



LONG COVID RECOVERY GUIDE

A Step-By-Step Plan To Help You Ditch Long COVID
Symptoms For Good

WELCOME...

I'm so glad you signed up for the Long COVID Recovery Guide.



YOUR RECOVERY STARTS NOW!

Hey there, it's Carrie your Functional Nutritionist.

I put this plan together for you because I know that you might be like so many clients I've had recently who are really struggling with post COVID symptoms.

Once healthy people now have to face the day with crushing fatigue, body pain, dizziness and heart palpitations.

And people who weren't so healthy before or who had previously overcome an illness find themselves deep down the rabbit hole of having to fight the illness battles all over again.

I'm guessing by the time you have come across this guide that you've already tried so many things to alleviate your symptoms.

Maybe you've tried other therapeutic interventions only to find that your fatigue, brain fog, headaches, and dizziness symptoms keep nagging at you.

Or perhaps the things you have tried have helped you to some degree, but still symptoms linger.

THERE'S A BETTER WAY!



SIMPLE DAILY STEPS

The truth is, you can heal your symptoms.

The reason your situation never gets better is because the root causes behind your long COVID haven't been accurately addressed.

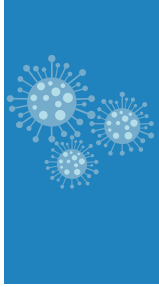
Don't worry... there is a better way!

This plan is filled with ways to help you heal holistically, along with guidance that is going to deeply help you.

I'll guide you to take some specific and simple daily steps and when you put these steps together, you'll be marching down the path of feeling 100% again.

However, if you need my support, hop on over to page 12. I'll show you a way that we can work together to create your personalized Long COVID recovery plan.

MEDICAL DISCLAIMER: This guide does not contain medical advice. Please consult your physician or health care provider before adding supplements or making dietary changes.



LONG COVID

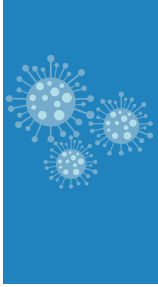


Let's talk about Long COVID for a minute. Long COVID, also known as post-acute sequelae of SARS-CoV-2 infection (PASC), refers to a condition where individuals continue to experience lingering symptoms and health issues weeks, months, or even years after initially contracting COVID-19.

Common symptoms of Long COVID include fatigue, body aches, cognitive difficulties, digestive issues, shortness of breath, a feeling of floating or a feeling of heavy limbs, and sometimes even heart palpitations. There are other symptoms that mimic other conditions such as chronic fatigue as well as heart conditions.

This condition that many are calling Long COVID, can affect individuals of all ages, regardless of the severity of their initial COVID-19 infection.





MY TAKE ON LONG COVID

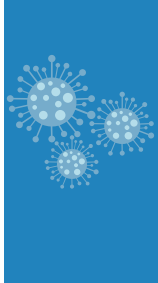
We know that the exact cause of Long COVID is not yet fully understood, but it is believed to involve a complex interplay of factors such as a weak immune system, nervous system dysregulation, inflammation, and potential organ damage.

I suspect that getting COVID or the vaccination may also have triggered a subtle OVER-growth of certain latent viruses in your system.

Research and medical professionals continue to study and learn more about Long COVID to provide effective treatments and support for those affected by this challenging condition.

I have found that specific foods, supplements, and lifestyle modification are effective at reversing the symptoms of Long COVID.





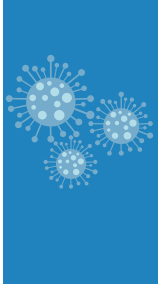
LONG COVID & ANXIETY

When anxiety interferes with your life, it's caused by toxic heavy metals (such as mercury, aluminum, and copper), viruses (such as one of the over 60 varieties of Epstein-Barr virus or one of the over 30 varieties of shingles virus), or a combination of both toxic heavy metals and viruses. Most of the time, it's both at once, with one cause more dominant depending on the individual case.

A virus can feed on these toxic heavy metals and then produce neurotoxins that saturate and inflame the vagus nerve (which runs to the brain), causing anxiety as well as other neurological symptoms like dizziness, muscle fatigue and even loss of movement.

Anxiety can also be triggered, accelerated, or heightened by emotional conflict, although toxic heavy metals and/or a virus must be present for the anxiety to become sustained, chronic, and longer term.





LONG COVID SYMPTOMS

- Fatigue
- ADHD
- Tinnitus
- Cough
- Rash
- Hair loss
- Brain fog
- Chest pain
- Memory loss
- Heavy feeling limbs
- Anxiety and depression
- Pins and needles feelings
- Change in taste and smell
- Dizziness or lightheadedness
- Menstrual cycle changes
- Feeling floaty
- Difficulty swallowing
- Throat closing
- Rapid breath
- Headaches
- Hearing loss
- Sleep problems
- Digestive issues
- Heart palpitations
- Joint or muscle pain
- Shortness of breath
- Difficulty breathing



HEALING FOODS FOR Long COVID



Long COVID Detox Smoothie

Five key foods for removing toxins are: wild blueberries, spirulina, cilantro, barley grass juice powder, Atlantic dulse.

