**VIR MCCOY LONG COVID PROTOCOL – NOV. 2023**

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**From the Book: *Healing Therapies For Long Covid,*  published by Inner Traditions 2023**
By Vir McCoy

NOTE: I am not a doctor. This summary was mostly generated from my scientific research (as a scientist), my intuition (as a medical intuitive), doctors, herbalists, healers and Covid Long Haul personal stories. It is not exhaustive, nor is everything to be taken at once. It spans treatments from the scientific to the spiritual. Find what works for you and simplify your protocol. Check for harmful combinations and doing too much. Look for synergy and alchemy and rotate. Trust your intuition, and find a doctor or clinic that understands how to treat Long Haul Covid. For more information see my website [**www.virmccoyhealth.com**](http://www.virmccoyhealth.com)**.** Numbers are links to scientific references.

**WHAT IS LONG COVID?**

Long Haul COVID is a disease of vascular and neural inflammation caused by initial viral damage and lingering spike proteins (viral debris) from Covid or the Vaccine [**1**](https://www.frontiersin.org/articles/10.3389/fimmu.2021.746021/full), [**2**](https://www.researchsquare.com/article/rs-1844677/v1) [3](https://www.sciencedirect.com/science/article/pii/S0344033823001978). Lingering spike proteins (like hard grains of sand that don’t break down-stuck inside white blood cells) can cause the immune system to malfunction: The immune system doesn’t “see” the spike proteins in some people because of genetics or predispositions. This immune confusion results in an auto or idio antibody response, an allergic (Mast Cell Activation Syndrome (MCAS) response, flare up of other bugs (Herpes family, Parasites, Molds, EBV, Lyme etc.), as well as chronic inflammation and corresponding diagnoses such as POTS, SIBO, and much more, all triggered from Covid. The Covid virus also tears up the lining of the gut creating a “leaky gut” or microbiome (gut flora) disruption or dysbiosis. The corresponding inflammation and increase in histamine all leads to various neurological, hormone, vascular (blood) damage, cellular disruption, and symptoms as headaches, fatigue, blood clots, inflammation driven high cholesterol and glucose, mitochondrial imbalances , burning sensations,  fatigue, Lymphatic congestion,  organ damage, mental instability and many more unusual and strange symptoms [4](https://www.nature.com/articles/s41579-022-00846-2).  The Limbic system, gets caught in a “flight or fight” or PTSD adding to further dysregulation.

Good talk on Long Haul and Treatment:

https://odysee.com/@FrontlineCovid19CriticalCareAlliance:c/FLCCC-WEBINAR-101321\_FINAL-(1):0

 **DAILY ACTIONS / LIFESTYLE**

1. **IMPORTANT LIFESYLE HELP**
* Stay anchored in love: Remember what you love, do what you love
* Cultivate positive mental discipline, focus. See my STOP, DROP, WALK meditation.
* Get a fire in your belly going to burn out disease.  Become a warrior.  Focus.
* Take the power back. Don’t give your power away to COVID.  Don’t obsess on it.  Watch out for victim mentality
* Create healthy belief statements and mantras.  “I am powerful beyond measure” , “I am the powerful presence of love at all times, burning all disease in my body”
* Neuroplasticity Retraining Programs or Limbic system rewire programs.
* Cultivate gratitude and forgiveness.
* Make offerings to the Earth
* Prayer and asking for help.
* Find a good Integrative or Functional Medicine Doctor or Doctor of Chinese Medicine and/ or a good herbalist or homeopath
* Less screen time and Electromagnetic pollution (EMF)
* Remove and treat for mold
* Develop your medical intuition.
* Make an intuitive journal and start writing down what your body needs (see my Intuitive meditation)
1. **REST**.  As much rest and relaxation as you can get.  More than you think you would need. Take a sabbatical if you can.  Listen to calming music or soothing nature sounds often. Lower stress. Take walks in nature.
2. **ICE, WATER and DRINKS**
* Drink Ice and Cold Water. Drink clean or spring water. Put ice in every drink you make.   Ice is great for reducing inflammation. Lots of smoothies
* Drink lots of bubbly waters and mineral waters for carbon dioxide (CO2 stimulates the Vagus nerve and lowers Oxygen in gut) and effervescence: club soda, non-sugar Sodas like Zevia with caffeine (helps headaches).
* Get in cold water: Rivers, oceans, baths and ice water or cold showers. Ice back of neck and head every night. Also ice groin and stomach. Cryogenic gyms and Ice baths. Decreases inflammation.
1. **BREATHWORK**
* Calming breath or C02 breath. Increase your C02 to stimulate the Vagus nerve for helping calming down the nervous system, using breathwork with slow exhalations. Breathe in through nose at 3 counts hold 3 counts, exhale 6 counts while making a “shhh’ sound.   Try before bed inhale 4 counts, hold 4 counts, exhale 4 counts Inhale for 2 counts, exhale for 4 counts making a “shhhh” sound.
* Do breath of fire through the nose at least once a day -short quick breaths. This increases alkalinity and oxygen and fire in the belly.
* Chi Kung breathing exercise scooping heaven/ scooping earth energy
* See my Fire Love breathing exercises:

