**Covid-19 Full Long Haul Treatment Summary -** Vir McCoy Sept 2022

V35

NOTE: I am not a doctor. This list was generated from my intuition (as a medical intuitive), doctors, scientific research, herbalists, healers and Covid Long Haul personal stories. It is not exhaustive, nor is everything to be taken at once. It spans treatments from the scientific to the spiritual. Find what works for you and simplify your protocol. Check for harmful combinations and doing too much. Look for synergy and alchemy and rotate. Trust your intuition, and find a doctor or clinic that understands Long Haul Covid.

Scientific references are numbered, click on number for link.

**MY STORY**: I got Covid-19 on Dec 3, 2020 or so. It was mostly mild with some body aches and a low grade fever for 3 days. I tested positive Dec 8. Then a couple weeks later, Long Haul symptoms kicked in with non-stop headaches (felt like a metallic ice cream headache or alcohol hangover that never leaves), brain fatigue (More like brain fire “electrical fizz or battery acid”), complete loss of smell, lethargy, weakness, ringing in the ears, sleeplessness, anxiety, jumbled thinking, and a mild cough (once a day for the first 4 months). Blood tests showed increase in cytokines and inflammatory markers (CCR5, IL10, and TNF-alpha) with increased glucose levels, low testosterone levels, and flare up of Epstein Barr Virus (All classic Long haul symptoms). After a month my smell came back. Slowly but surely I got better rotating through the items below. I started to have good days and then bad days. There was no miracle cure for me, but a comprehensive integrative program as summarized below, including psycho-spiritual, mental and physical activities. I also saw a functional/ integrative doctor and did neuroplasticity retraining (NRDS).

**SCENARIO**:

**ACUTE COVID** - **Viral infection**

The Covid virus consists of replicating RNA enclosed in a lipid membrane. On the outside of the membrane are spike proteins that pierce blood cells and allow the virus to enter and replicate. The Covid 19 Virus accesses the body through the S1 spike protein via the ACE-2 protein receptors (found in gut, heart and brain), which triggers infection and inflammation [1](https://cellandbioscience.biomedcentral.com/articles/10.1186/s13578-020-00519-8). The spike protein gets into the nucleus of cells and impairs DNA damage repair. [1.5](https://www.mdpi.com/1999-4915/13/10/2056/htm?s=08). Covid disrupts the gut microbiome where much of the immune system resides [2](https://gut.bmj.com/content/70/4/698). Severe Acute Covid can create neurological disorders, micro clots, brain bleeding, stroke, encephalitis, encephalopathy, epilepsy, pulmonary issues, neurodegenerative diseases, and inflammatory-mediated neurological disorders and death [3](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7692725/). Viral replication is unlikely after 20 days but possible [4](https://www.nature.com/articles/s41586-020-2196-x). 80% of Covid cases will be mild while up to 20% will be severe (often with underlying conditions, age and ethnicity factors), often involving the lungs, and hospitalization.

**LONG HAUL COVID – Vascular Inflammation**

Approximately 10-30% (or more) of the mild cases may develop into Long Haul Covid [6](https://www.beckershospitalreview.com/public-health/emerging-trends-among-covid-19-long-haulers-6-physicians-weigh-in.html). There are now blood markers and genetic indicators being discovered that indicate a Long Haul Covid predisposition [7](https://www.outsourcing-pharma.com/Article/2020/12/23/Analysis-could-pinpoint-long-haulers-among-COVID-patients), [7.5](https://www.medrxiv.org/content/10.1101/2021.03.09.21253206v1) It appears that high levels Neanerthal DNA may be one of the the culprits [7.9](https://www.nature.com/articles/s41586-020-2818-3) Other genetic predispositions appear to be with Hispanic people. In addition higher pre-existing glucose levels (or diabetes) and blood imbalances. may set the stage for Covid Long haul complications [8](https://diabetes.diabetesjournals.org/content/69/10/2048).

In Long Haulers the non-replicating Covid S1 spike protein crosses the blood brain barrier and persists in a type of white blood cell called a non-classical monocyte. Spike proteins were found up to 15 months after initial infection [24](https://www.frontiersin.org/articles/10.3389/fimmu.2021.746021/full). . The immune system does not recognize the spike protein (or the spike protein avoids immunity by mutating [11](https://pubmed.ncbi.nlm.nih.gov/33112236/)). This sets up an inflammatory response. There is also a Vaccine Long Haul (over 3 months of symptoms) with the same inability to break down fusion spike proteins, with similar symptoms as discovered by Dr. Bruce Patterson and team [30](https://www.youtube.com/watch?v=XX30o9GOQiE).

