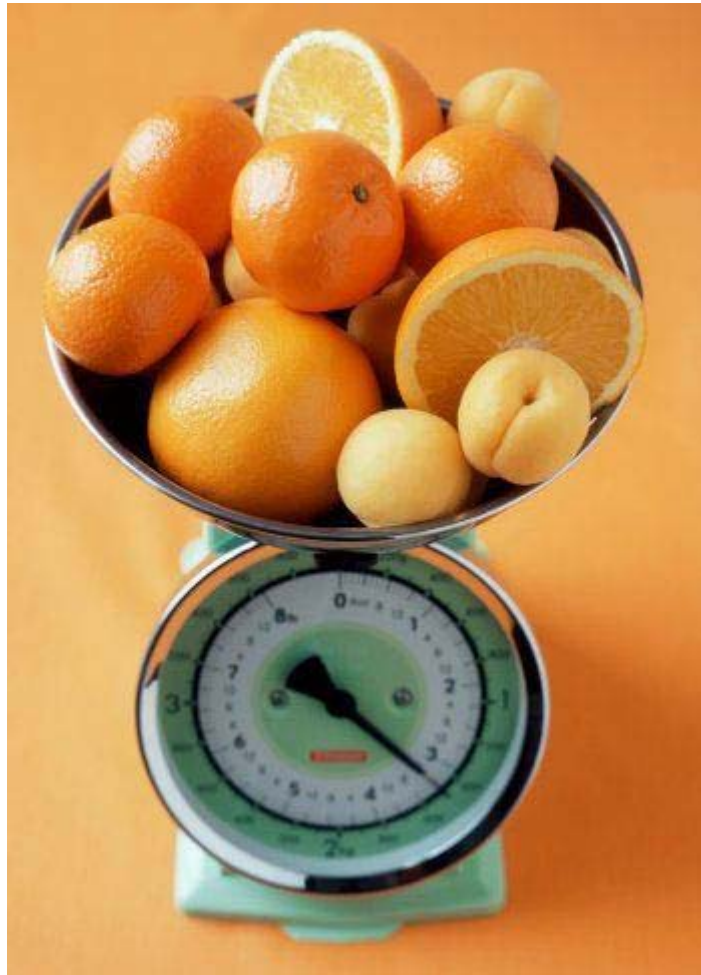


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The Mono Cure

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INTRODUCTION

What is Mono?

Mono is short for Infectious Mononucleosis. Mono is also commonly referred to as the kissing disease, Pfeiffer's disease, or glandular fever. Mono is caused by a virus called the Epstein-Barr Virus (EBV). The virus is typically transmitted through saliva from one person to another, which is why it is also called "the kissing disease". It occurs most commonly in adolescents and young adults and its most common symptoms are fever, sore throat, and fatigue. It also can have other symptoms such as muscle soreness, muscle weakness, tender or sore lymph nodes, loss of appetite, depression, enlarged spleen or liver, and disorientation. If you suspect you may have mono and haven't been to a doctor yet, I strongly advise that you see your doctor as well as have him perform one of several types of tests that indicate the presence of mono.

Why the Mono Cure eBook was Written

This eBook was written because every day tens of thousands of people are needlessly suffering from mononucleosis. It's hard for me to stand by and do nothing knowing I could be helping all of these people, including you. In fact, I believe it would be wrong of me not to try to help you. I was lucky enough to

have stumbled across the cure when I had my horrible incidence with mono, so I want to bring that good fortune to every other person in the world suffering from mono as well. Too many people right now are stuck on their couch or in bed just waiting for their mono to slowly fade away. Time is the most valuable thing to me in the world, and I know I don't want to waste it sitting around waiting to feel better. And I'm sure you feel the same. There is also another reason why I wrote this eBook. My experience with mono was so terrible that I would never wish it on another living soul and I would never want anyone to needlessly go through what I went through.

The Format of the Mono Cure eBook

I wrote the eBook in a style that's quickly and easily understood. I want you to get better ASAP and not spend 3 days reading a book by which time you could be better already. I also wrote the eBook so you don't get bogged down in scientific jargon. If you are the type of person who likes to read this information, you can visit any of the web based references I cite throughout the eBook to see more details. Trust me, there is plenty to read. I spent 2 weeks reading and researching the rudimentary mono cure I used to get over my mono. It was in intervals of 20 minutes while I had the energy to sit up in front of the computer and think somewhat clearly. What I have for you here is a simple step by step

process with all of the information you need clearly explained in plain English. If you want to read more, just don't get caught up in all the details so you delay your treatment and the possibility of feeling like your normal self again. My goal is to get you better ASAP.

