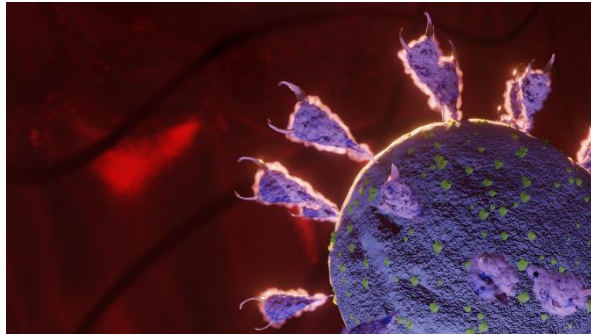


## COVID STAGES SUMMARY CHARTS



The “Definitive Long Covid Recovery Guide” list is a short-form reference that I hope will be a helpful resource. Unfortunately, there’s just simply a practical trade-off between more in-depth (and therefor larger page count) and more accessible and referable. There’s plenty more to talk about than what I include in the guide.



Below are my summary charts of each stage with the “Essentials,” and the “Maybes” – Note that I included more than what I talk about in this manual, as many items are obvious as to the “why” once you understand the long-term mechanics of Covid. Even this list is a bit condensed, for the sake of organization – a more exhaustive (but less succinct) list can be found in the “Great Covid Compendium” on [www.longcovidx.com](http://www.longcovidx.com).

And you’ll undoubtedly find other things that work for *you* – stick with them! (And, incidentally – message me and let me know!)

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STAGE 1: [ACUTE COVID](#)

STAGE 2: [SHORT COVID](#)

STAGE 3: [LONG COVID](#)

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## ACUTE COVID SUMMARY CHART

STAGE: ACUTE COVID (pre-symptomatic infection - ~day 4 of symptoms)	
WHAT	WHY
The Essentials:	
Ivermectin	Bind spike, prevent replication, protect ACE-2, sweep out loose spike. Usually taken with a big chunk of fat to maximize absorption. Note that apparently the drug Nitazoxanide has similar effects to Ivermectin, but I don't know much about that, ask a trustworthy Doc.
HQC/Quinine	(DO NOT take next to Grapefruit!) Protect ACE-2, modulate inevitable autoimmune response
Zinc + Quercetin	Prevents viral replication (note that HQC and quinine are also zinc ionophores, but I've heard people say Quercetin also seems to help especially with the lung-infection component
B-complex vitamin	Help avoid cellular exhaustion so that you can heal
NAC	(N Acetyl Cysteine) Helpful to bring down oxidization (inflammation)
SUNSHINE	(If you're in a Vitamin D season/zone)
The "Maybes":	
Melatonin	This could be up in the "essentials" – does a lot of things that directly counter Covid's attack, especially countering its attack on the blood cells (CD147 receptor)
Dandelion <i>leaf</i> /tea	Easy to find in the spring! (Just make sure there's no poison sprayed on it) lots of good stuff. BINDS SPIKE ( <a href="#">link</a> ).
Any vitamin with a letter <sup>1</sup>	(e.g. A, B, C, D, etc. – especially D and C) Just to generally bolster things. Better than all of these, however, is probably just to eat grassfed sunshine-raised animal liver.
"Fake" fever	i.e. Sauna, hot pad on lungs or GI tract, or sweating it out in a sleeping bag – just something to mimic a fever and help blast the bad guys
AIP diet	To just generally maximize your body's efficiency and help prevent exacerbated autoimmune response
Intermittent Fasting	Pretty much always helpful (Keto is also fantastic here if you know how to safely). But generally – not eating will bring your inflammation down <i>far</i> more dramatically than any supplement could ever do
NAD+ protocol	Google it – primarily <i>flush-inducing</i> Niacin (although you don't have to flush).
SLEEP	duh
Resveratrol	I was a skeptic, but this personally helped me with inflammation and pain more than Turmeric/Curcumin a lot of the time. I plan on making my own from Japanese Knotweed
Turmeric/Curcumin	Help bring down inflammation
Green tea	Lots of good stuff
Gromwell Root or Apigenin	Both of these are "3CL protease" inhibitors – ultimately, that prevent Coronaviruses from replicating by gimping a required mechanism <sup>2</sup>
L-lysine	Helps stop viral replication – don't overdo this one

<sup>1</sup> I'm becoming more and more picky and cautious with my supplements. For example, just how nasty Folic Acid is for you – actually does the *opposite* of what it's marketed as. And the fact that most citric acid is made from black mold (thank Pfizer for that actually) – that can't be good.

