

remedies[®]

JANUARY 2022

for
LIFE

immunity boosters



PAGE
26

HERBS ENHANCE
THE LYMPHATIC SYSTEM

INSIDE • Long COVID help • Skin treatments • Protein powders

By Alan Siddall

the long haul

dealing with persistent
covid-19 symptoms

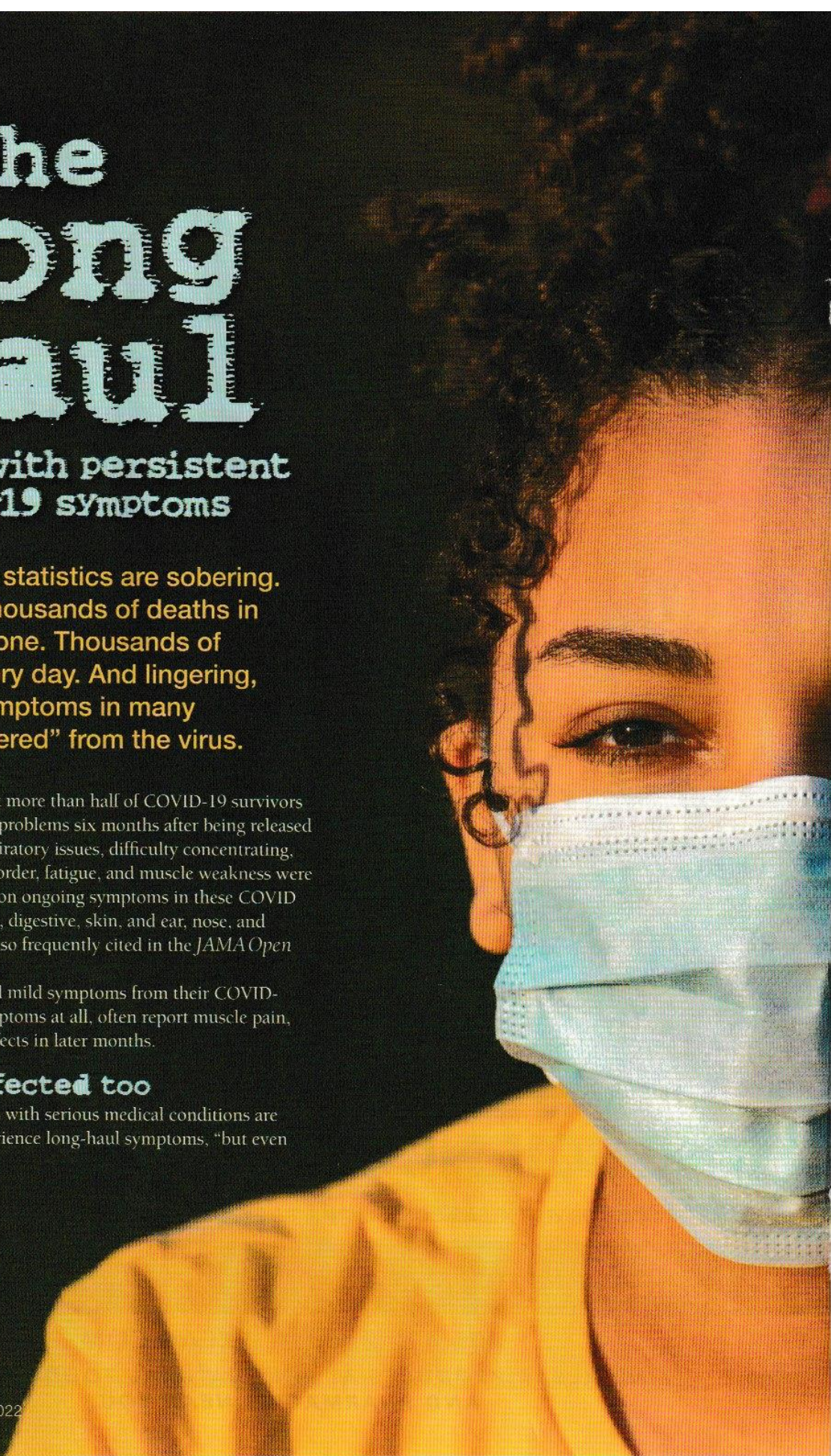
The COVID-19 statistics are sobering. Hundreds of thousands of deaths in this country alone. Thousands of new cases every day. And lingering, debilitating symptoms in many who've "recovered" from the virus.

