



EBV Unmasked Self-Assessment

Name: _____ Date: _____

EBV Unmasked

Could a Hidden Virus Be Draining Your Energy, Immunity, and Drive?

Practitioner Use – Epstein-Barr Virus (EBV)

Screening Questionnaire

Epstein-Barr Virus is one of the most common human viruses—and one of the most overlooked root causes of chronic fatigue, autoimmunity, and hormone imbalance. This self-assessment can help determine whether latent or reactivated EBV may be contributing to your symptoms.

Section 1: History of EBV Exposure or Activation

Check all that apply:

- I have had mononucleosis (“mono”) or kissing disease in the past
- I’ve experienced extreme fatigue after a viral illness
- I have a history of frequent cold sores, strep throat, or swollen glands
- I have high EBV IgG or positive early antigen antibodies on labs
- I’ve had chronic infections (viral or bacterial)
- I feel worse after stress, illness, or hormone changes (pregnancy, menopause, etc.)
- I was never quite the same after a major virus or infection
- I’ve been diagnosed with chronic fatigue syndrome or fibromyalgia

Section 2: Symptom Inventory - Last 6 Months

Check any that apply consistently or intermittently:

A. Energy & Vitality

- Persistent fatigue (even after a full night’s sleep)
- “Crashes” after activity, workouts, or stressful days
- Feeling tired in the morning and drained by early evening
- Needing caffeine to function

B. Immune System & Infections

- Frequent sore throats or swollen glands
- Reactivation of viral symptoms when under stress
- Frequent colds, sinus infections, or sore lymph nodes
- Reactivated herpes viruses (cold sores, shingles, etc.)

C. Nervous System & Cognition

- Brain fog or memory lapses
- Difficulty focusing or completing tasks
- Sensitivity to light, sound, or smell
- Feeling emotionally flat, disconnected, or easily overwhelmed

D. Hormonal & Metabolic

- Low thyroid function (Hashimoto's or unexplained hypothyroid)
- Menstrual irregularities or worsening PMS (for women)
- Low libido or feeling "burned out"
- Unexplained weight gain or sluggish metabolism

E. Musculoskeletal & Pain

- Muscle aches or joint stiffness
- Weakness or heaviness in limbs
- Headaches or pressure behind the eyes
- Tingling or buzzing sensations

Section 3: Stress & Triggers

- My symptoms flare after emotional stress or physical overexertion
- I feel worse during or after viral illnesses
- I've never fully recovered from a virus, vaccine, or major stress event
- I felt significantly worse after COVID-19 or another viral trigger
- I have a history of trauma or nervous system dysregulation

Section 4: Misdiagnoses or Lingering Conditions

Have you ever been diagnosed with (or suspect):

- Chronic fatigue syndrome / ME
- Fibromyalgia
- Long COVID or post-viral syndrome
- Autoimmune disease (Hashimoto's, Lupus, MS, etc.)
- Depression or anxiety (without clear psychological origin)
- Adrenal fatigue or HPA-axis dysfunction
- Multiple chemical sensitivity or histamine intolerance

Section 5: Pattern Insight (Practitioner Use)

Totals from each section:

Section 1: _____ Section 2: _____ Section 3: _____ Section 4: _____

Total from all sections: _____

If a patient checks:

- 2 or more boxes in Section 1,
- 6 or more symptoms in Section 2, and
- Patterns in Sections 3 and/or 4 → consider latent or reactivated EBV as a contributing factor.

Recommended Next Steps (For Practitioners):

- Run EBV panel (IgG, IgM, Early Antigen) and consider OAT or viral load analysis
- Consider DesBio's viral terrain remedies, immune modulation protocols, or a full viral detox stack (lymph, drainage, and energetic support)
- Support with adrenal, mitochondrial, and nervous system recovery protocols

Products to Consider:

EPST Phase 1 Symptom Relief



Each EPST Phase 1 package contains:

Homeopathic Products:

- 2 EPST:SSR
 - for temporary relief of symptoms related to Epstein-Barr Virus (EBV) including exhaustion, mucous congestion and fatigue.
- 2 EPST:PLUS
 - for the temporary relief of symptoms including fever, fatigue, lack of appetite, rash, sore throat, weak muscles, sore muscles, chills, and headaches.
- 1 Motivation
 - for the temporary relief of symptoms related to a lack of motivation, such as boredom, loathing of work, aversion to mental work, loss of ambition, mental fatigue, lack of self-confidence, hopelessness, and lack of passion for things.

Dietary Supplement Products:

- 1 Liposomal Resveratrol Curcumin
 - Resveratrol & Curcumin in a liposomal delivery system to support antioxidant activity and healthy aging.
- 2 8oz Smart Silver
 - a systematic approach to advanced immune support and balanced wellness.

1 SSR Pathway Practitioner Guide included