<sup>2</sup> Gromwell Root, aka "Tollovid" is being marketed as a competitor to ivermectin. They do *not* do the same thing. 3CL inhibitors are likely unhelpful (*qua* inhibitors at least) after viral replication is no longer occurring. Ivermectin is likely helpful *both* during the active viral infection, *and* post-infection, to eliminate leftover spike.



## SHORT COVID SUMMARY CHART

STAGE: SHORT COVID (5 days – 4 weeks out)	
WHAT	WHY
The Essentials:	
Ivermectin	Again - sweep out spike. Usually taken with a big chunk of fat (e.g. coconut oil) for max absorption into the bloodstream.
NAD+ Protocol	If you're still getting symptoms between day 5 – week 4, <i>this</i> is most likely one of the most crucial ones.
HQC/Quinine	(Again - DO NOT take next to Grapefruit!) Protect ACE-2, modulate inevitable autoimmune response. Personally, at this stage, I'm more inclined to take quinine, but that's me
AIP Diet	This has now moved from a “maybe” to an “essential.”
NAC	(N Acetyl Cysteine) Helpful to bring down oxidization (inflammation)
Sauna	If you're feeling symptoms, more or less essential – you <i>need</i> to open up your veins and let blood flow again, and jogging isn't an option (the spike will rip you up like a toddler with your favorite book). If you <i>can't</i> sauna, I'd (slowly) walk for at least 1-2 hours a day. You could also occasionally Niacin flush as well, but don't do that too often
Monitor	<i>Carefully</i> monitor for potentially “3 <sup>rd</sup> party” viruses or conditions. If you feel exhausted, get tested for EBV!
The “Maybes”:	
Melatonin	Helps alleviate a lot of different and varied attacks of Covid – at this stage, might be helpful as spike latches and attack CD147 receptors.
Brewer's Yeast <sup>3</sup>	Long story short: Spike has gene sequences that cause “amyloids,” which the N-protein then collects to form “fibrin” micro-blood clots (basically: causes a certain type of nasty hard-to-bust-up blood clot. Brewer's Yeast from <i>Saccharomyces cerevisiae</i> contains HSP104 (heat shock protein 104) that breaks these bad boys up. Phew!
Gut healing	Personally I'd skip buying probiotics – I'm more and more convinced that this is about seeding your gut with what surrounds you (and I've had bad juju from bought probiotics). Homemade sauerkraut. Kombucha. Weeds from the yard. L-Glutamine. Mushrooms (especially the plain ol' white buttons). (if you can get it from real pasture animals) Bone broth and Liver. Colostrum (I use goat)
Zinc + Quercetin	May want to do this for a while to help disrupt any leftover virus (the virus may continue to slowly replicate for 100+ days post-acute infection).
SUNSHINE	(If you're in a Vitamin D season/zone)
Any vitamin with a letter	(e.g. A, B, C, D, etc. – especially D and C) Just to generally bolster things – but SPACE IT OUT. Be <i>very</i> careful, as Vitamins (especially C) can be hard on your kidneys, and Covid will have directly assaulted your kidneys. Note that Vitamin D at a high enough dose may help

<sup>3</sup> Be careful if you're celiac! It is Brewer's yeast after all.

	modulate your autoimmune response as well. Better than all of these, however, is probably just to eat grassfed sunshine-raised animal liver.
Intermittent Fasting	Pretty much always helpful (Keto is also fantastic here if you know how to safely). But generally – not eating will bring your inflammation down <i>far</i> more dramatically than any supplement could ever do
SLEEP	As always
Resveratrol, Turmeric/Curcumin	To bring down inflammation
Green tea, Dandelion leaf tea	Lots of good stuff – Dandelion <a href="#">apparently</a> binds spike as well, while green tea has a variety of helpful stuff in this context.
DMSO	Some people report miracle results from DMSO. There's some very relevant evidence that suggests, in some instances, that it breaks up the very same kind of micro-blood clots that Covid causes.
Acupuncture	Acupuncture helped me somewhat, but I've heard it has <i>really</i> helped a lot of people – and I have yet to hear of someone it hasn't helped at least a little.