 [**https://www.youtube.com/watch?v=eR2IWUoFJLY&t=48s**](https://www.youtube.com/watch?v=eR2IWUoFJLY&t=48s)

* Try Wim Hoff, Buteyko and other breathwork modalities.
* Love and Light Breath. Inhale (Receive) slowly while drawing light into your heart from the brightest sun like a magnet, pause, exhale slowly and breath out love (give) from your heart .
1. **MEDITATIONS**/**LIMBIC RETRAINING**
* Get into a quiet space and do some deep breathing 3 counts in, 6 counts exhale. Listen to some gentle water sounds. Imagine a deep cool crystalline calm lake with icy mountain peaks around the lake.   Breathe into the stillness bringing it in to your body. Bring that coolness in and calm and soften the brain and body. Imagine the water gently washing, calming and cooling your brain and inflammation. Imagine a gentle stream of water clearing out any debris  through you into the earth.  Imagine a cobalt blue light in your brain continuing a peaceful calming energy.
* Lie down and get comfortable. Begin deep breathing. Get into a loving space by thinking about the things you love:  Rivers, oceans, mom, a pet, a loved one, music etc. and generate *the feeling* of love.  Then with that feeling of love hold the painful areas like a baby.  Pour out all your love to the pain. Look closely with your sensory perception or intuition.  What’s it need? What’s the matter?  Listen for intuitive clues for remedies and medicines.  Write down your impressions in a journal.
* Get into a quiet space and do some deep breathing.  Think about the things you love, to generate the feeling of love. Now Imagine your army of Immune cells and specifically the cells that have gone rogue or confused (auto-immune) with spike proteins.  Imagine Holding them like little babies, send them love, sing them lullabies and instruct them to calm down and relax and stop the attack, that everything is O.K now.  They are safe to retire. Imagine them letting go of the spike proteins.   Deep breaths.  Thank your immune army for doing its job.
* Get into a quiet space and think about the things you love, to generate the feeling of love.  Tap in to that part of yourself that is not sick, the part of you that is far greater than any virus or bacteria.   Now take your love and send love to the spike proteins or corona virus. Hold them like a baby and pour out your love.  See your love melting the disease.  Imagine any leftover proteins dissolving in golden light and being digested.  Imagine a cobalt blue cooling everything off.
* See methods like the NRDS, The Gupta Program, and other neuroplasticity retraining programs.

1. **FASTING**
* Fasting increases autophagy or the ability of cells to eat dead and dying cells (with spike proteins)
* Intermittent fasting (eating between 10 am on or from am to 5pm -best)
* Longer fasts: Try 24 ,48, 72 hour or longer water or juice fasts or a day of dry fasting (with supervision)
1. **EXERCISE** **and SWEAT**

Do gentle exercises only. Nothing too strenuous at first (Don’t break a sweat). Cardiovascular exercise can exacerbate symptoms and trigger inflammation early in Long Covid. Try walking, Yoga, Headstands (Get blood in brain), bouncing on a trampoline (for lymph), Lift weights (Do more space between sets).  Chi Kung, Tai Chi, Swimming. Try Cryogenic (Ice) and sauna sweat alternates. You can try running later or “titrate” up exercise to your threshold.

1. **DIET**

You will want to in general do a Low Histamine Diet (Especially with MAST cell activation) combined with a ketogenic or ancestral diet (No or low carbohydrates), until your back to normal. Also some react to foods high in oxalics (like Turmeric), Lectins or Salicylates. Some develop severe gut pain requiring simple diets. Make a food diary.

Trust your intuition, your body may be different. See my food list in Appendix C.