The lingering spike proteins in the monocytes set up a cytokine storm with MAST cell (allergic response) activation that release histamines into the brain, causing brain neuroinflammation, vasodilation, congestion, “Brain fog” [12](https://pubmed.ncbi.nlm.nih.gov/32945158/), as well as a myriad of other inflammatory symptoms such as: ringing in the ears, hair loss, rashes, heart palpitations (tachycardia), neurologic issues, lymphatic stagnancy and psychiatric conditions [13](https://www.nature.com/articles/s41591-021-01283-z), and more. The spike protein also impairs DNA repair [13.5](https://pubmed.ncbi.nlm.nih.gov/34696485/). The lymphatic system gets overwhelmed and backed up causing soreness in lymph areas in the neck. [14](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7189839/). Rogue idio or “Auto-antibodies” may add to the foray with an immune system in hypersensitive overdrive [15](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370%2820%2930178-4/fulltext).,[15.4](https://www.nejm.org/doi/full/10.1056/NEJMcibr2113694) These autoantibodies attack the ACE 2 enzyme that regulates the immune system [15.5](https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0257016)., as well as attacking white blood cells (Perhaps the monocytes with spike protien?). The autoantibodies cause blood clotting and microtear damage [14.5](https://onlinelibrary.wiley.com/doi/10.1111/jth.15490). Covid patients also have lower levels of Carbon Dioxide (Hypocapnia) in blood [16](https://www.frontiersin.org/articles/10.3389/fpubh.2020.596168/full), and/ or reduced oxygen levels in blood (Hypoxia) [17](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7175905/). A genetic component is likely involved [18](https://www.the-scientist.com/news-opinion/key-genes-related-to-severe-covid-19-infection-identified-68276), as well as previous immune dysregulation from infections like Lyme disease, Herpes family viruses like Epstein Barr, varicella (shingles and chickenpox) Mononucleosis etc. that also may be stirred up and complicate, or even be the new problem [19](https://pubmed.ncbi.nlm.nih.gov/33332890/). An inflamed pituitary gland in the brain causes dysfunctions with aldosterone, lowered cortisol (which regulate stress and blood sugar or glucose) Insulin, and glucose [19.5](https://pubmed.ncbi.nlm.nih.gov/33939057/), [20](https://diabetologia-journal.org/2020/07/11/study-links-abnormally-high-blood-sugar-with-higher-risk-of-death-in-covid-19-patients-not-previously-diagnosed-with-diabetes/). In addition, from the pituitary imbalance, hormone imbalances occur with lower testosterone levels in men or irregular menstrual cycles in women. Imbalances in the gut may influence the severity [20.5](https://www.webmd.com/lung/news/20210113/peoples-microbiomes-might-influence-covid-19-severity-study#1). Exercise exacerbates the symptoms [21](https://pubmed.ncbi.nlm.nih.gov/28847166/). This whole scenario results in immune dysregulation and gene changes [22](https://eurekalert.org/pub_releases/2021-04/eb-gcm041621.php). A Long Haul or persistent Covid syndrome can last for months and even years [23](https://www.pensummed.pro/blogs/covid-19-long-haulers). Specific blood tests for inflammatory indicators and levels of hormones etc. help with treatment.

**Analogy**

The white blood cells (Non classical monocytes) get a little piece of sand or shard of glass (spike protein) that is not being broken down properly and causing all sorts of irritation, dysregulation and inflammation. It’s like the immune engine is racing and not in gear, or like some soldiers from the immune army have gone rogue and confused over the “trash (S-1 protein) ” of the virus (PTSD) [24](https://www.washingtonpost.com/health/2021/06/07/covid-are-brains-affected/?utm_campaign=wp_post_most&utm_medium=email&utm_source=newsletter&wpisrc=nl_most&carta-url=https%3A%2F%2Fs2.washingtonpost.com%2Fcar-ln-tr%2F334f348%2F60be49aa9d2fdae302736423%2F5c3ac688ae7e8a02cdfa305d%2F10%2F72%2F60be49aa9d2fdae302736423). The trash is not being removed and backs up creating an inflammatory response, stagnant blood and lymph, like a broken garbage disposal. The immune system in a sense becomes allergic to its own blood attacking the “zombies” that it thinks are going to come back to life. In addition “bugs” that were in prison like Epstein Barr virus escape and wreak havoc as well.

Here is a links to excellent video summarizing symptoms:

<https://www.youtube.com/watch?v=jbc_NhIRgcM>

<https://www.youtube.com/watch?v=vkSI87l8eqc>.

Good talk on Long Haul and Treatment.

https://odysee.com/@FrontlineCovid19CriticalCareAlliance:c/FLCCC-WEBINAR-101321\_FINAL-(1):0

This breakthrough video with Dr, Bruce Patterson explains the entire mechanism as well as an effective treatment. <https://www.youtube.com/watch?v=JwjJs5ZHKJI>

**GOALS**:

1. Decrease inflammation, MAST cell histamine and the Cytokine storm – Put the fire out.

2. Block/ Calm down/stop/die off (apoptosis), the overactive monocytes and rogue immune cells. Block these monocytes from docking/binding at their receptor sites (CCR5 and Fractalkine) on blood vessels. Repolarize

4. Dissolve the spike proteins (and blood clots) with medicines, or re-educate the immune system and new white blood cells to recognize and dissolve the spike proteins / let them go.

5. Get better blood flow, oxygen and CO2 to the brain.

6. Lymphatic and Glymphatic drainage and detoxification.

7. Get the gut microbiome in top shape and heal the gut lining.

8. Eradicate any lingering Covid RNA or other viruses like EBV and bacteria that have flared up.

9. Heal the genetics (Epigenetics) or underlying emotional and ancestral traumas, or predispositions (if possible) that may be adding to the dysregulation of the immune system.

