

LONG COVID

HOW TO RECOVER COMPLETELY

HEALTH FREEDOM SUMMIT 2023

Long Haul Covid Resource Guide

We know the SARS-CoV-2 virus crosses the 'blood-brain barrier'—don't wait for the harmful effects to become pronounced.

Neuropathological Analysis Shows Brain Inflammation Response

Use the recommendations in this guide to invest in your health now.



Introduction

Most people who have COVID-19 seem to be “recovered” after two weeks, yet a growing number of people are claiming they got the virus and then did not regain their health.

There’s a new nationwide effort to study “Post-Acute Sequelae of SARS-CoV-2 or PASC. **PASC**, or what’s commonly known as Long Covid, can be **a life-altering syndrome** of prolonged malaise, headaches, generalized fatigue, sleep difficulties, smell disorder, decreased appetite, painful joints, dyspnea, chest pain, and cognitive dysfunction

Now dubbed “Long COVID” internationally, with patients referred to as “Long Haulers” here in the United States, the need for continued awareness, research, and rehabilitation is becoming all too important as the number of cases grows.



Definition:

The definition of “long COVID” or “COVID long-haulers” has not yet been consistently used in the past by health care providers or researchers. Still, there are many ongoing studies looking at addressing this emerging issue.

One study used the definition of long COVID as symptoms lasting more than six weeks. This study found that in 100 non-hospitalized COVID-19 long haulers, 85% reported at least four neurologic symptoms (e.g., brain fog, headache, disorders of taste or smell, etc.). Non-neurologic symptoms were also reported, such as fatigue (85%), shortness of breath (46%), chest pain (37%), and gastrointestinal symptoms (29%). Many of these patients reported fluctuating symptoms lasting for months.

85%

Reported at least four neurological symptoms

85%

Fatigue

46%

Shortness of breath

37%

Chest pain

29%

Gastrointestinal symptoms

Long COVID might be contributing to the work force shortage.

Many long haulers are indefinitely and involuntarily unable to return to work due to their health. It is hard to quantify the number of people out of the workforce because of lingering COVID symptoms, both because of economic changes and because long COVID is still somewhat of a medical mystery.

Another study looked at hospitalized patients assessed for continued symptoms at an average of 60.3 days (roughly 8.5 weeks) after the onset of the first COVID-19 symptom. Of the 143 patients included, 12.6% were completely free of any COVID-19-related symptoms, 32% had one or two symptoms, and 55% had three or more symptoms. Little is known about what factors make people more likely to experience long-lasting symptoms due to COVID-19.

The patients reported symptoms such as fatigue (53.1%), shortness of breath or difficulty breathing (43.4%), joint pain (27.3%), and chest pain (21.7%).

“

‘Long-haulers’ continue to suffer months after being infected with the virus. Some reported effects are chronic fatigue, hair loss, blood clots, hearing deficits, tremors, body aches, tachycardia, heart palpitations, and other cardiac issues, insomnia, cognitive issues, short term memory loss, vertigo, random adrenaline rushes, dysautonomia, anxiety, blurry vision, brain fog, and more. Many people report symptoms so bad that they are life-style altering. Research and studies on the long-term effects are slowly but surely coming together and can be found here.

”

53.1%

Fatigue

43.4%

Shortness of breath
or difficulty
breathing

27.3%

Joint pain

21.7%

Chest pain

Little is known about what factors make people more likely to experience long-lasting symptoms due to COVID-19.

Dr. Maria-Luiza Luchian says...



New research suggests that shortness of breath in people with 'Long COVID' might not just be about the lungs – it may indicate heart damage from the disease. “The findings could help to explain why some patients with long COVID still experience breathlessness one year later and indicate that it might be linked to a decrease in heart performance,” explained study author Dr. Maria-Luiza Luchian of the University Hospital Brussels in Belgium.

Her team presented the findings Thursday at a virtual meeting of the European Society of Cardiology (ESC). The new study included 66 patients, average age 50, who had no history of heart or lung disease before being hospitalized with COVID-19 between March and April 2020 at Luchian's hospital in Brussels.



