

# Steps to improve your Long Covid

Are you looking for a guide to potentially reduce your Long Covid symptoms? Few fully recover but many do see significant improvements by following this path.



## Pacing

Learn to live within your new Long Covid / Post Vax limitations. Fatigue and Post-exertional malaise can be minimized by regular rest and breaks throughout the day. Kick back and close your eyes, put on a Sleep Mask for 20 minutes. Avoid all strenuous exercise. Pace yourself mentally and physically.



## Regular mindfulness meditation

This can be very helpful for Anxiety, a common Long Covid symptom. It might also help some with Insomnia and other symptoms. Breathing exercises too may help with some of your dysautonomia symptoms



## Find a long-hauler buddy or buddies

Even the most caring friends and family find it difficult to understand what you are going through. Find a long-hauler buddy with similar symptoms and life challenges. Text or talk on a regular basis to validate your experiences. Connect via social media if you do not personally know other long-haulers.



## Adopt a strict no added sugars diet

Empty your pantry of cereals and cookies and bars with added sugars. Avoid pancake syrup, high fructose corn syrup and daily honey as well. Many long-haulers report immediate symptom flare-ups when eating donuts or cake. Any persistent virus LOVES sugar.



## Avoid wheat flour, rice and other processed carbs.

These get digested rapidly - similar to sugars - and spike your Insulin and Insulin-like growth factor. Any persistent virus thrives on these pro-growth signals. Riced cauliflower and quinoa are better alternatives. Wasa Rye crisps are a good bread substitute.



## If you have hives or other allergic reactions - try an H1 Antihistamine

Try various H1 Antihistamines and find one that helps. If necessary add a H2 Antihistamine occasionally. Also avoid food triggers. Some high histamine foods include smoked or cured meats, leftovers, aged cheeses, spinach, nuts and avocados.



## Eat in an 8 to 10 hr window each day

This goes by many names; 16:8 IF, 14:10 IF or Intermittent Fasting and Time-Restricted Eating. Not eating for 14 to 16 hrs gives your digestive system a chance to rest and repair. You will reduce the number of blood sugar spikes if you also avoid snacks. Your cells will have a chance to do more healthy housecleaning in the evenings and at night. This is known scientifically as "autophagy".



## Try 36 or 60 hr water fasts bi-weekly

After a month of time-restricted eating and a no sugar diet, consider trying a 24 hr or 36 hr water fast. It may flare-up your symptoms in the evening or upon re-feeding for 4 to 8 hrs. Rarely, the flare-ups can last 3 or 4 days. This is your immune system going after virally infected cells. You may have deeper fatigue for a few days afterwards. Over time, this can reduce the severity of all long covid symptoms and may make some symptoms go away completely.



## Try periodic dosing with Lactobacillus

After 10 to 12 weeks of the above steps, you may opt to try a new approach. Lactobacillus plantarum 299v is a probiotic that has been shown to increase antiviral responses significantly in mouse experiments. 80% of Long-haulers get a flare-up that peaks on day 2 and day 3. Flare-ups may last a week or even longer. It may surface new locations in your body where the virus is hiding... such as various cranial nerves. Start cautiously with just 3 billion cfu before lunch. Not for daily use in long-haulers! Instead, try once every 2 - 4 weeks.