10. Retrain the brain with neuroplasticity retraining programs like NRDS and the Gupta Program which work with the Amygdala and the Limbic System. Stand down the PTSD soldiers. Calm down the sympathetic nervous system. Stimulate the vagus nerve

11. Get the Mitochondria back on Track.

12. Time - Give the immune system time and rest.

Note: Some of the information below is not scientifically supported, or there is insufficient evidence for efficacy. Scientific references are numbered. Proceed at your own risk and consult with a doctor for dosages and guidance. Find what works for you. As a rule of thumb I don’t take more than three medicines at a time and limit to 5 different ones a day. Look for synergy, alchemy and rotate medicines.

1. **REST**. As much rest and relaxation as you can get. More than you think you would need. Take a sabbatical. Listen to calming music or soothing nature sounds often.

1. **WATER.** Drink as much water as you can to flush the lymph and help the pituitary gland balance out. Get good spring water if you can. Get in water: Rivers, oceans, baths and ice water or cold showers. Drink carbonated or sparkling water for CO2 and non-sugar sodas [.5](https://www.nature.com/articles/nm0400_422)
2. **BREATHWORK. A.** Do breath of fire through the nose at least once a day -short quick breaths. This increases alkalinity and oxygen. Also see Wim Hoff Breathing Technique or Stasis breathwork, or Buteyko breathing for activating the parasympathetic nervous system **B.** Do Nauli or stomach churning with breath held out – this increases C02 levels in blood and increases gut fire. **C.** Calming breath: Breathe in through nose at 4 counts, exhale 6 counts in the morning. Before bed inhale 4 counts, hold 4 counts, exhale 4 counts. **D.** Chi Kung breathing exercise scooping heaven/ scooping earth energy **E.** See my Fire Love breathing exercises. <https://www.youtube.com/watch?v=eR2IWUoFJLY&t=48s>
3. **MEDITATIONS**.
4. Get into a quiet space and do some deep breathing. Imagine an icy mountain peak surrounding a cool calm deep lake. Cooling icy calm. Listen to gentle water sounds. Breathe into the stillness. Calm and soften the brain. Imagine the water gently washing, calming and cooling your brain and inflammation. Then Imagine a gentle stream of water clearing out any debris through you down and out. Imagine a cobalt blue light in your brain continuing this peaceful calming energy.
5. Lie down and get comfortable. Begin deep breathing. Get into a loving space by thinking about the things you love: Rivers, oceans, mom, a pet, Jesus, music etc. and generate the feeling of love. Then with that feeling of love hold the painful areas like a baby. Pour out all your love to the pain. Look closely with your sensory perception. What’s it need? What’s the matter? Listen for intuitive clues for remedies and body needs.
6. Get into a quiet space and do some deep breathing. Think about the things you love, to generate the feeling of love. Now Imagine your army of Immune cells and specifically the cells that have gone rogue or confused (monocytes). Imagine Holding them like little babies, send them love, sing them lullabies and instruct them to calm down and relax and stop the attack, that everything is O.K now. With a loving feeling ask them and show them to completely and thoroughly digest the spike proteins and flush them out of the body. Deep breaths. Thank your immune army for doing its job.
7. A. Get into a quiet space and think about the things you love, to generate the feeling of love. Tap in to that part of yourself that is not sick, the part of you that is far greater than any virus or bacteria. Now take your love and send love to the spike proteins or corona virus. Hold it like a baby and pour out your love. See your love melting the disease. This is a “blessing of the enemy.” Think of the disposition of the virus and protein and its miserable life at the bottom of the chain of life. It is part of the universe and creation. See if you can generate compassion for that. B. Now imagine golden light from the brightest sun coming into your brain and burning through or liberating the spike proteins. Imagine the hottest lava love melting the disease. See them dissolving in the highest frequency of light and love. Then do the same but imagining violet flame. While doing this silently say “Transmute, Transmute Transmute, Blaze Blaze Blaze, Consume Consume Consume, Burn Burn Burn! all harmful viruses, bacteria, spike proteins, be gone now!.” Send them back to the light. See your immune “recyclers” cleaning up the protein trash in the brain and lymph. Imagine any leftover proteins dissolving in golden light and being digested. Imagine a cobalt blue cooling everything off.
8. See methods like the NRDS, The Gupta Program, and other neuroplasticity retraining programs.
9. **EXERCISE**.

Do gentle exercises only. Nothing too strenuous (Don’t break a sweat). Cardiovascular exercise exacerbates symptoms and stimulates epinephrine, triggering monocytes to inflammation [25](https://pubmed.ncbi.nlm.nih.gov/28847166/). Try walking, Yoga (Headstands (Get blood in brain), gentle bouncing on a trampoline (for lymph) Lift weights (more space between sets). Chi Kung, Tai Chi.