“COVID-19 is a man-made virus using gain of function technology in a research lab in Wuhan. Due to that, we will not know all of the clear mutability of the virus and how it behaves differently from a naturally occurring virus. It is a respiratory virus similar to RSV and the flu.

Modes of transmission and the risks are similar: spike proteins can circulate in your body after infection or injection, causing damage to cells, tissues, and organs. If you have received the COVID-19 injection, you may have dangerous spike proteins circulating in your body as it's also produced in your body when you receive a COVID-19 shot. In its wild form, it's known to open the blood-brain barrier, cause cell damage (cytotoxicity) and the protein “is active in manipulating the biology of the cells that coat the inside of your blood vessels – vascular endothelial cells, in part through its interaction with ACE2, which controls contraction in the blood vessels, blood pressure, and other things.”¹

As pointed out by Dr. Robert Malone – the inventor of the mRNA and DNA vaccine core platform technology.” We do know that the spike protein attacks our endothelial cells and mitochondria directly and we recommend NRF2 activation and rebuilding your body's mitochondria with Protandim Dual Synergizer.”

Looking for additional online resources? You can find a list [here](#).

One year after leaving the hospital, 35% of the patients still experienced shortness of breath during physical activity. All of the patients underwent imaging of their lungs and hearts, including a new imaging technique called “myocardial work,” which provides more precise information on heart function than previous methods, the researchers said. For more research, see this page:
<https://www.c19recoveryawareness.com/research>.

Although professionals are up-to-date on these findings, many are not, and patients are continuously being dismissed as having ‘anxiety symptoms’. There are shortages in specialty physician appointments and a lack of clinical expertise on the condition so many long COVID patients are left to manage their own care; booking appointments, exams, and seeking answers through social media. This healing process is filled with frustration and anxiety for the patient and ultimately results in higher medical costs for the system. Many patients have resorted to Facebook groups to share information about the latest treatments to manage their illness.



Long-hauler Facebook Support Groups

[Idaho COVID Long Haulers](#)

[Long COVID](#)

[CV19 Support Group](#)

[COVID 19 Survivor Corps](#)

Parents of long-hauler kids
Facebook support group:
[Long COVID Kids](#)

It's important more awareness and training are done on this condition so that it's more widely recognized by the medical establishment. Many people have been suffering with a list of symptoms ranging from brain fog to heart murmurs to trouble breathing with little validation from care providers and no timeline for when symptoms will subside.

While this guide has resources on how to connect with studies, doctors, and institutions that are 'long-COVID-literate,' Megan Lubbers BSNRN also includes resources to truly recover from long-haul COVID from the inside out.

***For more research, see
this page:
<https://www.c19recoveryawareness.com/research>***

Nutrition & *Detox*

An organic diet is key to overcoming long-haul covid. We can reduce the ingestion of glyphosate when we eat organic foods. Glyphosate damages the epithelial tight junction tissue on contact, weakening those barriers which protect us on the inside from all the environmental toxins. This injury causes intestinal permeability. The systemic glyphosate attack stimulates our body to produce zonulin, which injures the tight junction membranes in our brain causing the blood brain barrier to breakdown leading to neurological symptoms. This ensues acute inflammation and the stress to all organs. Our firewall comes from gastrointestinal lymphatic tissue (GALT), a layer of immune cells where it is estimated 60-70% of the immune system and more than 80% of the antibodies that our immune system produces originate in the GALT, as discussed by Dr. Zach Bush in [Glyphosate, Root Cause of Chronic Inflammation](#).

Learn how to heal your Microbiome from Christiane Northrup, M.D. A healthy microbiome can help you heal faster from COVID.

Detoxing Specifically from *Furin* and *Serine Protease* is Crucial.