* Typically an overload of histamine from Mast cells occurs (Allergy cells- like having chronic activation of these cells). You may begin reacting to certain foods and medicines.   A low histamine diet becomes very important as does a ketogenic diet, to increase ketosis and burning of fats (where the spike proteins like to hide). MAST cell activation syndrome is likely activated by mold that has flared up from an overwhelmed immune system. You can do a urine mold test to find out. Remove yourself from moldy environments. You will want to do binders and detox from molds (see Appendix B).
* In general abstain from sugars, gluten, ferments, smoked or aged meats – (including meat that has sat in the store for more than a few days). Abstain from sardines, salmon, salami, nightshades, alcohol (see below), cruciferous plants, citrus, chocolate and try abstaining from Oxalics (Beets, Almonds etc) and Lectins (beans etc).  You will need to see what foods specifically effect you.  Make a food diary.  Later you may be able to add foods back in. Here’s a list of histamine foods to start. An excellent source is [www.mastcell360.com](http://www.mastcell360.com) with good food lists and tips on MCAS
1. **GUT** – See Appendix A. The gut becomes key to heal.
2. **LYMPHATIC .** The lymph and glymphatic system (brain) get clogged up from all the viral debris and auto-immune trash. This results in soreness and stiffness in back of neck and occiput as well as other areas**.** You must unclog the Lymph and keep it moving. Run, Walk, swim, Bounce, Self brushing, cranial sacral work etc. Herbs like Ocotillo and Red Root can help. Get Lymphatic massage once a week and/or Sauna for sweat and Lymphatic movement.
3. **MOLD.** Long Covid sufferers are more likely to have been exposed to mold. See Appendix B**.** Mold is almost always the cause of Mast Cell Activation Syndrome and Histamine overload**.** Mold can also cause limbic system disruption**.** See the excellent website on Mast Cells, Diet, Histamine and mold with good food lists for low histamine, oxalics and salicylates, at [**www.mastcell360.com**](http://www.mastcell360.com/)

**THE MEDICINES**

Look for synergy, alchemy and rotate your medicines. Be careful with a hodgepodge of pills and detrimental interactions. I never did more than 6 medicines a day (At least keep it down ☺) and rotate items weekly. Take breaks. Please work with a specialist to tailor dosages and medicines. Below are many options to choose from.

Categories: I break down the kinds of medicines and supplements you will need into categories- you will need at least one from each. In addition to items 1-11 above, these are the top 9 categories.

1. **Spike Proteins**: Dissolve, break down, flush out and disrupt the spike proteins and/ or block them at receptor sites. This will be your number one goal. See Appendix D.
2. **Immune Modulation:** Calm down, modulate (Smooth out), regulate or block the overactive immune system and nervous system with various medicines like adaptogens and nervines. Get the immune system to “see” or ignore the spike proteins.
3. **Limbic Rewire:** Turn off / reset / rewire the limbic system caught in fight or flight.
4. **Gut Heal**: Get the gut micro biome in top shape and heal the damaged gut lining. See Appendix A. Also work with Brain connection to gut with Serotonin and Vagus nerve.
5. **Decrease inflammation:** Lower the stress on the body with Anti-inflammatory medicines, herbs, and Ice.
6. **Decrease histamine and Mast Cell Activation.** Drugs like Ketotifin and Quercitin.
7. **Antimicrobials / Antifungals / Antiparasitic** for flared up bugs: Eradicate any lingering Covid or other viruses, molds, bacteria, and parasites that have flared up.
8. **Increase Cellular Health and Energy**. Mitochondria, Antioxidants etc.
9. **Lymphatic drainage and detoxification** as well as mold detox. Weekly
10. **Daily Vitamins and Minerals**

The following supplements and medicines I foundmost important for *my body*:

**MY TOP 10 DAILY BASELINE SUPPLEMENTS** **-** These I recommend every day until done with Long Haul Covid. These were all based on *my intuition* – your body may be different.