1. **GUT HEALTH**.
2. Probiotics - Get a good low histamine probiotic. Try Prebiotics and postbiotics as well
3. Try Diamine Oxidase (DOA) before food to slow histamine response [25.5](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6859183/).
4. Gut Supplements – Try: Homeostatic Soil organisms, Fulvic acid, Licorice, Aloe Vera, L Glutamine, Amylase, Serratopeptase.
5. Practice Nauli or churning the gut stimulating “fire,” and the immune system.
6. Work with any underlying emotional issues stuck in the gut.
7. Increase digestive fire and brain health by eating high fats and grasses like wheatgrass.
8. Remove gluten and grains and other immune dampening foods. Eat a modified Ketogenic diet (See below)
9. Sugar free gum for Amylase
10. **LOW INFLAMMATION / ANTIHISTAMINE DIET**. In general abstain from sugars, gluten, ferments, smoked meats (sardines, salmon, salami), nightshades, alcohol (see below), citrus and chocolate. You will need to see what foods specifically effect you. Make a food diary. Here’s a list of histamine foods: <https://www.histamineintolerance.org.uk/about/the-food-diary/the-food-list/>
11. **MOST IMPORTANT FOODS TO EAT** (This was for my body, yours may react different)
12. Oils-(Hot oils best) Omega 3 and 6 , Fish Oil (EPA) [26](https://www.sciencedaily.com/releases/2019/01/190108125417.htm), Krill oil, MCT oil, Flaxseed oil, Evening Primrose, Olive oil, Black Currant Oil, Black Seed Oil, Walnut oil, Mustard oil, Canola oil.
13. Fats (Hot and Fresh best): Butter (Ghee), Coconut oil, Pork fat (Organic) , Coconut oil, Cacao butter.
14. Raw Milk/ Colostrum [27](https://www.frontiersin.org/articles/10.3389/fimmu.2021.637152/full) (Try goat).
15. Bone broth, collagen, chicken cartilage
16. Fruits: Pomegranate. Berries: blue, black, red. Melons.
17. Nuts: Avoid except raw pecans, walnuts and brazil nuts (experiment)
18. Veggies: Onion, Garlic Broccoli, Greens, Avocado (fresh), Beets, Carrots, peas, celery
19. Oats
20. Beans (experiment with fresh beans)
21. Condiments and Spices: Mayonnaise, mustard, Coffee (try half cup), ginger, turmeric, cayenne, horseradish, black pepper, onions, cumin, honey, spearmint and mint.
22. NON Smoked Meats: Fresh or fresh frozen Fish, Chicken, Turkey.
23. **ANTIMICROBIALS / ANTIVIRALS** (rotate-don’t take more than 2 at a time) When viruses are active (Covid 19 -Not likely after 20 days- but may persist in pockets ), Covid is severe, or other viruses flare in the Herpes family (Epstein Barr etc.).

1. Monoclonal antibodies (for early infection) [27.5](https://www.nejm.org/doi/full/10.1056/nejme2034495)
2. Ivermectin – an antiparasitic and anti-inflammatory that may decrease viral load by binding to the spike protein. [28](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370%2820%2930464-8/fulltext). [29](https://journals.sagepub.com/doi/10.1177/03000605211013550?url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org&rfr_dat=cr_pub%3Dpubmed&).
3. Other potential *Moderate to Acute* Covid Pharmaceuticals: Hydroxychloroquine [29.5](https://bmcinfectdis.biomedcentral.com/articles/10.1186/s12879-021-05773-w), GS441524 (Remdesivir) [29.5](https://www.nejm.org/doi/full/10.1056/nejmoa2007764), Suramin [29.7](https://pubmed.ncbi.nlm.nih.gov/34068686/), Alinia [27.8](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370%2821%2900261-3/fulltext) , Colchicine [30](https://rmdopen.bmj.com/content/7/1/e001455)
4. Peptides such as TB4, TA1, LL-37, Selank, Cerebrolysin, NAD and many more [30.4](https://www.frontiersin.org/articles/10.3389/fphar.2020.575444/full).
5. Colloidal Silver [30.5](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7486059/)
6. Resveratrol [31](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8155592/).
7. Cats Claw (*Unicaria tomentosa*) [32](https://pubmed.ncbi.nlm.nih.gov/33118480/) or Chinese Cats Claw (*Unicaria rhnchophyllla*)– Also modulates immune system. See Stephen Harrod Buhner’s’ Covid 19 Protocol
8. Propolis [33](https://www.sciencedirect.com/science/article/pii/S0753332220308155) – Helps with histamine as well
9. Olive Leaf Extract / Oleuropein [34](https://www.sciencedirect.com/science/article/abs/pii/S0166354205000677?via%3Dihub) – antiviral
10. Food Grade Hydrogen Peroxide [35](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7308628/) (Be very careful – only Food Grade and just a drop diluted in water or better to nebulize)
11. Wormwood tincture (*Artemisia Annua*) [36](https://www.news-medical.net/news/20210719/Study-proves-effectiveness-of-Artemisia-annua-against-SARS-CoV-2-in-vitro.aspx)
12. I.V. Ozone [38](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7585733/). Find a qualified practitioner.
13. Elderberry [39](https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-021-03283-5)
14. Monolaurin [40](https://www.researchgate.net/publication/346748133_Bioactive_monolaurin_as_an_antimicrobial_and_its_potential_to_improve_the_immune_system_and_against_COVID-19_a_review) (Coconut derived)
15. Essential oils [41](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7427755/) Oregano (just a drop or two internally) Rosemary, Frankincense, Juniper, Bay Laurel, Rosewood, Tea tea tree oil. (Try a diffuser or nebulizer) [42](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8155592/).
16. Nicotiana (Tobacco) [43](https://www.biorxiv.org/content/10.1101/2021.05.17.444533v1.abstract)
17. Dragons Blood (*Croton lechleri*) [44](https://pubmed.ncbi.nlm.nih.gov/23195881/)
18. Pelargonium sidoides [44.5](https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0087487)
19. Bee Venom [45](https://www.frontiersin.org/articles/10.3389/fpubh.2020.594458/full)
20. Nitric Oxide (with acute pulmonary) [46](https://www.sciencedirect.com/science/article/abs/pii/S1089860320301701?via%3Dihub)
21. Lysine [46.5](https://www.longdom.org/open-access/d-llysine-acetylsalicylate--glycine-impairs-coronavirus-replication-jaa-1000151.pdf)
22. Marine Sponge (Remdesevir) [46.6](https://www.frontiersin.org/articles/10.3389/fphar.2021.666664/full)
23. **DAMPEN THE FIRE: HEADACHES / BRAIN FOG /INFLAMMATION/ CHRONIC PAIN/ MENTAL INSTABILITIES/ CYTOKINE STORM ETC.** (find what works for you take 1 or 2 from below)
24. Calm overactive immune system. Low Dose Naltrexone, Fluvoxamine. See FLCCC Long Covid Protocol
25. **Pharmacuetical Antihistamines** [47](https://m.ufhealth.org/news/2020/existing-antihistamine-drugs-show-effectiveness-against-covid-19-virus-cell-testing): H1 and H2 - Pepcid (Famotidine) [47.5](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7336703/), Zantac, Zyrtec, Ketotifen, Loratadine, Cromyln sodium [47.5](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7581400/).
26. **Natural Antihistamines**. Tumeric [47.6](https://pubmed.ncbi.nlm.nih.gov/18398870/), Quercetin [48](https://journal-inflammation.biomedcentral.com/articles/10.1186/s12950-021-00268-6), [88](https://pubmed.ncbi.nlm.nih.gov/27187333/) Nettles [49](https://pubmed.ncbi.nlm.nih.gov/21338626/), Bromelain [50](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7523097/), NAC [51](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7649937/) Colostrum [52](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8021920/),. Baking Soda. Perilla frutences [64.2](https://pubmed.ncbi.nlm.nih.gov/10946827/),
27. **Headaches:** Aspirin, CBD oil [53](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3057423/), Advil, Tylenol, Motrin. Salt water. Vitamin B1 (Megadosing),Colostrum (Transfer Factor), Caffeine, Carbonated Water, Sugar free Cola [54](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7468766/). Lithium Orotate [55](https://brewersciencelibrary.com/prodimages/The%20Clinical%20Application%20of%20Lithium%20Orotate-CM12.pdf).