Detoxing in general is helpful, detoxing from Furin and Serine Protease is crucial; here's why: To gain entry into your cells, SARS-CoV-2 must first bind to an ACE2 or CD147 receptor on the cell. Then the spike protein subunit must be proteolytically cleaved (cut). Without this protein cleavage, the virus would simply attach to the receptor and not get any further. The furin site is why the virus is so transmissible, and why it invades the heart, the brain, and the blood vessels (this concept is [further explained here](#)). To detox from Furin and Serine Protease, consider these foods and supplements:

- [Chlorella](#)
- Green Tea
- Blue Green Algae
- Potato Tubers
- N-acetyl cysteine (NAC)
- Potato Tubers
- Soybeans
- Boswellia
- Rutin
- Limonene
- Baicalein
- Hesperidin
- [Spirulina](#)

“ — Dr. Bruce Patterson
United States



Covid “Long Hauler” Study.” Using machine learning, they identified algorithms that allowed for accurate determination of chronic COVID and severe COVID immunotypes. The researchers also addressed the question of whether the immunologic profile represents an immune response indicative of prolonged or chronic antigenic exposure.” Published December 2020 [Read here](#)

Nutrition in People with Long-haul COVID

People with long-haul COVID and co-infections are more likely to develop food intolerances. A large fraction of long-haul COVID patients has mast cell activation syndrome (MCAS), resulting in people having almost allergic reactions to various food triggers. Therefore, these patients cannot eat out regularly and need to cook healthy meals themselves, avoiding all the triggers that are specific to them. Often, patients are very sick and cannot research recipes, plan meals for the week, shop for groceries, and cook. [Easy-to-take detoxifying superfoods](#) should be prioritized to flush toxins out of the body. [This Super Green Juice](#) has organic chlorella, organic spirulina and other leafy greens rich in chlorophyll to help the body's innate ability to heal.

Another wellness-related problem is the type of exercise activity. The classic symptom of long-haul COVID is joint pain, especially in the knees, elbows, and wrists. Sometimes they also have muscle pain in their chest and back. Because of this, the patients stop exercising, their muscles get atrophied, they lose strength and stamina, making exercising even harder, and in the end, they feel even worse.

This [Gut Health Essential Stack](#) supports a healthy digestive system and diverse microbiome with prebiotics and probiotics and Nrf2 activation. It gives complete support to keep your digestive system balanced.

Intermittent Fasting

We also recommend *intermittent fasting*.

When you start fasting, you initially burn through glucose stored in the liver. The liver holds about 700 calories of glucose and it takes roughly 10-12 hours to use those energy stores. Once this process is complete, you can begin to use fats for energy in a process called metabolic switching. Your body may begin burning fat anywhere from 12-14 hours after you begin fasting, with this number varying based on how much glucose you have stored. For more information [please see this study](#).

- Increases the Body's Stress Resistance
- Increases Longevity
- Decreases Incidence of Diseases, Including Cancer and Obesity
- Lowers Blood Pressure
- Improves Brain Repair
- Improves Insulin Levels
- Improves Immune Response
- Boost Immune Health Through the Gut
- Increases Microbiome Health
- Burns Excess Adipose Tissue

For more inspiration and education on fasting, we recommend the following resources:

[Start Fasting Today Guide](#)

[Meta-Analysis on fasting benefits](#)

[Watch triple board certified physician Dr. Zach Bush explain the benefits of fasting](#)



The key to the powerful effects of fasting, is it awakens powerful sirtuins in the body that are responsible for autophagy which supports a healthy inflammatory response, longevity, joint health, energy mood, focus and vascular health. If you are unable to fast or need support you can activate the sirtuins in your body with [Protandim NAD](#) which is proven to double sirtuin activity in 24 hours. For optimal cellular health and protection, consider activating [Nrf2](#), [Nrf1](#) and [NAD](#).



Nitric Oxide Based *Therapies*

Dr. Nathan S. Bryan's [Clinical Study](#) Begins for the First Oral Systemic Nitric Oxide Based Therapeutic for African Americans with COVID-19. Dr. Bryan has found that 99% of nitric oxide supplements do not work due to people being unable to convert arginine and citrulline into nitric oxide. [Learn more about nitric oxide supplements](#) and why most do not increase nitric oxide. Read more about it [here](#) and [here](#).

The best scientific supplements for nitric oxide can be found in tablet form, beet powder, or [chewables](#).