## LONG COVID SUMMARY CHART

STAGE: LONG COVID (4+ weeks out)	
WHAT	WHY
The Essentials:	
DMSO	Some people report miracle results from DMSO – and I’m one of them. <sup>4</sup> There’s some very relevant evidence that suggests that DMSO breaks up the very same kind of micro-blood clots ( $\beta$ -Amyloid fibrin) that Covid causes
Colloidal Silver and Gold	Also evidence that this breaks up Covid Micro Clots. For the silver, you’re looking for particles in the 10-25nm range. Some research suggests that clots are cleared ~30x faster in conjunction with infrared (i.e. sauna) light.
Ivermectin	Sweep out spike – BUT BE CAREFUL. If you’re in a bad spot, you could get a <i>nasty</i> herx reaction from too much spike being flushed out. I’m finding that if I take it <i>without</i> fat (i.e. keep most of it in the gut) and take a full-spectrum binder (I use “Code Age”) a few hours later, I don’t get slammed
HQC/Quinine	(Again - DO NOT take next to Grapefruit!) Protect ACE-2, modulate inevitable autoimmune response. Again, at this stage, I’m more inclined to take quinine, but that’s me
AIP Diet	100% essential. Unfortunately this is now going to last much longer than “two weeks and then start adding food back”... before it was “essential,” now it’s absolutely critical that you don’t cheat – you cheat at your own peril. Blast yourself with more autoantibodies, and you’ll pay a heavy price
Sauna	Now especially, this is <i>essential</i> – your sensitive tissues are oxygen-starved (hypoxemia) and you <i>need</i> to open up your veins and let blood flow again. Not that you even feel up to it, but avoid strenuous exercise; the spike will rip up your tissue. If you can, I’d <i>walk</i> , for at least an hour a day, optimally twice daily if you can
Breathing Exercises	Similar to Sauna – breathing intentionally will raise your O2 levels; pretty much a poor man’s hyperbaric chamber (for sure do that if you have a chance! Might also consider an oxygen concentrator machine, although I haven’t tried that). Basically, breathe deep, exhale <i>completely</i> , and breathe as slow as possible
DO NOT PUSH IT	Just what it says. DO NOT push it – whether that’s exercise, supplements, mental stress, etc. You cannot beat this by being “tough.” Here, “tough” = “dumb”
Monitor	<i>Carefully</i> monitor for potentially “3 <sup>rd</sup> party” viruses or conditions. If you feel exhausted, get tested for EBV! Get a pulse oximeter. Log everything with an app (eating, stools, and symptoms especially)
NAD+ Protocol	If you’re out from acute infection 100+ days, I’d do this; otherwise, meh, might not do much

<sup>4</sup> Including collectively tens of thousands of rave reviews on Amazon – I was blown away.

Brewer's Yeast <sup>5</sup>	Long story short: Spike has gene sequences that cause “amyloids,” which the N-protein then collects to form “fibrin” micro-blood clots (basically: causes a certain type of nasty hard-to-bust-up blood clot. Brewer's Yeast from <i>Saccharomyces cerevisiae</i> contains HSP104 (heat shock protein 104) that breaks these bad boys up. Phew! Heads up, some people with autoimmune <i>may</i> have issues! <sup>6</sup>
The “Maybes”:	
Carnivore diet	If you're in dire straits, I'd consider carnivore diet – it was absolutely critical for me. For a while there, any veggies would hurt me, raw or cooked – spinach, broccoli, etc. The tough part is you <i>cannot</i> just do grocery store meat – you <i>need</i> real grass fed animals, and all parts of the animal, not just your fav meat cuts. Yes, I mean liver, heart, etc., but also hooves, tongue, lungs, etc.
NAC	(N Acetyl Cysteine) Helpful to bring down oxidization (inflammation). As usual, especially in Long Covid, I'd space it out – give it a shot, but I'm guessing you won't notice it as dramatically helpful
Nattokinase, Lumbrokinase, and/or Serrapeptase	To dissolve the extra-nasty Covid-spike-induced blood clots. Does it work? There are several patents out there that seem to think so! But these won't cross the blood-brain barrier, so they'll probably <i>help</i> but reduce in their usefulness over time. <sup>7</sup>
Gut healing	Personally I'd skip buying probiotics – I'm more and more convinced that this is about seeding your gut with what surrounds you (and I've had bad juju from bought probiotics). Homemade sauerkraut. Kombucha. Weeds from the yard. L-Glutamine. Mushrooms (especially the plain ol' white buttons). (if you can get it from real pasture animals) Bone broth and Liver. Colostrum (I use goat colostrum). I tried Collagen, but that makes me bloat
“Brain” cleanse	I'm still working on this; I don't exactly know what I'm doing just yet. But I do know that Covid attacks the brain. I've had great luck with a “brain cleanse” protocol I've been experimenting with (again, don't really know <i>why</i> it works or what I'm doing) where I walk on the treadmill, wear headphones at high volume, smell an essential oil and use a massage tool on my head or neck, and watch a series youtube videos in the following sequence: (1) something funny (2) beautiful classical music (3) something high-testosterone (e.g. Ip Man etc.) and (4) something sacred (Gregorian Chant, etc.). I don't know what I'm doing, but I have great results from doing that thus far.
DRUGS	Because of Covid's chimeric design, there are an abundance of drugs that people have found that have helped with aspects of Long Covid for certain specific reasons. I consider drugs “chemical surgery,” – just like I wouldn't undergo surgery without a serious reason, I don't like taking drugs without a serious reason, knowing

<sup>5</sup> Be careful if you're celiac! It is Brewer's yeast after all.