**Homeopathics** for Headaches: Naturum muriaticum, Belladonna, Iris, Phos Acid, Hepar Sulph, Sulph Acid, Cerus bonplandii, gelsimium, platinum, hyos.

1. **Micro-dose psychedelics**: (Psilocybin, LSD, Peyote, San Pedro Cactus [56](http://usdbiology.com/cliff/Courses/Advanced%20Seminars%20in%20Neuroendocrinology/Therapeutic%20Effects%20of%20Psychedelics%2019/Flanagan%20Nichols%2018%20IntRevPsychiatry%20Psychedelics%20as%20anti-inflammatory%20agents.pdf)) or try synthetic psilocybin [57](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5584001/).
2. Cytokine storm: Metformin [58](https://www.news-medical.net/news/20210606/Metformin-potently-inhibits-SARS-CoV-2-induced-cytokine-release-in-monocytes.aspx) (Also for lowering glucose levels)
3. **Herbal Anti-inflammatory:**. Tumeric, Andrographis, Agave Tincture (also for Mold) [58.7](https://pubmed.ncbi.nlm.nih.gov/15698688/) Resveratrol [59](https://pubmed.ncbi.nlm.nih.gov/32985211/), Curcumin [60](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7899028/), Bromelain [60.5](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7523097/) Ashwaganda [61](https://www.frontiersin.org/articles/10.3389/fphar.2021.623795/full), Agave/Yucca [63](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6269955/). (Also see the natural extract Hecogenin [64](https://www.researchgate.net/publication/338992877_SAPONINS_AND_SAPOGENINS_OF_AGAVE_WITH_RESPECT_TO_DIVERSE_PHARMACOLOGICAL_ROLE_OF_HECOGENIN)). Aloe Vera, Opuntia, cayenne, Chinese formulas (varies), Sage (Salvia), Cinnamon, Dragons Blood
4. **Anti-Inflammatory Supplements – Glutathione** [**64.4**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7402141/)**, Oils:** Black currant seed oil, Black seed oil *Nigella Sativa*[78.8](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3642442/) , Fish oil (Omega 3**). Palmitoylethanolamide (PEA)** [**64.2**](https://www.hindawi.com/journals/iji/2013/151028/)**, SPM** (specific pro resolving mediator) [72](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7204710/). **Flavonoids**: Luteolin [78.5](https://pubmed.ncbi.nlm.nih.gov/33847020/), Tart Cherry [78.6](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6413159/)., **NAD** [91](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7322475/), **Nitric Oxid**e, **N-Acetyl Cysteine (NAC)** [91](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7649937/), **L Tryptophan** (can cause depression) [92](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8087860/), **Nrf2** [93](https://www.sciencedirect.com/science/article/pii/S0165614720301656),
5. **Brain and Memory Herbs** (Find a good blend): Gingko biloba, Gotu cola, St John’s wort, Siberian ginseng, Bacopa [62](https://www.frontiersin.org/articles/10.3389/fphar.2020.581840/full)
6. **Mental Symptoms/ Neurological/ Anxiety and depression:** Fluvoxamine [65](https://www.treatearly.org/fluvoxamine), Ketamine [66](https://www.journal-of-hepatology.eu/article/S0168-8278%2821%2900107-0/fulltext) , 5HTP [67](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7832208/), Benzodiazepines [68](https://bmcmedicine.biomedcentral.com/articles/10.1186/s12916-020-01685-9), Topamax.