Incentive *Spirometer*

An incentive spirometer is a device used to help your lungs recover

- Sitting in an upright position, hold the incentive spirometer in an upright position.
- Place the mouthpiece in your mouth and seal your lips tightly around it.
- Breathe in slowly and as deeply as possible. Notice the yellow piston rising toward the top of the column. The yellow indicator should reach the blue outlined area. Position the yellow indicator on the left side of the spirometer to show your best effort.
- Hold your breath as long as possible (at least for 5 seconds).
- Exhale slowly and allow the piston to fall to the bottom of the column.
- Rest for a few seconds and repeat steps one to five at least 10 times every hour.
- Use the indicator as a goal to work toward during each slow deep breath.
- After each set of 10 deep breaths, cough to be sure your lungs are clear. If you have any incisions from hospital admission to the trunk of your body, be sure to support your incision when coughing by placing a pillow firmly against it.

Nitric Oxide & *Lung Rehab*

Breathwork is the highly effective way of increasing our nitric oxide, as it is a natural resource our body produces. It is also the cheapest and quickest way to achieve an increase in nitric oxide. Patrick McKeown explains the physiology behind breath; “Dr. Buteyko saw that sick people breathe hard, is the sickness causing the hard breathing, or the hard breathing causing the sickness? People are often told to take deep, full, big breaths in the belief that this will increase oxygen delivery to the tissues. If we look at the science, it doesn’t work that way. If you take big breaths that increase the volume of air beyond what it should be, you get rid of too much carbon dioxide. Due to the Bohr Effect (first described by the Danish biochemist Christian Bohr in 1904) this causes red blood cells to actually hold on to oxygen instead of releasing it. By practicing the Buteyko breathing technique and developing subtle, soft, slow, light breathing while also maintaining diaphragmatic, nasal breathing, you’re increasing oxygen delivery to the cells. This is where it’s going to transform health.” Breath with the Buteyko Method

Box Breathing to Stop Stress

How to do Box Breathing

Step 1:

Breathe in counting to four slowly.
Feel the air enter your lungs.

Step 2:

Hold your breath for 4 seconds.
Try to avoid inhaling or exhaling for 4 seconds.

Step 3:

Slowly exhale through your mouth for 4 seconds.

Step 4:

Repeat steps 1 to 3 until you feel re-centered.

See why box breathing is works to stop stress



Watch **this video** by Patrick McKeown

Watch this full-length **Breathing Masterclass**

Wim Hof Method **Guided Breathing for Beginners** (3 Rounds Slow Pace)

SARS-CoV-2 *Spike Protein*

The spike protein from natural infection or a Covid vaccine causes damage to our body's cells, so it is important to detoxify as emerging evidence on spikopathy shows inflammation and clotting damaging tissues in which the spike protein accumulates. Additionally, peer-reviewed studies in mice show spike proteins crossing the blood-brain barrier. Thus, in humans, it could potentially lead to neurological damage if it is not cleared from the body.

Consider these easily attainable, natural solutions from the World Council for Health to reduce your body's spike protein load:

Some "Protein Binding Inhibitors" inhibit the binding of the spike protein to human cells, while others neutralize the spike protein so that it can no longer cause damage to human cells.

Spike Protein Inhibitors: Prunella vulgaris, pine needles, emodin, neem, dandelion leaf extract, Ivermectin

Spike Protein *Neutralizers:*

N-acetylcysteine (NAC), glutathione, fennel tea, star anise tea, pine needle tea, St. John's wort, comfrey leaf, vitamin C

- Ivermectin has been shown to bind to the spike protein, potentially rendering it ineffective in binding to the cell membrane.
- Several plants found in nature, including pine needles, fennel, star anise, St. John's wort, and comfrey leaf, contain a substance called shikimic acid, which may help to neutralize the spike protein. Shikimic acid may help to reduce several possible damaging effects of the spike protein, and is believed to counteract blood clot formation.
- Regular oral doses of Vitamin C are useful in neutralizing any toxin.
- Pine needle tea has powerful antioxidant effects and contain high concentrations of Vitamin C
- Protandim Nrf2 is by far the most effective antioxidant because instead of exogenous antioxidants like vitamin C or E, it is activating the endogenous antioxidants like glutathione, catalase and SOD, which are 1 million times more powerful and effective. Our body's are miracles, they just need to be activated.
- Nattokinase is an enzyme derived from the Japanese soybean dish 'Natto', is a natural substance whose properties may help to reduce the occurrence of blood clots.

