

Table of Contents

INTRODUCTION	1
The Long COVID Problem in a Nutshell.....	1
How Does This Help You?	2
How Effective is Treatment?.....	3
How I Got Involved	3
PART 1: UNDERSTANDING LONG COVID.....	7
Chapter 1: What is Long COVID?	9
Key Points	9
Pick A Name, Any Name.....	11
Defining Long COVID.....	12
Am I Crazy?	12
How Common is Long COVID?	13
What Are the Symptoms of Long COVID?	14
Chapter 2: A Closer Look at Long COVID Symptoms	17
Fatigue and Tiredness	17
PEM (Post-exertional Malaise).....	17
Shortness of Breath.....	18
A Feverish Feeling	18
Chest Pain.....	18
Racing Pulse or Palpitations	19

You Can Heal from Long COVID

Neurologic Symptoms	20
Brain Fog	20
Headaches.....	21
Migraine Headaches	22
Sleep Problems	22
Dizziness/Racing Pulse When You Stand Up	22
Changes in the Sense of Smell or Taste	23
Depression and Anxiety	23
Digestive Symptoms Like Diarrhea or Stomach Pain	24
Joint or Muscle Pain.....	24
Rashes	25
Changes in Menstrual Cycles.....	25
Dealing with Shortness of Breath	26
Use a Pulse Oximeter.....	26
Shortness of Breath Without Exertion and Normal or High Oxygen Levels	27
Is Your Shortness of Breath Worse the Day <i>After</i> Exertion? Think PEM!	30
Other Causes of Shortness of Breath	31
PART 2: HOW TO RECOVER— START WITH THE CORE ISSUES AND SHINE!	33
What You Need to Know!.....	35
Understanding the Research Process	36
The Basic Science Research Pathway	36
The Clinical Research Pathway.....	37
Some Helpful Tools	38

Chapter 3: Getting a Good Night's Sleep	39
What You Need to Know!.....	39
Start With Good Sleep Hygiene.....	40
Set Up a Bedtime Routine That Helps You Relax and Ease into Sleep.....	40
Try a Hot Bath	40
Try to Stay on Schedule.....	40
Exercising, Caffeine, and Alcohol.....	41
Next Up, Go with the Natural Options.....	41
Melatonin	41
Revitalizing Sleep Formula by Nature's Way.....	41
Terrific ZZZZ by Terry Naturally	42
Phosphatidylserine (if needed)	42
No Sweat Solutions for Night Sweats.....	43
Hemp As a Natural Option	44
Medications Can Be Helpful Too	45
Creating Your Optimal Sleep Plan	46
Chapter 4: Hormones in Balance.....	47
Adrenal Glands – Your Body's Stress Handler	48
Do You Have Adrenal Exhaustion?	48
Treating Adrenal Exhaustion	50
Thyroid: Your Body's Gas Pedal	51
Do You Need Thyroid Hormone?	52
Is Thyroid Testing Useless?	53
An Overactive Thyroid Is Also Possible!.....	54
Optimizing Reproductive (Sex) Hormones.....	54

You Can Heal from Long COVID

Women's Reproductive Hormones	55
How to Tell if You Need Bioidentical Estrogen Support.....	56
Treating Testosterone Deficiency in Men.....	58
Addressing the Diabetes Epidemic	60
Chapter 5: Turning Off Infections and Balancing Immunity	61
The Cell Danger Response (CDR)	61
Several Infections (Not Just COVID?)	62
What Can You Do?.....	63
The Prescription Antiviral Protocol	64
Are Long COVID or the Coinfections Contagious?	65
What About Fungal Infections?	65
What Symptoms Suggest Fungal Overgrowth?.....	66
Small Intestinal Bacterial Overgrowth (SIBO) - Another Cause of Irritable Bowel Syndrome.....	67
Treating Fungal Overgrowth.....	68
1. Step One: Stop Feeding the Yeast Sugar.....	68
2. Step Two: Restore Healthy Gut Bacteria Balance	68
3. Step Three: Get a Prescription for Diflucan	69
4. Step Four: Ask Your Physician to Prescribe “Sinusitis Nose Spray”	69
Propolis and Berberine: Keeps the Bugs in Balance!.....	70
Chapter 6: Optimizing Nutrition	73
What You Need to Know.....	73
Is There a Single Best Diet for Everyone?	74
What About Gluten and Dairy Sensitivities?	74