Homeopathic: Stramonium, Agaricus

1. **Low dose steroids** – Prednisone, Dexamethasone, Naproxen [70](https://clinicaltrials.gov/ct2/show/NCT04657484), Hecogenin (see above) when low cortisol levels.
2. **Enzymes**: Serratopeptidase [73](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7032259/) and Lumbrokinase [74](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3876685/).
3. **Plant Saponins** [75](https://pubmed.ncbi.nlm.nih.gov/31084220/), [76](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5855365/)
4. **Peptides**. NAD, VIP peptide [76,5](https://www.jhltonline.org/article/S1053-2498%2821%2902070-2/fulltext), Cerebrolysin, TA1, LL3, [77](https://www.frontiersin.org/articles/10.3389/fphar.2020.575444/full) Epinecidin 1 ( peptide derived from the Grouper fish – Also antiviral) [78](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6879556/). Many more await discovery.
5. **I.V.** Vitamin C, NAD
6. **Hyperbaric Oxygen** [**78.9**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7456590/)
7. **IMMUNE SUPPORT / MODULATION / REGULATION / RESET**
8. Meditation (see meditations above)
9. Mushrooms: Rieshi (and Beta Glucan) [79](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8155592/) Chaga, Agarikon, Shitake, Agaricus blazeii, Lions mane, *Cordyceps militaris* [80](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7404338/)
10. Ivermectin [80.5](https://journals.lww.com/americantherapeutics/fulltext/2021/08000/ivermectin_for_prevention_and_treatment_of.7.aspx) (Does not cross blood brain barrier)
11. Antioxidants: Quercitin, Vitamin E, Blueberries
12. Low Dose Naltrexone (LDN-calms immune system) [69](https://clinicaltrials.gov/ct2/show/NCT04365985).
13. Immune Apoptogenic herbs like Ashwaganda [81](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3336880/) and Carnivora (Venus Fly Trap) [82](https://innovativemedicine.org/wp-content/uploads/2015/06/Carnavora1.pdf)
14. Shulajit [83](https://pubmed.ncbi.nlm.nih.gov/27546551/)
15. Kambo [84](https://www.deccanherald.com/science-and-environment/kambo-the-immunity-boosting-poison-obtained-from-an-amazonian-frog-933934.html),
16. Ketamine [85](https://clinicaltrials.gov/ct2/show/NCT04365985), also helps with depression [86](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4089991/)
17. Pro Resolving Mediators [87](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5242505/)
18. Bufo [87.5](https://www.sciencedirect.com/science/article/pii/S2667142521000063)
19. Ibogane
20. **MOST IMPORTANT VITAMINS AND MINERALS**

Vitamins, A, B1, , B3, B6, B9, B12, (See Megadosing protocols below), C, Vitamin D (may or may not be helpful in Long Haul [90](https://www.mdpi.com/2072-6643/13/7/2430)) ,

Minerals: Magnesium glyconate, Silica, Niacin (See Megadosing Protocols) , Zinc, , Selenium, Phosphorus, Iron if low (may be high check Ferritin levels) [89](https://link.springer.com/article/10.1007/s10787-021-00826-7).