Our Top *Recommendation* Protocol for Long Haul COVID-19

Front Line COVID-19 Critical Care Alliance Prevention & Treatment Protocols for COVID-19

This protocol has also been used to treat post-vaccine inflammatory syndromes with similar success. As with all FLCCC Alliance protocols, the components, doses, and durations will evolve as more clinical data accumulates.

Dr. Peter McCullough's *protocols* and *six things* to keep in your medical toolbox:

- Povidone Iodine
- Zinc, 50 mg a day
- Vitamin D, 5,000 IUs a day, increased to 20,000 a day during active treatment.
- Vitamin C, 3,000 mg a day, active treatment.
- Quercetin, 500 mg a day for prevention, 500 mg per day for active treatment.
- Antacid/antihistamine to reduce viral replication 80 mg a day active treatment.
- Healthy Cell REM Sleep Supplement every night at the same time.
- No Alcohol for a month to restore the sleep architecture back to normal.



Dr. Peter McCullough MD has effective recommendations for long-haul covid treatment -- see this document.

Zeolites



Zeolites were first used in ancient Rome. It was used in the aqueducts to filter water. In China, it was used for centuries in traditional medicine. The commercial use of zeolites only began in the United States in the 1950's. It had industrial applications in the filtering of wastewater ammonia and radioactive material and was even used in Chernobyl clean-up.

Toxins store in your fat cells, making it hard to lose weight. They interfere with your memory, clarity, and focus. They disrupt your immune system and endocrine system, affecting your energy, sleep, and quality of life.

Heavy metals cause chronic illness. So any time you hear the words "there is no cure" or "we don't know what causes it", you should investigate the possibility that it's heavy metal toxicity.

Recommended Products

- Zeolite—Try Pure Body Extra by Touchstone Essentials
- Protandim Nrf2 Synergizer—by Life Vantage
- Emeramide—as suggested by Toxicologist Boyd Hayley

If you already have seen glutathione recommended everywhere, make sure you do look into the Protandim Tri-Synergizer. It doesn't just increase synthetic Glutathione in the body, it increases the body's own natural production of Glutathione, the master detox antioxidant, by 300%. It also reduces oxidative stress by 40% in 30 days and whole bunch of other things — these products changed my whole internal experience of the body. I could not recommend more highly.

The ACE2 Receptor

The ACE2 receptor is located in the cell wall, in lung and blood vessel linings, and in platelets. Spike protein attaches to ACE2 receptors.

We now believe that large concentrations of spike protein may bind to our ACE2 receptors and block the regular functioning of these receptors causing multiple adverse effects. Spike proteins could trigger the immune system to attack healthy cells thus resulting in symptoms characteristic of autoimmune diseases. The spike protein could attach to ACE2 receptors located on blood platelets and the endothelial cells lining the blood vessels, which would result in abnormal bleeding or clotting, both of which are linked to Vaccine-induced Thrombotic Thrombocytopenia (VITT).

Detoxing ACE2 Receptors

Substances that naturally protect the ACE2 receptors:

- Ivermectin
- Hydroxychloroquine (with zinc)
- Quercetin (with zinc)
- Fisetin

We now know the binding of Ivermectin to the ACE2 receptor prevents the spike protein from binding with it instead.

Important Safety Information Before Beginning a Detox. Please do not undertake a spike protein detox without supervision from your trusted health practitioner. Please note the following:

Pine needle tea, neem, comfrey, Andrographis paniculata – Should NOT be consumed during pregnancy.

Magnesium – Overdosing is possible, and it is more difficult to detect when consuming liposomal magnesium. Therefore, consider a mixture of liposomal and conventional magnesium, or just conventional magnesium.

Zinc – When consuming a multivitamin that already includes zinc, be sure to adjust the quantity of zinc consumed in other supplements.

Nattokinase – Do not take while using blood thinners or if you are pregnant or nursing.

Always consider dosing – When taking a multivitamin, remember to adjust the amount of individual supplements accordingly. (e.g. If your multivitamin contains 15mg of zinc, you should reduce your zinc supplementation by that amount.)