1. **Reishi and Turkey Tail mushroom powders**.  Fruiting body.  1 scoop of each 2 times a day in hot water, or even better use alcohol tincture. For immune modulation and “smartening” the immune system. Can also add Cordyceps, Agarikon, Lions Main, or Chaga mushrooms. Make sure you get an extract and free of metals/contaminants.
2. **Micro dosing Psychedelics**.   New scientific research is showing the powerful immune modulating, neurogenesis, limbic reset and mood elevating properties of micro dosing psychedelics. You take very small amounts to where you barely feel it. Try 2 days on 1 off and rotate.  I know people who say this was the “cure.” You can micro dose: Psilocybin mushrooms (try with Niacin- “Staments stack”),Ketamine, San Pedro cactus, LSD, Iboga, Ayahuasca etc.  Start with very small amounts until you barely feel it. **Note**- If you do macro dosing of these you must work with a qualified shaman/therapist. Check legality in your area and proceed with utmost caution.
3. **Milk products and derivatives: Colostrum or Lactoferrin or Immunolin. All with IGG**.  Up to 6 grams of IGG a day.  Can mix with mushroom powders above.  Try A2, Goat or raw milk if lactose intolerant. Milk and derivatives have immune modulating properties that contain Immunoglobulin G or IGG. This is also beneficial for healing the gut. Also see **Butyrate** found naturally in Ghee. If you can tolerate, add butter, milkshakes, buttermilk and cheese. These all contain beneficial probiotics and fats can sooth and help heal a damaged gut and the nervous system (Myelin sheaths).
4. **Colloidal Silver**. 3 dropperful 2x a day for three weeks. Take a one week break and repeat three weeks one one off. Powerful Antimicrobial, Antifungal (Mold). Can rotate with Garlic or Propolis or Nicotiana. I like Argentin 23. Check out Nano-silvers.
5. **Saponins and Detergents.** Triterpene and SteroidalSaponins are natural soaps found in various plants like: Yucca, Aloe Vera, Agave, Panax Ginseng, Licorice, Horse Chestnut and many more. My favorite is Agave leaf tincture. Agave and other saponins have powerful anti-inflammatory, antimicrobial, antifungal properties and I believe break down spike proteins. Make a leaf tincture of Agave from a cutting from a stem near the center of the plant. Take 1-10 drops a day diluted in water. Caution - can be toxic in large amounts. Or try extracts of Aloe like Acemannan**.**

**Detergents**: Chlorine dioxide. Powerful antimicrobial and antifungal and breaks spikes. There are many resources and peer reviewed papers on Chlorine Dioxide and spike proteins.

Start with 6 drops a day for 3 days.  Then increase to 10 drops for three days then increase again 4 drops and up to a max of 24 drops or about two teaspoons.   Back of off if too much.  Try for 6 weeks. Caution: toxic. Can also try Sodium Hydroxide with same small dosages. I believe these break down the spike proteins as well. Use utmost caution.

1. **Homeopathics for Spike Protien Removal. See Appendix D for my protocol.** This is an option that is effectiveby **r**otating Homeopathic Silacea, Petroleum, Graphites, and Hydrogen. I believe these break down the spike proteins and had many intuitive “hits” for these.
2. **Salt.** ¼ teaspoon 3x a day. Mix in with water and drink throughout day. Can make own electrolyte blend with baking soda (see below). Salt acts as a cleanser and antimicrobial – clearing out lymph and viral debris. I believe it also breaks down spike proteins.
3. **Oils.**  Hot are best.  Omega 3, Nordic Naturals Cod Liver Oil, sea buckthorn, Olive oil, black currant oil, black seed oil, avocado oil, nigella sativa. These are great for inflammation and nourishing the nervous system. Eat as much as you can.
4. **Resveratrol or Japanese knotweed.**  500 mg a day divided into 2 doses.  Antioxidant, antihistamine, anti-inflammatory, antimicrobial.
5. **Daily Vitamins and Minerals.** Find good liquid versions with *All* B vitamins (Especially B1,B2,B3 (Niacin) and B5), Vitamin C, Vitamin D, Vitamin E. There are protocols that use vitamin B3 (Niacin) as the main remedy. Also megadosing protocols for B1 and B2. **Minerals** most important are: Copper (get Ionic or from beef liver), Zinc, Phosphorus, Potassium, Magnesium (Try Mag malate or threonate or glycinate) and Iron (Check Iron levels- try beef liver instead of supplements) and Selenium (Try brazil nuts). Look for good blends with all above. Try trace mineral drops, seaweed, Irish moss for food sources. Some protocols focus just on this. See the Root Cause protocol.
6. **Daily Meditation, Prayer, Gratitude, Forgiveness, Belief System Rewire.** Many have come out of Long Covid simply by re-wiring their brain and immune system with Limbic reset practices and/or dissacociatives and psychedelics (See below). There are a multitude of programs to check out.

**Recipes**:

***Immune Milk***: Mix equal parts in Goat or A2 or Raw Milk with Reishi, Turkey Tail, Lions mane, Cordyceps (and others) fruiting body mushroom powders, Ashwaganda, and Colostrum (IGG). Add pinches of: Cinnamon, Cardamom, Cayenne, Ginger, Turmeric (if not oxalate sensitive) and honey. Try with Ice for a milkshake.