1. **SPIKE PROTIEN ELIMINATION / DEGRADATION**
2. Serrapeptase and Lumbrokinase [95](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5993548/)
3. Lye (Soap) as a homeopathic (Sodium Hydroxide [96](https://www.sciencedirect.com/science/article/abs/pii/0003269777900860)) or Lye water (Caution very caustic).
4. Shikimic acid [97](https://www.researchgate.net/publication/277348748_Content_Analysis_of_Shikimic_Acid_in_the_Masson_Pine_Needles_and_Antiplatelet-aggregating_Activity): Pine Needle Tea, Fennel Tea and seeds, Star Anise Tea etc.
5. Proteolytic/ digestive enzymes: Protease, Pepsin, trypsin, elastase, chymotrypsin. [98](https://pubmed.ncbi.nlm.nih.gov/32956643/)
6. Alcohol (breaks down proteins) [99](https://www.aatbio.com/resources/faq-frequently-asked-questions/How-does-alcohol-denature-a-protein). Experiment with this without histamine reaction, Try 2 drinks a week. Mescal
7. Turpentine [100](https://journals.physiology.org/doi/abs/10.1152/ajpendo.1990.259.6.e763) (Just a drop in water)
8. Homeopathics: Graphite 6C, Petroleum 6C, Causticum, Naturum Causticum (Sodium hydroxide), Thuja, Carsinosum
9. Peptides [101](https://www.nature.com/articles/s42003-020-01470-7), [101.5](https://www.nature.com/articles/s42003-020-01470-7)
10. Saponins from Agave sp. and other plants (Cytotoxins) [102](https://pubmed.ncbi.nlm.nih.gov/10865469/), Poke Root [102.5](https://pubmed.ncbi.nlm.nih.gov/34111482/)
11. Fulvic [103](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6151376/) and Humic Acid
12. Licorice [104](https://pubmed.ncbi.nlm.nih.gov/33041173/)
13. Tea Tree Oil (Inhaled) [104.5](https://ijpsr.com/bft-article/inhalation-of-essential-oils-could-be-adjuvant-therapeutic-strategy-for-covid-19/)
14. Ivermectin. [104.6](https://www.futuremedicine.com/doi/10.2217/fvl-2020-0342)
15. Glycoside Hydrolase enzymes (Alpha and Beta galactosidase etc)
16. Aminoglycoside antibiotics like paramomycin. [104.7](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7306207/)
17. Emodin (Chinese Rhubarb, Buckthorn, Japanese Knotweed [104.8](https://pubmed.ncbi.nlm.nih.gov/16730806/)
18. **MONOCYTE RECEPTOR BLOCKERS (ACE2, CCR5** [**33.5**](https://en.wikipedia.org/wiki/CCR5_receptor_antagonist)**, and Fractalkine antagonists)**
19. Maraviroc (Pharmacuetical) – HIV drug that blocks auto immune response (See Dr. Patterson below) with CCR5 [105](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7430595/), [106](https://pubmed.ncbi.nlm.nih.gov/19622053/)
20. Statins – Garlic, Atorvastatin (Pharmaceutical) [107](https://clinicaltrials.gov/ct2/show/NCT04380402?term=statins&cond=COVID-19&draw=3&rank=17), Lovastatin (Derived from red yeast rice and oyster mushroom [108](https://en.wikipedia.org/wiki/Lovastatin)). Nopal cactus, Niacin. Psyllium, Many other pharmaceutical statins that block Fractalkine as well [109](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1867858/).
21. Curcumin (for inflammation as well) [110](https://pubmed.ncbi.nlm.nih.gov/15569263/)
22. Anibamine (Pharmaceutical) (Derived from Rosewood (*Aniba citrifolia* sp) [111](https://pubmed.ncbi.nlm.nih.gov/20579875/)
23. KAND567 (Pharmaceutical) [112](https://academic.oup.com/eurheartj/article-abstract/40/Supplement_1/ehz746.0080/5597430)
24. Peptid T [113](https://pubmed.ncbi.nlm.nih.gov/10527688/) (CCR5 Blocker). Other peptides undergoing research. [113.5](https://pubmed.ncbi.nlm.nih.gov/21375388/)
25. Shikonin (Purple Gromwell) [114](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC182643/)
26. *Sanguisorba officinalis* [115](https://www.sciencedirect.com/science/article/pii/S1021949813000987)
27. Angiotensin receptor blockers like Benicar (for auto-antibodies) [117](https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0257016)
28. Ace 2 Herbal blockers such as steroidal saponins and tobacco. [115.9](https://www.frontiersin.org/articles/10.3389/fphar.2021.629935/full)
29. Aspirin (Fraktalkine) [116](https://link.springer.com/article/10.1007/s10557-009-6213-4)
30. **DETOXIFY and LYMPHATIC DRAINAGE**.
31. Fasting [118](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7351063/) Either a long fast with hot water, lemon juice and stevia, or intermittent fasting (Not eating till later in the day). [118.5](https://www.buchinger-wilhelmi.com/en/long-covid-fasting/) Be careful if high glucose levels.
32. Find a good hands on Osteopathic Doctor, Cranial Sacral practitioner or Lymphatic massage specialist.
33. Mud Packs
34. Sweat: Saunas, infra-red sauna, hot springs, hot baths. After heat, Massage yourself from occiput of neck, down sides of neck towards shoulders (Lymph gets backed up here). Cross arms across chest, place fingers at clavicle and gently lift up and down [119](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2755111/).
35. Detoxify heavy metals, vaccines and chemicals with chelation [120](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3654245/), Chlorophyll, Charcoal, Nano-Zeolites, coffee enemas , cilantro, chlorella, wheatgrass, foot baths and homeopathics
36. Glymphatic drainage [121](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4636982/): Sleep, Phosphotydalserine [122](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7817455/).
37. Lymphatic drainage herb blends including Cleavers, Echinacea, Red root, Yellow dock, licorice, Apples etc. [123](https://www.frontiersin.org/articles/10.3389/fphar.2020.01259/full)
38. Weights (breaks between sets)
39. Milk thistle, Dandelion for Liver [124](https://www.ncbi.nlm.nih.gov/books/NBK11896/)
40. Chewing gum. [124.5](https://www.dentistrytoday.com/saliva-chewing-gum-and-oral-health/)
41. Sodium Bicarbonate (Baking Soda) [94](https://search.bvsalud.org/global-literature-on-novel-coronavirus-2019-ncov/resource/en/covidwho-914995).

1. **HOMEOPATHICS for Long Haul Covid**– (Read up on each and find ones that work for you and work with a good homeopath) order from Hahnemann labs. https://www.hahnemannlabs.com

Belladonna, Aconite, Arsenicum album, *Carbo Veg*, Carbolic Acid, Coffee, *Muriatic Acid*, Nat. Mur., Hypericum, Hepar. Sulph., Opium, *Phosphoric Acid*, Gelsimium, Plumbum metallicum, *Stramonium*, Rhus Tox, Sulphur, Thuja, *Sulfuric Acid*, Silacea, Scorpion, Buthus, Ceres bonplandii, Muriatic acid, Iris, Silica. And more: https://hpathy.com/homeopathy-papers/post-covid-world/

1. **SLEEP HELP**

A. before sleep: Breath of Fire, Deep breathing – Inhale 4 counts, hold 4, exhale 6 [125](https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-recovery-breathing-exercises)

B. Calm (with Magnesium glyconate), PM Advil, Melatonin [126](https://journals.plos.org/plosbiology/article?id=10.1371/journal.pbio.3000970) (Not with Tylenol), Valerian [127](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4394901/), Ashwaganda.