PRINCIPLES OF THE MONO CURE

The Basics

The principle of the cure, simply put, is to consume as much vitamin C as your body will allow. Basically, you incrementally increase the amount of vitamin C you consume until your body indicates that it has reached a maximum absorption level. At this point, you will experience diarrhea. Let me be clear that vitamin C is a water soluble vitamin (as opposed to fat soluble) and thus by its very nature it is not actually possible to take too much of the vitamin (more on this later). The only side effect is diarrhea. And once you experience diarrhea you have reached the maximum quantity of vitamin C that your body will be able to absorb. This is called maximum bowel titration. Once you have discovered this specific number of grams of vitamin C you can handle, you simply maintain a vitamin C level in your body of just below this amount to achieve maximum vitamin C saturation in your system.

How and Why the Mono Cure Works

For a moment, consider you have never heard anything about mono before in your life. Wipe clean all of the thoughts and advice you have received from doctors, friends, family or anyone else who has contributed to your education about mono. Coming from this place of not knowing anything about mono I want you to read on.

Mono is caused from a virus known as the Epstein-Barr virus. Although discovered in 1964, the virus has been around long enough that our bodies are more than well equipped to ward off this virus in 48 hours or less. This is the norm. The only problem is we need to sufficiently support our bodies for this to occur. Our bodies are begging and screaming for vitamin C. Unfortunately most of us cannot hear the screams. Possibly you will generate cravings for food dense with vitamin C, but this is often unrecognized by those suffering.

During the course of mono our body's requirement for vitamin C goes through the roof and our body begins to steal vitamin C from wherever it can find it. It may steal vitamin C from any body tissues or fluids that contain vitamin C. This puts our body in a condition known as Acute Induced Scurvy [1] which leads to poor healing and possibly lasting complications with other bodily systems unrelated to the virus. This drop in vitamin C level can be measured by

measuring vitamin C levels in urine. It is noted that in stressful conditions such as mono, vitamin C levels in the urine drops markedly. [2][3]

Strangely enough, as our body increases its demand for vitamin C, our body adapts and increases its ability to absorb it. If you compare rates of absorption for vitamin C in a healthy individual with someone who has mono you will see drastic differences in the amount of vitamin C they can absorb. On average, a normal healthy person could take anywhere from 4 to 15 grams of vitamin C in a given day without experiencing diarrhea. In contrast, that same person if inflicted with mono could take anywhere from 150 grams on up to hundreds of grams a day without experiencing diarrhea. This only goes to indicate that when inflicted with mono, our bodies are begging for vitamin C! [4]

Also to note is that humans are one of very few animals that do not produce vitamin C within our own bodies. The vast majority of all other plant and animal life synthesize vitamin C themselves because it's such an essential nutrient. [5] Humans (and the entire primate family) have a mutated gene and thus our ability to synthesize vitamin C is defective. Because of this defect we need to obtain all of our vitamin C from our diets. If you look at our closest higher primate relative the ape, who also has the mutated gene, you will see an alarming disparity between the amount of vitamin C suggested for intake between them and humans. They have 20-80 times the recommended amount for daily intake as do

humans. And considering humans are 96% the same as chimpanzees (a type of ape) according to gene similarities, that's a huge disparity. [6]

THE CURE

Supplies

The first thing you will need is vitamin C. The form of vitamin C to use is ascorbic acid. Purchase it in a powder form at a local health store or pharmacy. You can also purchase the supplement online from many sources. Make sure it is made of 100% ascorbic acid. You probably want to start with a 32 oz. container.

Self-Assessment

Please print refer to Chart A at the end of the eBook to record a baseline measurement for your temperature, throat soreness, energy levels, etc.

Determine Maximum Titration Level

Now that you have determined your baseline measurements, the first step in the process is to determine your maximum bowel titration level of vitamin C. There are several methods you can use to determine this. The most aggressive would be to start at the known usual bowel tolerance levels (see chart below) and either decrease or increase that amount if you do or don't experience diarrhea,

which is the maximum titration indicator. Or a more conservative approach could be to start small and slowly build up the amount of vitamin C you are consuming. How you choose will most likely depend on your eagerness to get over your mono, combined with your ability to tolerate diarrhea. In the most conservative approach it may take you days to discover your bowel tolerance levels and in the most aggressive it could take hours. Whatever you decide, please print and record all of your doses in Chart B.

