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Information about Ebola

By Clifford Woods

What is Ebola? The Ebola virus disease (EVD), formerly known as Ebola hemorrhagic fever is a severe, often fatal illness in humans if left untreated.

The virus is said to be transmitted to people from wild animals and spreads into the human population through human-to-human transmission. The average EVD case fatality rate is around 50%. Fatality rates have varied from 25% to 90% in past outbreaks.

Ebola is introduced into the human population through close contact with the blood, secretions, organs or other bodily fluids of infected animals such as chimpanzees, gorillas, fruit bats, monkeys, forest antelope and porcupines found ill or dead in the rainforest.

Ebola then spreads through human-to-human transmission via direct contact (through broken skin or mucous membranes) with the blood, secretions, organs or other bodily fluids of infected people, and with surfaces and materials (e.g. bedding, clothing) contaminated with these fluids.

What does it do to the human body? Apparently Ebola attacks every organ and tissue in the body (except the bones and skeletal muscles). There are currently five known subtypes of Ebola. The first strain to be identified is known as the Zaire strain and is widely considered the deadliest form of the virus.

Signs and Symptoms of Ebola typically include:

- Fever (greater than 38.6°C or 101.5°F)
- Severe headache
- Muscle pain
- Vomiting
- Diarrhea
- Stomach pain
- Unexplained bleeding or bruising

Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola but the average is 8 to 10 days.



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Recovery from Ebola depends on the patient's immune response. People who recover from Ebola infection develop antibodies that last for at least 10 years.

Some of the main things that the virus does in the body are as follows (although it is not yet clear how the virus does these things):

- Weakens the body's immune systems response thus rendering it unable to defend itself.
- Inhibits interferon which is a molecule that cells use to further retard viral reproduction.
- Attacks the connective tissue and reproduces at an extremely fast rate in the collagen (collagen is what keeps our organs where they belong), effectively digesting the tissue as it does this.
- Ebola virus's clotting factor decreases blood supply to the vital areas of the body such as the liver, brain, kidneys, lungs, intestines, testicles and extremities.
- In the final stages death generally occurs when a catastrophic drop in blood pressure due the damage done to the blood vessels and massive blood loss. Death may also occur due to multi-organ failure and/or shock.

Where did the virus come from? The name Ebola comes from the name of a river near which one of the first recorded outbreak of Ebola occurred; the Ebola River located in Yambuku in the Democratic Republic of Congo (known as [Zaire](#) 1971-97); in Central Africa.

According to The World Health Organization, Ebola virus disease (EVD) first appeared in 1976 in 2 simultaneous outbreaks, one in Nzara, Sudan, and the other in Yambuku, Democratic Republic of Congo.

What can you do about it? The CDC has issued information and guidelines that can be helpful. The more basic information one knows about a disease the better he or she can deal with it – so the main thing would be to get informed. This Ebola Fact Sheet from the CDC could be useful:

<http://www.cdc.gov/vhf/ebola/pdf/ebola-factsheet.pdf>

Dr. Francis Collins, the head of the National Institutes of Health, recently said in a newspaper interview that the NIH has been working on Ebola vaccines since 2001.

Teva, an Israeli drug company, has figured out how to produce an experimental vaccine called ZMapp that can potentially eradicate Ebola. Teva has enlisted the help of Protalox, another Israeli company, to mass produce the drug which was developed by American and Canadian companies.

According to NaturalNews - **Vitamin C** in one of the best defenses against acute viral infections like Ebola. Essentially, vitamin C destroys viruses by triggering the "Fenton reaction" -- a process where viral replication is compromised. The vitamin also promotes a strong immune system, allowing for harmful invaders to be attacked and neutralized.



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Whatever you choose to do about it, I would suggest that you get yourself informed; the better your immune system, the better your resistance to any sort of illness; so get informed and improve your immune system as a start.

[The information contained in this article is believed to be reliable. I have taken every precaution to verify its accuracy; I am not a medical professional and make no warranties, representations or guarantees of any kind as to its accuracy. Medical knowledge is in a constant state of change, and what I have written here may be out of date by the time you read it. The information that I have provided here is for informational purposes only and not for use in diagnosing any condition that you may or may not have. Always consult with your doctor before treating yourself.]

Sources used for this article are:

- World Health Organization: <http://www.who.int/mediacentre/factsheets/fs103/en/>
- MD Health: <http://www.md-health.com/What-Does-Ebola-Do-to-the-Body.html>
- Center for Disease Control and Prevention (CDC): <http://www.cdc.gov/vhf/ebola/pdf/ebola-factsheet.pdf>
- Change The Brand: <http://changethebrand.com/2014/10/17/israeli-company-develops-ebola-vaccine/>
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