Enjoy them in the Long COVID Detox Smoothie recipe or eat the five ingredients separately daily.



Apple



Celery Juice



Banana



Potatoes (steamed are best)



Lettuce

Papaya (look for large Maradol or Red Caribbean varieties)



KEY SUPPLEMENTS FOR Long COVID

Total Immune Blend



Zinc



B12



L-Lysine



Vitamin C



Goldenseal



Cat's Claw

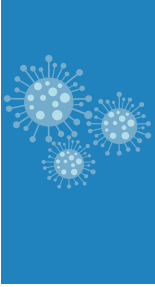


FOODS To Avoid

- Eggs
- Dairy
- Gluten
- Corn
- Soy
- Processed food



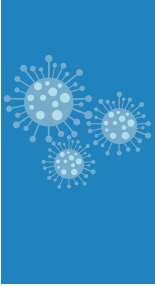
- Pork
- Canola Oil
- Caffeine
- Nutritional Yeast
- MSG
- Citric Acid



LONG COVID RELIEF CHECKLIST

- ☐ Drink 8 glasses of filtered water daily
- ☐ Add in Healing Foods
- ☐ Go through pantry + fridge and eliminate all Foods to Avoid
- ☐ Transition slowly off caffeine
- ☐ Order and start supplement protocol
- ☐ Epsom Salt bath daily - 2 cups of epsom salt in as hot water as is comfortable. Soak for 20+ minutes.
- ☐ Sun meditation daily
 - go outside (between 11am and 1pm).
 - put on a swimsuit or expose as much of your body as possible without sunscreen.
 - Lay on a blanket on the ground for 5 to 20 minutes per side.
 - Let your mind go!





LONG COVID DAILY PROTOCOL

UPON RISING

- Drink 16 ounces of purified water with fresh lemon juice
- Drink 2-16 ounces of fresh celery juice
- Exercise or move your body in whatever way feels appropriate

BREAKFAST

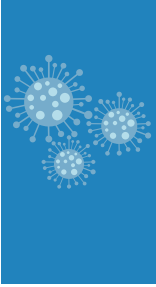
- Long COVID Detox Smoothie
- Take supplements
- Wait 1 hour before eating/drinking anything with fat

MID-MORNING

- Hydrate with herbal tea or purified water
- Take a movement break
- If hungry, eat a healing food snack

LUNCH

- Lunch of your choice, include healing foods and exclude Foods to Avoid
- Sun Meditation



LONG COVID DAILY PROTOCOL

AFTERNOON

- Hydrate with herbal tea or purified water
- Take a movement break
- If hungry, eat a healing food snack

BEFORE DINNER

- Hydrate with herbal tea or purified water

DINNER

- Dinner option of your choice, include healing foods and exclude Foods to Avoid
- Take supplements

BEFORE BED

- Hydrate with herbal tea or purified water
- Epsom Salt Bath or Foot Bath
- Gratitude – for 2 minutes, name all the things you are grateful for
- Journal about your energy level and other symptoms/notes



LONG COVID DETOX SMOOTHIE

INGREDIENTS



EASY-TO-MAKE

- 1-2 cups of frozen wild blueberries
- 1 cup of frozen mango or 2 bananas
- 1/2 bunch of cilantro
- 1 teaspoon [spirulina](#)
- 1 teaspoon of [barley grass juice powder](#)
- 1 teaspoon of [Atlantic dulse flakes](#)
- Juice of 1 orange, freshly squeezed
- Add filtered water as necessary to reach desired consistency

DIRECTIONS

MAKES: 1 SERVING
PREP TIME: 5 MINUTES
SERVINGS: 1

1. Rinse cilantro thoroughly
2. Combine all ingredients in a high-speed blender
3. Blend until smooth.
4. Serve and enjoy!

Note: If this smoothie is too cold, take the frozen fruit out before hand and let it come to room temperature.



A NOTE FROM CARRIE

I'm so grateful to be on this journey of healing with you!

If you'd love to take your healing journey to the next level and get an even deeper dive into your Long COVID recovery and heal it for good...

Check out the [Long Covid Recovery Implementation Plan](#). This is a six video course where I walk you through how to implement the suggestions in this guide, step by step.

Plus I'll show you how to customize this protocol for specific conditions and issues. This course is normally \$137.

Grab your Implementation Plan here and use the coupon code: **SAVE100** to get the course for just \$37.

Carrie

Carrie Bailey
carriebaileyfunctionalnutritionist.com