Known Average Bowel Tolerance Levels

Ailment	Grams of Vitamin C per 24 Hours	# of Doses per 24 hours
none	4-15	4 - 6
cold	30-60	6 - 10
intense		
cold	60-100+	8 - 15
flu	100-150	8 - 20
mono	150-200+	12- 25

How to Take

To take the vitamin C, simply measure the desired amount of vitamin C and mix with as little water as possible for the powder to mix. This should be able to be achieved in 1 to 2 cups of water. The desired amount of vitamin C can

be determined by the serving size and grams (or mg) of vitamin C per serving size which will be indicated on the label of the powder you are using.

Maintenance Doses

Once you have determined your maximum level of vitamin C maintain that level while symptoms lessen. If you are treating yourself properly you should notice relief within a day. Particularly, your appetite and energy levels should increase. It varies per person, but after a few days, you should be feeling at least 80-90% of your healthy baseline levels. This means the treatment is obviously working. Please note however, the virus is still active in your body, but your body is able to adequately defend itself from the virus and suppress all or most of the negative symptoms associated with mono. Because the virus is still active you need to maintain your bowel tolerance doses of vitamin C for at least a week. Also, be forewarned that as the virus is being defeated by your immune system, you may require less vitamin C which will be indicated as such by experiencing diarrhea once again. If this occurs, simply scale back on the amount of the vitamin C to *just under* the maximum titration levels. I emphasize *just under* in the previous sentence because it is a common mistake to back off too much and then be under supplementing and the symptoms return!

After a week or more of maintenance doses of vitamin C, you may begin to back off your levels of vitamin C levels. This does not mean stop cold turkey. It is strongly recommended to back off the supplementation gradually and then once at a dose you perceive normal, maintain this dose for some time. The reasoning behind this is that your body may create a temporary dependency on vitamin C supplementation as it had just gotten used to having “appropriate” amounts of vitamin C and then you are snatching it away from your body. I say “appropriate” because there is currently a discrepancy in the scientific community as to the current levels of vitamin C recommend by the RDA and other advisory agencies. Some argue the figures are many times below the amount of vitamin C our bodies actually require. [7]

Possible Concerns

You may have heard that taking mega doses of a vitamin can be toxic. This is true, but it is only the case with certain types of vitamins- not with vitamin C. Vitamins can be categorized as water-soluble and fat-soluble. Fat-soluble vitamins are the only known vitamins to be toxic in mega doses. Water-soluble vitamins such as vitamin C dissolve readily in water and thus they are easily excreted from the body.

The only real possible complication to taking large doses of vitamin C is diarrhea. This occurs when you reach bowel tolerance levels of vitamin C. If you are not careful in administration of dose frequency and amounts, diarrhea can occur beyond just the one initial occurrence used in determining your tolerance levels. If diarrhea reoccurs than you should take proper precautions to avoid dehydration- a common effect of diarrhea.

Please realize that we humans are not all the same and individuals may respond differently to treatment. Some individuals may be taking much more vitamin C than the known average bowel tolerance levels, and some may be taking much less.

We recommend you consult your physician if you have any preexisting conditions or sensitivities before you increase your vitamin C intake. It is always recommended to consult a physician or a nutritionist before modifying your dietary intake.

Trouble Shooting

There is one common reason why the cure may not work for you and a very easy solution. The number one reason why the method fails is because patients don't reach proper levels of vitamin C intake. This method is only effective with vitamin C levels just below the bowel titration point; anything lower than that

will be useless. It's counterintuitive, but the body sets a "tipping point" that must be surpassed in order for this treatment to be effective. Anything below that point will be essentially useless. There is not a sliding scale of effectiveness so if you just take a lot of vitamin C it will be effective. No, it doesn't work that way. You have to take at least x amount for it to be effective, where x is an amount just below bowel titration levels. It's all or nothing. So, if you are not getting results, I invite you go back to the beginning where you can determine your maximum titration level again and start over.

My Story

I am not a doctor, a nutritionist, or a scientist nor do I claim to be. I am a normal person who was the unfortunate recipient of a bad case of mono- *very bad*. Let me share my story with you as some of you will be able to relate and so you get my motivation in bringing you this valuable eBook. I was 20 at the time and in college. I was attempting to experience all of the fun of college has to offer as well as concentrate on my studies – a task I admittedly was stumbling through. Needless to say, I was under a lot of stress and probably wasn't eating as healthy as I normally would be and my immune system was a bit compromised. It was the middle of final exams when I first experienced mild cold sweats and a very sore throat. I decided to visit the health center on my

campus and they dismissed my symptoms as allergies and sent me home.