St John's Wort – This medicine interacts with many pharmaceutical drugs. It should not be taken if you are on other medication without advice from your doctor. *Source:*

The World Council for Health

Interleukin-6

This is primarily a pro-inflammatory cytokine protein and is naturally produced by the body in response to infection or tissue damage.

IL-6 levels are higher in Long Covid patients; this is a relevant target and has been used as a biomarker for Covid progression. There is a reliable relationship between IL-6 levels and Covid severity and IL-6 levels have been inversely related with T-cell count in ICU patients. Pro-inflammatory cytokines such as IL-6 are also expressed post-vaccination, and studies suggest that they may reach the brain.

The following natural supplements commonly used in antiviral therapy include familiar anti-inflammatory food supplements; these may prevent the adverse effects of IL-6 by inhibiting its action.

Top Two Primary IL-6 Inhibitors (Anti-Inflammatories):

- Boswellia sacra (internal-grade frankincense). We recommend this one formulated from resin from *Boswellia carterii*, *sacra*, *papyrifera*, and *frereana* due to its constituents of α -pinene, limonene, and octyl acetate.
- Dandelion Leaf extract or tea made from leaves.

Boswellia (frankincense) is also useful to target serine protease; inhibiting serine protease can prevent spike protein activation and also reduce viral entry to cells, hence reducing infection rate as well as severity.

Other IL-6 Inhibitors:

- Black cumin (*Nigella sativa*)
- Curcumin
- Fish oil and other fatty acids
- Cinnamon (*Cinnamomum zeylanicum*)
- Fisetin (flavonoid)
- Apigenin
- Quercetin (flavonoid) has a broad range of anti-inflammatory and antiviral effects.
- Luteolin
- Vitamin D3 (with vitamin K),
- Zinc is a potent antioxidant that protects the body from oxidative stress leading to DNA damage
- Magnesium
- Jasmine tea
- Black pepper (*Piper nigrum*)

Who Should Do A Detox?

'Long-haulers' who continue to suffer months after being infected with the virus. If you have chronic fatigue, hair loss, blood clots, hearing deficits, tremors, body aches, tachycardia, heart palpitations, and other cardiac issues, insomnia, cognitive issues, short term memory loss, vertigo, random adrenaline rushes, dysautonomia, anxiety, blurry vision, or brain fog, the following protocols may help detoxify the body:



Examples of Detox

Coffee Enemas

Coffee enemas gently stimulate the colon wall and liver, which causes them to release toxins and then be washed out. Use High Antioxidant Organic Coffee free of molds and toxins.

Dry Skin Brushing

Dry skin brushing is great for detoxification and can be done quickly. Get a long-handled soft brush with natural hair. This treatment exfoliates dry skin, opening the pores for efficient detoxification. Dry skin brushing is said to aid the lymphatic system in its role of clearing toxins. It also stimulates your nervous system, bringing your awareness to every inch of your body. Starting at your feet, making long strokes up your legs on both sides towards your heart. Then work from the tips of your fingers along your arms toward your chest.

Sauna

Many toxins, such as mold mycotoxins, cadmium, lead, mercury, bisphenol A. (BPA) and phthalates are preferentially excreted through our skin, which is our largest organ. It's important to start slow with sauna, and to ensure you are well hydrated with water and minerals, as these too can be excreted via sweat. Not all saunas are created equal though, and some emit harmful electromagnetic frequencies. We love this low-EMF sauna blanket, which is easy to clean, and can be tucked in the closet when not in use.

Epsom Salt

Epsom salt, which is a magnesium sulfate detox bath, is amazing all through pregnancy and provides incredible benefits. They help regulate enzymes in the body, reduce inflammation, support muscles and nerve function, and improve absorption of nutrients.

Hot Baths

Hot baths also induce sweat. It's another way the body naturally removes toxins.

Hydration

Hydration keeps toxicity moving out of the body, but it's important to ensure your water also contains minerals. One easy trick to mineralize your water is to add a tiny pinch of a quality sea salt to each glass of water, which is also beneficial to your adrenal glands.