C. CBD oil [128](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6326553/)

1. **PSYCHO/SPIRUTAL**
2. Plant medicine /ceremonies/ dissociatives – Access deeper unfelt emotional issues and ancestral issues that may be dampening the immune system as well as resetting and calming the overreactive or malfunctioning immune system [41](https://www.sciencedirect.com/science/article/pii/S0165247820303977). Ayahuasca, Peyote, Ibogaine, Bufo (Dmt), Ketamine, San Pedro Cactus. (Use extreme caution and only with a qualified practitioner)
3. Neuroplasticity retraining meditations like NRDS or the Gupta program.
4. Work with ancestral or genetic karma (Epigenetics). Family constellation work and forgiveness work
5. Victim mentality – work with that part of yourself (I found this helpful)
6. Fear of Death – try meditation, embracing death as a transformation and not an end.
7. Why did I get Covid? What’s it teaching me? Look at better vigilance and boundaries.
8. Bless the enemy – pray for the liberation of Covid. Thank it, Bless it, Burn it.
9. **EXTRA HELP**
10. Ice Brain and back of neck, Ice baths, Cold showers.
11. Pacing [130](http://www.cfsselfhelp.org/library/how-i-use-pacing-manage-cfs?fbclid=IwAR3Hzquyt04GgjV-s8oOgij0yke2PIyensQbgi9zNMVW9WsAVVMC0JWJZ20)
12. Less screen time, do crossword puzzles, chess, games etc. Brain gym.
13. Baking Soda and/or Salt Baths
14. Acupuncture, Cranial Sacral, Osteopathy, Lymphatic Massage, Energy Work, EMDR
15. NRDS – Amygdala retraining program
16. Increase Carbon Dioxide (C02) levels in blood (Also helps with anxiety). Exhale paper bag and breath normal for 6-10 breaths. [131](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6158684/)
17. Increase Lung Capacity: Blow up Balloons.
18. Reduce Electromagnetic Frequency (EMF) exposure (Cell phones, computer)
19. **PANIC ATTACK / FEAR**

Feel your feet, Deep breathing, breath of fire, Prayer, remember what you love. Call friends and family, spirit help, Angels, Saints etc.

1. **VACCINE**.

Long haul poll from social media group Survivor Corps in April 2021 are showing some improvement in long haul symptoms with vaccine [132](https://www.facebook.com/groups/COVID19survivorcorps/permalink/924012078347652/). From 900 people 46% no change, 40% better, 14% worse. Improvement from vaccine however may be short lived. Fortunately the T memory cells recognize the variants, so the vaccine may not be necessary, but could be helpful [133](https://www.nih.gov/news-events/news-releases/t-cells-recognize-recent-sars-cov-2-variants). See Detox section if above if you take the vaccine.

There are emerging reports of a Vaccine Long Haul syndrome as well [134](https://www.medrxiv.org/content/10.1101/2021.07.23.21261030v1). The monocytes (macrophages) pick up the fusion (cannot open up) spike protein and it irritates the body in the same way as the nonclassical monocytes pick them up. [135](https://www.youtube.com/watch?v=rGCgc1mX4cg) (at 41 min). Vaccine Long Haulers are not able to break down the spike protein properly as well.

1. **OTHER PROTOCOLS**
2. Dr. Bruce Patterson’s breakthrough highly successful treatment in dampening rogue monocytes He uses 1.CCR5 Antagonist drugs like Maraviroc and Anabamine (Used in HIV), 2. Statin Drugs (Cholesterol reducers) like Zocor. 3. Ivermectin <https://www.youtube.com/watch?v=JwjJs5ZHKJI>

<https://covid19criticalcare.com/covid-19-protocols/i-recover-protocol/>

1. Stephen Harrod Buhner’s Protocol. He uses herbs and supplements such as Tryptophan and Chinese cats Claw. <https://www.americanherbalistsguild.com/sites/americanherbalistsguild.com/files/coronavirus-1.pdf>
2. FLCCC Alliance Protocol. <https://covid19criticalcare.com/covid-19-protocols/i-recover-protocol/>
3. Megadosing Protocols: Vitamin B1 (Theanine) (XX), B3 (Niacin)
4. **LONG HAUL TREATMENT CENTERS.** There are many long haul centers being set up that offer a functional or integrative approach to healing. https://www.centerforhealingneurology.com
5. **PATIENCE**.

It just may take some time. Many Long haulers report coming out of it at 6-8 months.

1. **LASTLY**

Don’t obsess on it, Have fun and laugh, Do what you love, sing, dance, make art, make love, go jump in the river, reach out to others who are suffering more than you, and most of all, Trust Love.

For references and longer protocol and insights see my website or my book Liberating Yourself From Lyme on Inner Traditions Publishing or at [www.liberatinglyme.com](http://www.liberatinglyme.com) (I Had Lyme disease from 2001-2009). Or Instagram @LiberatingLyme