

LONG COVID SYNDROME

Sadly I have many new patients suffering this situation and 90% over 2021 have completely recovered via my current protocol - here is the bare bones of it -

100% plant-based organic eating regime - including living foods - and optimised omega 3

the use of ginger, turmeric, cinnamon, garlic, mint, raw cacao and lemon grass - either as actual food, tinctures or supplementation

Ivermectin is also being used by my US patients and an ongoing study at Oxford University may decide this is a valuable treatment here in UK

3 grams of food-based vitamin C, 2000 i.u vitamin D (titrated to NHS result in UK), 25 mg zinc citrate, 20 billion probiotic cultures daily

200-400 mg ubiquinone, N-Acetyl Cysteine, some are using quercetin, plus a methylated B-Complex