Castor Oil Cleanse

I discovered the ancient health ritual of using castor oil for health but fell in love with all its beauty benefits after I had covid hair loss. From Traditional Chinese Medicine to Indian Ayurveda to modern Naturopathic Medicine, many cultures use this oil for innumerable benefits. I get my pure, USDA-certified organic, hexane-free, cold-pressed, extra virgin oil here. We love this modernized Castor Oil Pack because it involves no heat, no mess, and no toxic plastic.





Reduce Inflammation & Stress With *Grounding*

When you are electrically grounded, you feel:

- Centered
- Solid
- Strong
- Balanced
- Less tense and stressed

Earthing or grounding is a free, simple, and effective method for reducing inflammation and stress. It is so simple all you need is bare feet and the earth below them. Earth contains a natural, subtle electrical charge. For safety, almost everything in the electrical world is connected to it, whether it is an electric power plant or your refrigerator.

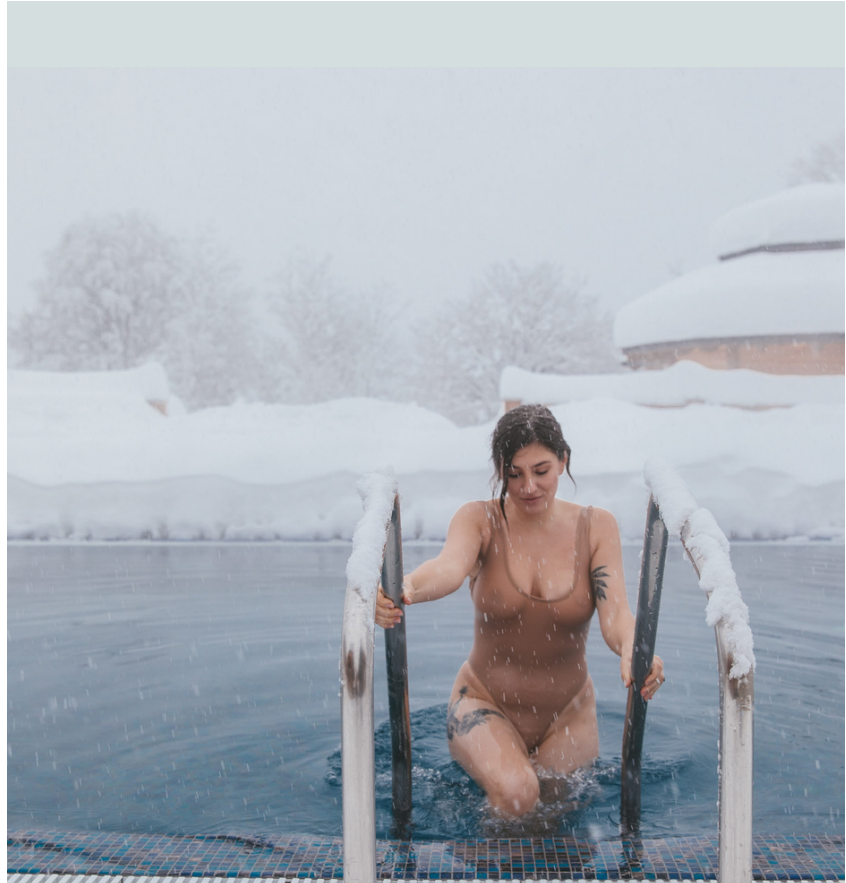
Your body operates electrically. All of your cells transmit multiple frequencies that run, for example, your heart, immune system, muscles, and nervous system.

All living things on our planet are connected to the ground's electric energy. Humans are not meant to be ungrounded.

When you are grounded, your circulation improves which aids in the delivery of oxygen and nutrients to the tissues in your body. The diurnal rhythm of the stress hormone, cortisol, begins to normalize. Cortisol is connected to your body's stress response, and helps control blood sugar levels, regulates metabolism, helps reduce inflammation, and assists with memory formulation. For more information on Earthing, see Clint Ober's book [The Most Important Health Discovery Ever!](#)

Cold Therapy: *Adiponectin* *Activation*

Adiponectin is a protein hormone and adipokine, which is involved in regulating glucose levels as well as fatty acid breakdown. Adiponectin releases with cold exposure, breaks down fat, transports glucose into muscles (thus lowering blood sugar), and enhances recovery and muscle repair. High levels of adiponectin ward off obesity, diabetes, and cardiovascular disease. Like fasting, cold therapy also awakens powerful sirtuins! If you are not likely to jump in the cold, activate those sirtuins with NAD.



