all these deep immersion and trauma healing retreats because what I've seen is the same thing. People's autoimmunity will either reverse pretty quickly to what we do, or it doesn't. And then it's this level that we're talking about, you know, and it's just so vital. Yes.

Dr. Kines: We have to go through all the elements. People have to piece their lives together and also helping their environment understand what they're dealing with. Their spouses don't really know the depths of physical impairment and not being able to stand up and walk from the sofa to the kitchen. The physicality of the chronic fatigue is just brutal, but you don't see the wounds bleeding. It's very hard for you to see a person that looks perfectly healthy to be so miserable and so overwhelmed? Sometimes the viruses in the brain causes inflammation. We have to clear that sometimes it's in the thyroid, then you have depression, more constipation, more overweight, and sometimes it's in the spleen.

Sometimes it's in the liver, sometimes it's in the connective tissue. You know, it just goes into different parts of your body.

Dr. Kines: So that physicality is undeniable. But I have to say when you start working with the protocols, things start shifting. But I would recommend that everyone take a good stool test. There's so many. I know so many critters but it's all terrain. Let's talk about rebuilding immune system. I'm a nutritionist. So, a lot of naturopathic doctors and functional doctors focus on herbal medicine for EBV and that's great. However, what we don't remember maybe is that immune cells, immune system needs building blocks, needs nutrients and immune system. How do you, what is the best way to, or easiest way to feed your T- regulatory cells, which have the ability to even stall the autoimmune T cells, regular retro research. What is it? Short chain fatty acids. Where do we get them from?

Dr. Kines: Good bacteria. Your good bacteria. How do they make them? They put them out. Well, why do they put that out? Because they eat your fiber from your dinner. You have that fiber from your dinner, they are happy to eat their dinner. That's their fiber. They put out the metabolic waste and that feeds the colon. And that's the short chain fatty acid. And that also goes into the bloodstream and feeds your T regs. Like you said, it's terrain, it's terrain. And as you feed your good bacteria, they take over, they sit no more. The other critters have to be put in place. The stool test really shows how much of the dysfunction in the gut we have; or how many other critters are overgrown. So, like you were saying.

Dr. Keesha: In Ayurvedic medicine, which is the 10,000-year-old sister science of yoga as the medical arm, they actually talk about this, what you've been mentioning; so many years ago. They just say, there are several different levels of disease progression and there are several different tissue layers. And it starts with your, I call it your plasma, your skin, and then it goes to blood. And then you know, you've got your fat layer and you've got your muscle layer. And you've got your bone layer and your nerves, and then it goes down to your reproductive system. Each one of those tissue layers are what they call Dhatus are built based on digestion of the one before. First you have to have this food that comes in the way that you're talking about it, right? Everybody has to have what they need to eat in order to digest properly.

Dr. Keesha: And then you have this tissue. This, we already know, this Dr Tom O'Bryan, I talked to him just before I talked to you and we were talking about the need for this digestive system that works properly. And if it doesn't, then all these other things are going to go sideways, right? So, we have to have this proper digestion of our food that forms a tissue layer. Now, you and I and Tom, we all have said the same thing. That, you know, if one part isn't working, then the others-- well, you reallocate resources just like you doing your financial budget, right? If one part has to have more money going toward it, like, oh, I have a washer and dryer I have to buy this month, then someone else is going to suffer another area. And we keep doing that as a compensatory mechanism.

Dr. Keesha: Do that with your digestion and you formed this layer of tissue. He was talking about how quickly each part of our body regenerates itself, you know, every two to three days in your gut and then slower in other areas, so, if we're doing it well, then the next layer should actually be healthy because from that layer we get the energy for the next layer and so on and so on and so on. What I learned when I first got rheumatoid arthritis and found out about my own Epstein-Barr virus and my own chronicity's, and when I was, you know, 25 years ago almost, I was 30, I learned that, oh, this has gotten so deeply into my tissues over a long period of time. Tom was talking about the spectrum that, you know, you feel all of a sudden chronic fatigue.

Dr. Keesha: But actually for 10 to 30 years, things have been going awry, right? And then all of a sudden you can't get to the [inaudible] that before that you had all kinds of warning signs. And that's one thing I think that's really missing in our culture is the part where Ayurveda says you actually get autoimmune disease because you have undigested anger. That was evolutionary to me, undigested anger. Undigested anger; that you actually have to make sure that you're digesting your feelings, your emotions, your beliefs, the toxins in your spiritual, emotional and mental world as well as this energetic space where we have EMF and the physical space, right? And all of that is contributing factors. So, I appreciate so much you are bringing all that in because I think when people hear, I talk about Epstein-Barr virus, they want to hear what herbs is going to kill it.

Dr. Kines: Can't kill it. Can't kill it. You can stop it from replicating. You know, this is so interesting because I'm in my online program, one of the last modules is actually called Spirituality and Joy. And I think the shortcuts to everything you've done, you've said, cause it's overwhelming. If somebody listens to you digest your spiritual emotions, the anger, how do I do that with a shortcut; but maybe not therapy for 15 years when you keep talking about it. The shortcut is really the joy. Laughter is instantaneous; if you can plug into that. But joy, joy is the one that makes the switch.