Unfortunately my method for studying involved consuming energy drinks and a lot of overnight cramming for morning exams. I actually stayed up for 48 hours straight to study for and take 2 of my most challenging exams. Having an already compromised immune system and a sore throat, this wasn't the very best idea in hindsight, but then again I felt I didn't have much of a choice. After that 2nd exam I went to sleep and was waking up with really bad cold sweats and couldn't swallow very well at all. My cough had actually developed into a wheeze. At the end of the next day I woke up with almost no energy and new something was wrong. I had never felt this sick in my life. I went to emergency room of the nearest hospital. Finally someone with competence took one look at me and deduced I had mono. They also noticed my yellow hued skin and eyeballs- not pretty. After taking a mono spot test the doctor sent me home with a horrible diagnosis- mono. But I not only had mono, I also had mono induced hepatitis and pneumonia. The doctor said there was nothing to do and it would take many weeks of rest until I felt better again.

Fortunately I had a friend drive me home where a family member took care of me for several days. I went to a local doctor at home who also began to monitor my liver enzyme levels for the hepatitis. At this point I had about 4 hours of wakefulness during the day and I was eating my meals out of baby food jars. It

was horrible. Being a person who doesn't take no for an answer, nor believes everything he hears, I got on the internet to see if I could be doing something to recover faster. That is where I came across the work of several doctors whose little known articles gave me hope and help me discover the Mono Cure. I haphazardly ingested vitamin C like it was my job in hopes of it doing something. Needless to say I experienced a lot of diarrhea, but frankly, I didn't care. Diarrhea was nothing compared to how miserable I felt. Long story short, two days later I was outside playing basketball with my buddies. In hindsight I know I should have been resting even though I felt better, but at the time I didn't care.

Since then I have told everyone I can about my discovery of the Mono Cure. I told friends, friends of friends, and even strangers in the drug store. I couldn't believe that it wasn't public knowledge. Through my grassroots campaign, I probably helped close to 50 people with their mono. But 50 people weren't enough. I needed to get the word out to the masses. Being a computer guy, I know the best way to do that is through the internet. That is why I launched a massive targeted ad campaign to hopefully find readers like you and help many more people. All the while I had been doing hours upon hours of research gathering data for this eBook and constantly improving it through the feedback from the hundreds of readers whose lives I helped already.

Your Story

Once you've cured yourself from mono, I'd like to hear your success story. Your stories are what fuel me to keep going and spreading the word for this cure. Please click [here](#) to go to a page on our website where you can submit your success story.

Feedback

Your feedback is also immensely helpful in making The Cure as effective as possible. So please don't be shy to include any constructive criticism or additional positive feedback. Please click [here](#) to go to a page on our website where you can submit your feedback.

Share with Others

If you are grateful as I am that I came across this cure and you want to help others with the information you can. Please show your generosity by clicking [here](#) and going to a form on our webpage where you can easily email a friend about our site. Spread the word and save others from the agony of mono.

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CHART A

The chart below is used to track your progress in treating your mono. It has a list of common mono symptoms down the left hand side and an empty 2 rows across the top to record the date and time of each measurement. If you are not exhibiting a symptom we have listed below, simply ignore it. If you have symptoms that aren't in the chart already, we left room for you to add your own. We suggest you take 2 measurements a day to accurately track your progress.

Date:													
Time:													
Symptoms													
Fever													
Throat Soreness													
Energy Level													
Sleep Requirement													
Caloric Intake													
Energy Level													
Jaundice Level													

Date:													
Time:													
Symptoms													
Fever													
Throat Soreness													
Energy Level													
Sleep Requirement													
Caloric Intake													
Energy Level													
Jaundice Level													

Chart B:

The Chart below is used to record and track your intake of vitamin C. Record the date, time and grams of vitamin C consumed for each dose. This chart will assist you in determining and maintaining your maximum bowel tolerance levels of vitamin C.

	Date	Time	Dose		Date	Time	Dose		Date	Time	Dose		Date	Time	Dose
1				41				81				121			
2				42				82				122			
3				43				83				123			
4				44				84				124			
5				45				85				125			
6				46				86				126			
7				47				87				127			
8				48				88				128			
9				49				89				129			
10				50				90				130			
11				51				91				131			
12				52				92				132			
13				53				93				133			
14				54				94				134			
15				55				95				135			
16				56				96				136			
17				57				97				137			
18				58				98				138			
19				59				99				139			
20				60				100				140			
21				61				101				141			
22				62				102				142			
23				63				103				143			
24				64				104				144			
25				65				105				145			
26				66				106				146			
27				67				107				147			
28				68				108				148			
29				69				109				149			
30				70				110				150			
31				71				111				151			
32				72				112				152			
33				73				113				153			
34				74				114				154			
35				75				115				155			
36				76				116				156			
37				77				117				157			
38				78				118				158			
39				79				119				159			
40				80				120				160			