Adiponectin activation through cold therapy increases the proliferation of immune system cells that help fight disease and infection. Cold exposure also stimulates norepinephrine release which induces leukocytosis, increases natural killer cell count and activity, and raises circulating levels of interleukin-6. All of these factors drastically improve immune system integrity.



*Learn more about cold
therapy here.*

Be A Part Of *Ongoing* Studies

Worldwide - You & ME / Covid-19 Registry

The You + ME Registry + Biobank is a collection of patient-reported data + biological samples (e.g. blood) from people living with myalgic encephalomyelitis (also known as chronic fatigue syndrome or ME/CFS) + Long Covid, plus healthy volunteers. Our large, rich dataset is used by researchers searching for treatments and a cure.

[Learn More About This Project](#)

United Kingdom / United States - Covid Personality Survey

Ongoing Research – Recruiting COVID Personality Survey: Help us better understand the behavioral science of COVID-19.

[Learn More About This Project](#)

United States - Covid INSPIRE Study

Ongoing Research – Recruiting

Research and Innovation for post Covid-19 Rehabilitation (RICOVR)

[Learn More About This Project](#)

The CoroNerve Studies Group is a collaborative effort to study the neurological and neuropsychiatric effects of COVID-19.

Ongoing Research – Recruiting – United Kingdom

[Learn More About This Project](#)



Be A Part Of *Ongoing* Studies *cont.*

Long Covid Patient-Centric Genomic Biobank

This study aims to help researchers understand if genetics impact Long COVID symptoms and recovery through the analysis of genetic data. The long-term hope is this will help researchers to identify new treatment options in the future. Eligible participants will receive a free at-home Sano DNA Test as part of the study and will have full access to, and control of, their DNA data via the Sano Genetics platform.

Ongoing Research - Recruiting

[Learn More About This Project](#)

San Francisco, CA - Long-Term Impact of Infection with Novel Coronavirus

This team is studying the long-term effects of COVID-19.

Specifically, we are trying to understand how immunity develops and changes over time, as well as the effects of COVID-19 on different organ systems.

Ongoing Research - Recruiting

[Learn More About This Project](#)

Canada - Covid-19 Brain Study

Participate in the COVID-19 Brain Study—a global study of how the virus affects cognition

COVID-19 may have direct and indirect effects on the brain. If you have been diagnosed with COVID-19, help world-renowned neuroscientists discover its effects on cognition by signing up for this important global study.

Ongoing Research - Recruiting

[Learn More About This Project](#)

Barcelona, Spain - Long-term Effects of Covid-19 on the Cardiovascular System

Ongoing Research - Recruiting

[Learn More About This Project](#)

Worldwide - Clinical Trial for C.F.S / Post-Viral Fatigue (incl. “Long Haulers”)

Ongoing - Recruiting

[Learn More About This Project](#)



This document includes recommendations by Megan Lubbers BSNRN and former cardiothoracic intensive care nurse for 8 years and over 20 years of working as a healthcare professional overall. She has transitioned her life to organic, regenerative, toxic-free living and shares her journey both nationwide and worldwide.

Disclaimer

The HFS guidebook is borne of clinical experience only and thus is meant solely for educational purposes to individuals regarding potentially beneficial approach considerations for Long Haul COVID-19 Syndrome. Never disregard professional medical advice because of something you have read on our website and releases. This is not intended to be a substitute for professional medical advice, diagnosis, or treatment in regards to any patient. Treatment for an individual patient is determined by many factors and thus should rely on the judgment of your physician or qualified health care provider. Always seek their advice with any questions you may have regarding your medical condition or health. As Covid-19 infections, Covid-19 vaccines, and the issue of spike protein harms are new, this guide is informed by established and emerging medical research as well as the clinical experience of international medical doctors and holistic health practitioners; it will evolve as new evidence emerges.