**SUPPLEMENTS FOR HISTAMINE AND INFLAMMATION. –** There are many products designed to help lower histamine and inflammation. In addition to a low histamine / Ketogenic diet, do Ice and cold plunges or cryotherapy, take antihistamines and anti-inflammatories as needed. The following worked are options – pick 1 or 2 and rotate**:**

**Antihistamine options (Pick 1-2 and Rotate):**
1. **Quercetin**  500 mg 1-2 times a day. Blends with **Bromelain** and **nettles** helped most.

2. **Vitamin C** up to 3000 mg a day (also IV)

3. **Baking Soda** (1/2 teaspoon 3x a day). One of my favorite antihistamines

4. **Pepcid and/or Claritin/Ketotifin etc.**. H1 and H2 antihistamines. 1 each at bedtime. Ketotifin (Mast cell stabilizer) and Pepcid worked best for me. Try others like Cetirizine, Levocetirizine, Xyzal, Loratadine etc. Mix and match, see what works.

5. **Herbs** like Skullcap, Nettles, Butturbur, Ephedra, Panax ginseng and more. 2 droppers full 2x a day. There are many herbal antihistamines on the market. See what works for you.

7. **Diamine Oxidase** (DOA) before meals. Helps stop the histamine reaction

8. **Perilla seed. (Perimine)** Antihistamine

9. **Grass Fed Kidney** Helps stop the histamine reaction

**10. Heal the gut**,get rid of the **mold. See Appendices.**

**11. Bee Products-** Propolis, Pollen, honey, Homepathic Apis, Royal Jelly

**11. More:** Grass fed Collagen, Cod Liver Oil, Homeopathic histaminum, Rhus

**Inflammation options (Pick 1-2 and rotate):**

1. **Herbs** like **Chuchuasi.** One of my favorite herbs for inflammation. **Turmeric** (Try **Curcurmin**), **Boswelia**, **St. John’s Wort (**also for mood**), Rosemary,**
2. **Low Dose Prednisone (Prescription- See FLCCC**). 5-10 mg a day for 2 weeks. Powerful help for lowering inflammation
3. **Bromelain.** From pineapples. Also helps with histamine.
4. **Aspirin** Low dose Aspirin has been found to decrease inflammation, help with headaches, decrease blood clots, and balance out gut flora
5. **CBD oil.** Try different brands and see what works for you
6. **Melatonin**. Try 2-5g at night. Helps with sleep as well.
7. **Peptides:** These can boost cellular and brain function and reduce inflammation: I found these most helpful: BP 57, Thymosin Alpha, NAD, MOTC and Hecogenin - extract from Agave).
8. **Essential Oils**- Peppermint 2-3 drops, Frankinscense (Boswellia) and more.

**ADAPTOGENIC AND IMMUNE REGULATORS**

1. Reishi, Chaga, and Turkey Tail Mushrooms and extracts like Beta Glucan etc.
2. Herbs: Lobelia, Shatavari (helps with gut), Cistanche, Rhodiola, Ashwaganda, Gynostemma, Shulajit, Lithospermum (Tollovid), Carnivora and others.

**TO TRY / ROTATE/ CONSIDER: These Powerful helpers I recommend trying and or adding to the above and rotating one at a time:**

1. **Ivermectin** (Prescription only) (See FLCCC protocol) Dosage varies. Try a round for 2-3 weeks. I did a higher dosage at 35 mg (can do higher) a day for 2 weeks. I did 15 mg 2x a week or more - blocks spike proteins from ACE 2 receptors. For some this was their miracle, for others it did nothing. Best early
2. **Hydroxychloroquine.** (Prescription only) (See FLCCC protocol). 200 mg twice daily for 1-2 weeks, then reduce as tolerated to 200 mg daily. Works best early
3. **Metformin**. In a recent study Metformin (Used to lower blood sugar) outperformed Ivermectin and Fluvoxamine for decreasing Long Covid outcome. Best early.
4. **Garlic:** 2 fresh cloves – 3 times a day for 3 weeks. Powerful antimicrobial and anti-inflammatory
5. **Propolis:** 1 dropperful 2x a day. A powerful antiviral and helps with inflammation
6. **Nicotine:** Tincture (drops), or Tea (small amounts), or eat 1 leaf a day or Nicotine patch for one week. Nicotine has been found to disrupt the spike proteins as well as is a powerful anti-microbial and anti-fungal. Dr. Klinghardt uses this. Use caution, only use in small amounts.
7. **Methylene Blue:** Found very useful for many with long Covid. Antimicrobial, anti-inflammatory and more. Check for genetics and interactions with other herbs and medicines.
8. **Brain healing and Nerve calm Help:** Herb combinations like Skullcap, Mint, Gotu Cola, Milky Oats, Calendula, Bacopa, Rosemary, Damiana, Gingko biloba, Mulungu,
9. **Amino Acids.** GABA, 5-Aminolevulinic acid (ALA), Arginine, Glutamine and many others.
10. **Mitochondrial and cellular help / energy boosters:** Niacin (try a little so you barely flush) and/or Niacinamide,NAD, CoQ10, Glutathione, Urolithrin A ,Etc.: Niacin was very helpful for me. Try with microdosing Psilocibin and Lions Mane (Staments Stack)
11. **Stem Cell Therapy.** There are patches as well.