You Can Heal from Long COVID

Should You Avoid Alcohol?	75
Do You Need a Multivitamin?	75
What About People Who Say, “All Vitamins Do is Make Expensive Urine?”	76
Are Basic Multivitamins Enough?.....	77
Nutrient Levels in an Optimal Multivitamin	78
What Else Do You Need Apart from a Multivitamin?	80
Omega-3's (e.g., fish oils).....	80
Iron	81
Vitamin B12	82
Additional Supplements	82
1. The Smart Energy System.....	83
2. Ginseng, The Asian Miracle.....	84
3. Coenzyme Q10 (CoQ10)	87
4. Recovery Factors	89
Recovery Factors: What the Research Is Showing.....	90
Chapter 7: Exercise to Prevent Deconditioning.....	93
What’s Going On?	93
Ten Tips for Healthy Exercise in Long COVID.....	94
Exercising with POTS	96
PART 3: ADDRESSING AND REVERSING DAMAGE TO OTHER SYSTEMS.....	99
Chapter 8: Autonomic Dysfunction/POTS....	101
What You Need to Know.....	101

You Can Heal from Long COVID

What's Going On in POTS?.....	102
How to Make the POTS Diagnosis at Home	104
Orthostatic Intolerance Quiz	104
The 10-Minute Pulse Test	107
Self-Treatment for POTS.....	108
Increase Salt and Water Intake	108
Wear Compression Socks.....	108
Improve Your Adrenal Function	108
Change Your Diet.....	109
Medications for POTS.....	109
Midodrine to Increase Sympathetic/ Adrenaline Tone	109
Desmopressin (DDAVP) for Water Balance	109
Medications to Increase Serotonin and Dopamine	110
Other Helpful Treatments	110
Beta-Blockers.....	111
Ivabradine (Corlanor).....	111
Pyridostigmine (Mestinon)	111
Chapter 9: Turning Off Residual Inflammation.....	113
Curcumin.....	113
SOD and Glutathione.....	114
Chapter 10: Healing COVID-Related Organ Damage	115
Jumping to Conclusions	116
Heart Health After COVID	116

You Can Heal from Long COVID

Lung Health	118
Brain Health	119
Other Persistent Problems.....	119
Fertility	120
Loss of Taste and Smell.....	120
Posttraumatic Stress Disorder (PTSD).....	120

PART 4: MORE TOOLS AND TECHNIQUES FOR A REBOOT.....121

Chapter 11: Approaches That Work!	123
Low-Dose Naltrexone (LDN).....	124
LDN Won't Work if You Are Taking Narcotics.....	125
LDN Doses <i>Over</i> 4.5 Milligrams at Nighttime Usually Do NOT Work (Although We See Exceptions).....	125
Some People Have Sleep Disruptions and Vivid Dreams	125
LDN Takes About Two Months	126
You Can Get LDN Covered by Insurance.....	126
What If Our Minds Can Control Our Immunity?.....	126
Some Background.....	127
“Simply See What Is”	127
Shifting the Messages	129
Resetting the Limbic System: DNRS and ANS Rewire	132
Limbic System Reset	133
Dynamic Neural Retraining (DNR)	133

You Can Heal from Long COVID

Autonomic Nervous System Rewire (ANS) Rewire....	133
Gupta Program Brain Retraining	134
Primal Trust.....	134
Vagal Nerve Stimulation	134
Frequency Specific Microcurrent	135
Brain Tap Technique.....	135
Emotional Freedom Technique (EFT)	135
Allergies and Sensitivities	135
Check for Food Allergies.....	136
Mast Cell Activation Syndrome (MCAS)	137
Treatments for MCAS	138
Acid-blocking medications.....	139
Mold Toxins	140
The Importance of Unmasking.....	141
Low Dose Abilify: A Promising Treatment from Stanford	142
Another Protocol Out of Stanford.....	143
Persistent Viral DNA and Long COVID Post-Vaccine	144

PART FIVE WRAPPING UP THE LOOSE ENDS145

Chapter 12: Prevention, Pain (and Bliss!)	147
What You Need to Know.....	147
Metformin: An Ounce of Prevention.....	147
The Metformin Study.....	148
Pain Relief.....	149

You Can Heal from Long COVID

Breaking the Pain Cycle	150
Topical Creams for Pain.....	151
Pain Creams and Sinusitis Spray	153
Staying Healthy: Claiming What You Have Gained from This Experience.....	154
Footnotes	157
Appendix A: Finding a Physician	159
CFS/Fibromyalgia Practitioner Referral List	159
Other Recommended Sources for Practitioners.....	159
Appendix B: Sourcing Supplements	161
Appendix C: Key Resources.....	163
Appendix D: Long COVID Support and Information.....	167
Cort Johnson.....	167
Integrative, Holistic, and Complementary Medical Resources on COVID and Long COVID	167
Support Groups for People with Long COVID	171
Other Long COVID Information	172
Free PDF Guides	173