<sup>6</sup> I did not – all good for me.

<sup>7</sup> For this reason, I personally would take for 2 weeks on, take two weeks off, etc., or mix them up.

	exactly what I'm doing. In <i>this</i> context, I've found that chemical surgery can be helpful. Some people have good luck with the following: Low Dose Naltrexone, Montelukast (gave me <i>horrible</i> side effects btw), Benadryl, Zyrtec, and Claritin are ones I've either tried or heard people having good luck with. There's others, but the side effects sound worse than the cure.
Homeopathic Remedies	If you're a skeptic – well, feel free to be skeptical. I've just experienced too much to be a skeptic at this point – I've seen too many things stopped dead in their tracks by homeopathic remedies to write them off. They work, but they're an art. Here's a short list of my favorites if you'd like to look more into this: <i>Cena 6</i> (detaching spike), <i>Sanguinaria 30</i> (sinus-area headaches), <i>Histaminum 30</i> (autoimmune or allergy-feeling headaches), <i>Eupatorium 200</i> (a bunch of good stuff, including prophylaxis), <i>Rhus Tox 30</i> (inflammation modulation, huge), <i>Thuja 30</i> (prophylaxis), <i>Apis 30</i> or <i>200</i> (post glutening or autoimmune), <i>Arsenicum 30</i> (stomach pain) <i>Ipicac 30</i> (long-term celiac; believe it or not I know several lifelong celiacs who have healed), <i>Lycopodium 200</i> (bloating). Quite honestly, even though these are under the “maybes,” for me personally they're definitely #1 on the “essentials” – no question.
Zinc + Quercetin	May want to do this for a while to help disrupt any leftover virus (the virus may continue to slowly replicate for 100+ days post-acute infection). I'd definitely add this if you start to feel sick
SUNSHINE	(If you're in a Vitamin D season/zone)
Any vitamin with a letter	(e.g. A, B, C, D, etc. – especially D and C) Just to generally bolster things – but SPACE IT OUT. Note that Vitamin D at a high enough dose may help modulate your autoimmune response – I'd suggest researching this. Better than all of these, however, is probably just to eat grassfed sunshine-raised animal liver.
Intermittent Fasting	Pretty much always helpful (Keto is also fantastic here if you know safely how to). But generally – not eating for a day will bring your inflammation down <i>far</i> more dramatically than any supplement could ever do (if you do that, <i>ease</i> back into eating the next day)
SLEEP	As always
Resveratrol, Turmeric/Curcumin	Both may help macrophages (your immune system) dissolve Amyloid clots. Careful – Resveratrol especially can whack your gut and kidneys if overdone
Green tea, Dandelion leaf tea, Herbal teas, Pine needle tea.	Lots of good stuff – Dandelion <a href="#">apparently</a> binds spike as well. Again – careful. Green tea has a lot of helpful stuff here, but can cause an autoimmune reaction <sup>8</sup> , while dandelions can be hard on kidneys. Note that Pine Needle tea (a) doesn't actually bind spike (that we know of) (b) can be toxic from many pine types (spruce is ok) (c) is a good source of natural biome and vitamin C.
Cold showers <sup>9</sup>	Here's the scoop: (a) it <i>seems</i> like this is basically a natural version of LDN, (b) some studies suggest it doesn't matter how long you

<sup>8</sup> Green Tea also apparently helps dissolve Amyloid clots.

<sup>9</sup> I tried – these were too intense for me; just exhausted me. I'll start eventually, but for now...



	shower (30 seconds is enough – ok, I’ll bite), (c) it would <i>appear</i> that cold showers trigger the creation of so-called “heat shock proteins,” which may help detox from prion diseases like Parkinson’s, etc. – and Long Covid’s attack appears to be prion-oriented somehow (e.g. same <a href="#">biomarkers are found</a> , etc).
Acupuncture	Acupuncture helped me somewhat, but I’ve heard it has <i>really</i> helped a lot of people – and I have yet to hear of someone it hasn’t helped at least a little.

A quick note on hyper-celiac: if you’re celiac, and Long Covid is smashing you, consider upping your gluten-free game: Covid absolutely may have made you hyper-sensitive. In that case, even things that would normally be considered “gluten free” can micro-gluten you. Think about being hyper-restrictive with your gluten free: only things that are certified GF or you’re absolutely sure have to be free from gluten contamination. Again: I’ve gotten glutened by things like spices (a big offender), wine, rice, beans, tonic water, etc. Oof.