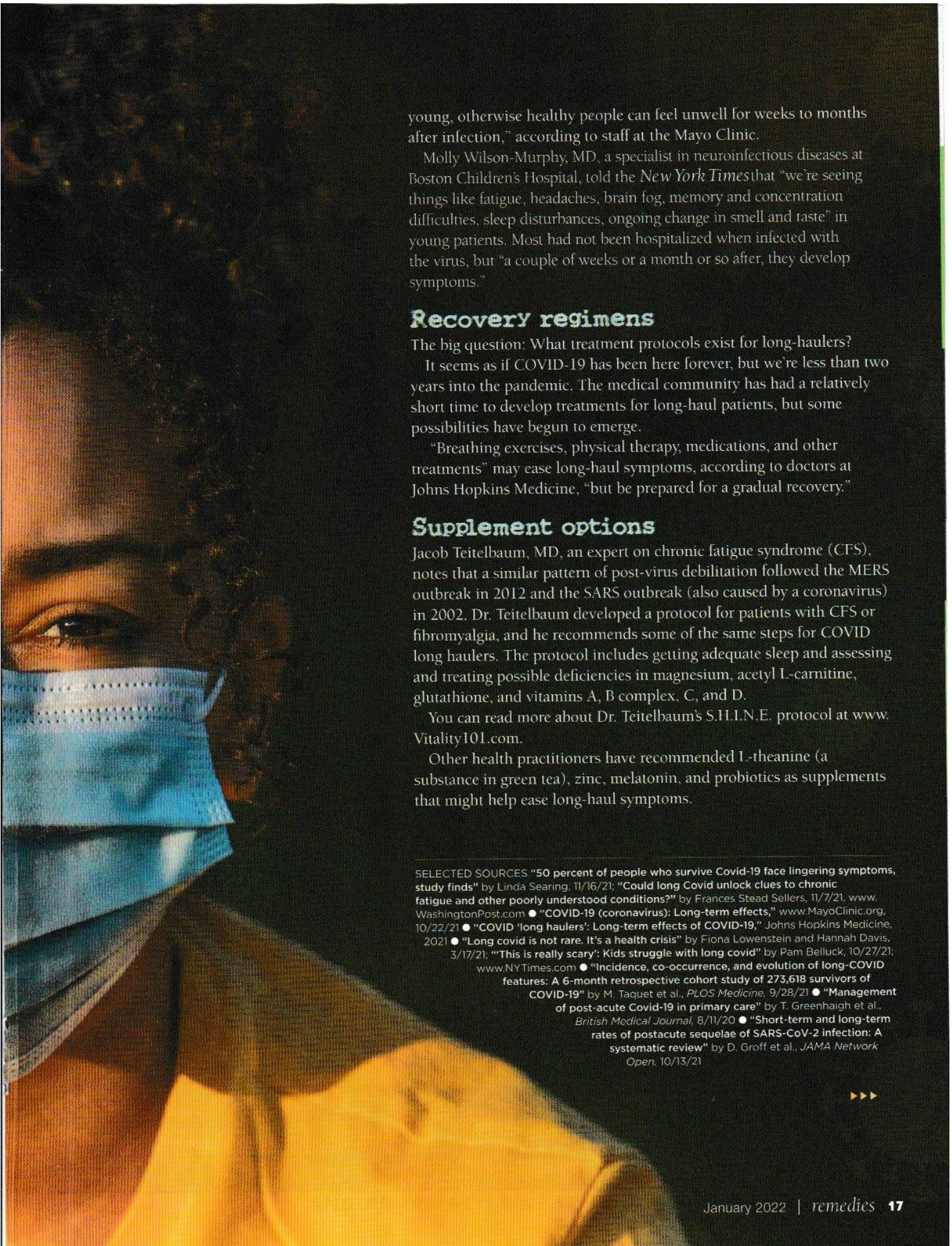
A new study found that more than half of COVID-19 survivors were still experiencing problems six months after being released from the hospital. Respiratory issues, difficulty concentrating, generalized anxiety disorder, fatigue, and muscle weakness were among the most common ongoing symptoms in these COVID "long haulers." Cardiac, digestive, skin, and ear, nose, and throat disorders were also frequently cited in the *JAMA Open Network* report.