Dr. Keesha: I would even say not as a disagreement but as an addition into there is that, first you have to digest your sorrow. Your pain; your grief; I'm writing a chapter in my trauma book right now called the Dogma of Positive Thinking. I'm so bloody sick of having people being victim shamed, you know, really, who has been in toxic situations who are being told- Just think positive thoughts. And then what happens is it's like my undigested anger. I wasn't allowed to feel angry. I didn't even know that I had sadness inside of me and grief that had to come out. So, it's like you have to digest all of it. Pick one thing, you know your blueberries and digest it and say, no, that's good. Now I'm going to digest that and actually digest all the crap you put down there. So, when you do a snickers bar, it digests that too and find something in it in that stickers bar to make energy with.

Dr. Keesha: So even the so-called negative emotions are going to have what I call the silver lining. You know where you're going to find some wisdom from that. We don't find as much wisdom out of joy. You find wisdom out of our challenges, but the joy is the one that will balance all of that. Like when you can digest that properly, what you're left over with is the radiance and the light that comes behind your eyes it lights up the room when you

walk into it. You know, and everybody loves to feel that way; but you're never going to feel like that way 100% of the time. You have to digest all of it.

Dr. Kines: You have to digest it; I love it. You have to digest all of it. There is so much hurt that needs to be digested, exactly, processed. What I love about the concept of digesting it; processing it; clearing it moving forward is if you tap into the joy you will tap into a bigger job that you have on this planet. We all have this beautiful saying that we were called to do on this planet and a lot of people that are chronically ill lose that. They don't even dream about it. They shut that down because they're so ill. But you want to open that door again because the more you walk towards that and the more you do what you're supposed to do. Like I'm the happiest person on this planet because I get to do what I love to do. You know, there is a call for everyone and that brings up the balance that you talk about and it's not just the joy or oh, I'm smiling, I'm radiating. It's an internal engine. It's peace. It's having this internal core. There may be hurt still, but you are servicing moving forward. And that is also very physically healing to the body that allows the body to heal the physical infection.

Dr. Kines: I tried to train my tribe in this, but I love the concept of having to digest it. Exactly. Undigested anger. I love that. I'm going to use that one too.

Dr. Keesha: I'm going to say undigested anger, like anger is always a crusty, hard surface over something softer; and pain and sadness and sorrow and grief. You know, your anger covers that. Anger is a springboard that actually gives you energy that you can act from. But underneath that's going to be the stuff that gets you [inaudible], you know, then that's stuff I believe creates the terrain the Epstein Barr virus loves to thrive in.

Dr. Kines: It loves it. Loves it. Some of the people that have recovered have told me that it's been their biggest teacher. It has a lot to teach. There's one more thing that I wanted to say, and I forgot.

Dr. Keesha: I so appreciate you and I want to make sure that everyone knows that the links to Dr. Kasia's work are on the website here.

Dr. Keesha: And I just really appreciate you diving in because I can tell you that when I first heard Antony Williams say Epstein-Barr is responsible for all illness, I just went bonkers. I was just like, that is so not true. You know, because I have people bringing in his blogs and saying, I want it. You know, I want to test for this. And I said, we already have; I test for it in everyone. But here's the deal. It's not just this one thing, right? You have to become an inhospitable host, you know? That comes from making sure we understand every single layer of our being, not just our physical. And so, I just love that you actually take that inside., okay, well let's make a bridge between this and this that people can try it on.

Dr. Kines: I know what I wanted to tell you. So, you were talking about what I love, you just said is becoming invincible. You can really become invincible to this particular virus. Keep it in check and be well with it. And that's it. That's the end of story. But when you talked

about the anger being encrusted and then self-things underneath, the thing that I see, I'm a simple girl. I like simple concepts and simple solutions. From what I see, I wonder if you agree with me; what I see the bottom line like if I were to find one statement that is a soft statement underneath most people fears, anger encrustment. This is a statement, so simple, it's: I'm not enough; and I want to tell you all viewers, you are enough. You are loved. You are loved by this planet, by the spirit. You are enough.

Dr. Keesha: That is so, so important because I'm not enough is the root of overwhelm.

Dr. Keesha: Overwhelm is me trying to do more than what I actually have capacity for right now. But I feel like I have to do it in order to prove myself something more than what I am. And you already are there. So, I appreciate that so much. I always say feeling overwhelmed is a gateway drug to perfectionism; and everyone with autoimmune disease has three P'S: perfectionism, people pleasing, and the poison of past hurt. So, you know, and that's what Epstein-Barr loves. It's just like, yes, please those people, yes, be a perfectionist.

Dr. Kines: Type A personality overachiever, we talked about all the time that this community has; yes, yes, that we even joke about it. You're right. Perfect to finish this. Please [inaudible] for imperfections. Perfectly imperfect. And this is perfectly perfect.

Dr. Keesha: Thank you. I would even say celebrate your imperfections, everybody. That actually makes you different from everyone else and then you become a light to each of us.

Dr. Kines: Beautifully said. Thank you so much for having me here.

Dr. Keesha: Thank you so much. Alright everybody, until next time.