Even people who had mild symptoms from their COVID-19 infection, or no symptoms at all, often report muscle pain, exhaustion, or other effects in later months.

Kids are affected too

Older adults and others with serious medical conditions are the most likely to experience long-haul symptoms, "but even





young, otherwise healthy people can feel unwell for weeks to months after infection,” according to staff at the Mayo Clinic.

Molly Wilson-Murphy, MD, a specialist in neuroinfectious diseases at Boston Children’s Hospital, told the *New York Times* that “we’re seeing things like fatigue, headaches, brain fog, memory and concentration difficulties, sleep disturbances, ongoing change in smell and taste” in young patients. Most had not been hospitalized when infected with the virus, but “a couple of weeks or a month or so after, they develop symptoms.”

Recovery regimens

The big question: What treatment protocols exist for long-haulers?

It seems as if COVID-19 has been here forever, but we’re less than two years into the pandemic. The medical community has had a relatively short time to develop treatments for long-haul patients, but some possibilities have begun to emerge.

“Breathing exercises, physical therapy, medications, and other treatments” may ease long-haul symptoms, according to doctors at Johns Hopkins Medicine, “but be prepared for a gradual recovery.”

Supplement options

Jacob Teitelbaum, MD, an expert on chronic fatigue syndrome (CFS), notes that a similar pattern of post-virus debilitation followed the MERS outbreak in 2012 and the SARS outbreak (also caused by a coronavirus) in 2002. Dr. Teitelbaum developed a protocol for patients with CFS or fibromyalgia, and he recommends some of the same steps for COVID long haulers. The protocol includes getting adequate sleep and assessing and treating possible deficiencies in magnesium, acetyl L-carnitine, glutathione, and vitamins A, B complex, C, and D.

You can read more about Dr. Teitelbaum’s S.H.I.N.E. protocol at www.Vitality101.com.

Other health practitioners have recommended L-theanine (a substance in green tea), zinc, melatonin, and probiotics as supplements that might help ease long-haul symptoms.

SELECTED SOURCES “50 percent of people who survive Covid-19 face lingering symptoms, study finds” by Linda Seering, 11/16/21; “Could long Covid unlock clues to chronic fatigue and other poorly understood conditions?” by Frances Stead Sellers, 11/7/21, www.WashingtonPost.com • “COVID-19 (coronavirus): Long-term effects,” www.MayoClinic.org, 10/22/21 • “COVID ‘long haulers’: Long-term effects of COVID-19,” Johns Hopkins Medicine, 2021 • “Long covid is not rare. It’s a health crisis” by Fiona Lowenstein and Hannah Davis, 3/17/21; “This is really scary’: Kids struggle with long covid” by Pam Belluck, 10/27/21; www.NYTimes.com • “Incidence, co-occurrence, and evolution of long-COVID features: A 6-month retrospective cohort study of 273,618 survivors of COVID-19” by M. Taquet et al., *PLOS Medicine*, 9/28/21 • “Management of post-acute Covid-19 in primary care” by T. Greenhaigh et al., *British Medical Journal*, 8/11/20 • “Short-term and long-term rates of postacute sequelae of SARS-CoV-2 infection: A systematic review” by D. Groff et al., *JAMA Network Open*, 10/13/21

▶▶▶