**OTHER VERY IMPORTANT KEY MEDICINES:  You will need to find what works for you.  I tried most everything (Pick 1)**

* **Kambo ceremony**-  From the South American Tree Frog.  This was major for me and I felt done afterwards.   It’s loaded with peptides and is anti-inflammatory and anti-microbial. Do 3 sessions in a moon cycle.
* **Low Dose Naltrexone** - This modulates the immune system. It did not help me much but has helped many and is a core treatment for the FLCCC.
* **Low Dose Fluvoxamine** 12.5 mg (SSRI- careful with interactions like St John’s wort). I did this for six months and found it helpful. Also an anti-inflammatory and mood booster. You can sub out with St. John’s Wort but take higher doses and use caution with interactions. Also be careful with medicine ceremonies (like Ayahuasca) and SSRIs.
* **Hyperbaric oxygen.** Has helped many
* **Dissociative and ceremonial medicines**:  **Ketamine** was helpful with a psychiatrist-  3 sessions., **Ayahuasca** was helpful. (With qualified practitioner only!). Check Iboga or Ibogaine or 5MEO. These help the immune system out of the Limbic system PTSD.
* **Serotonin help**: Fluvoxamine, St John’s wort,  5HTP, Phosphatidyl Serine,  L Tryptophan (Never take together). Be careful with interactions with other meds. Do your research.
* **Important supplements:** NAC, Glutathione, Niacin, Hyaluronic Acid, Alpha Lipoic Acid, GABA**.**
* **Essential oils**: Rosemary (Rosmaric acid), Boswelia (Frankincense), Peppermint, Terpenes (Turpentine), Try Steam inhalation or adding a few drops in water to drink.
* **I.V. Ozone**. Powerful anti-oxidant and anti-microbial. Try a 10 series.
* **I.V. Therapies** like Methylene Blue, Vit C, and Riboflavin, Phosphatidyl Choline
* **I.V. IGG** - Antibodies from another person. Immune modulating
* **Lower Glucose** with Opuntia (Nopales cactus), Ocotillo (Lymph as well), Metformin, Chromium picolinate, cinnamon, Apple cider Vinegar, Cholestyramine or Welchol
* **Bee Venom** – With qualified practitioner only. Antihistamine, antiviral
* **Other Antimicrobials**: Hydrogen Peroxide 2% (Just a few drops in water), Turpentine (Just a few drops in water) You must get food grade for both of these. Do your research. Oregano oil.
* **Maraviroc**. A CCR5 antagonist used by Dr. Bruce Patterson. Blocks the cells with spike proteins. Also used often with **Statins**. Try Alternatives like **Lithosperma (Tollovid)** / **Purple Groundswell** among other natural CCR5 antagonists.
* **Helpful Homeopathics (1M) –** Some may find the “miracle” cure with the right one. I’ve seen it happen.

|  |
| --- |
| 1. Palladium
 |
| 1. Bryonia Alba
 |
| 1. Sulfur
 |
| 1. Phosphorus
 |
| 1. Amanita - Crazy feelings
 |
| 1. Camphor
 |
| 1. Hydrogen- Dissolving feeling
 |
| 1. Stramonium – Crazy feelings
 |
| 1. Aconite - Fear
 |
| 1. Ars. Alb
 |
| 1. Calc Carb
2. Sepia
3. Camphor
 |

* **Parasites:** Albendazole, Mebendazole, Fig extracts, Diatomaceous Earth, Pomegranate peel, Apricot kernel suppositories, Garlic, Cloves Black Walnut Artemisia (Try Bait and Bomb- i.e. a little treat like cheese or a sweet, then 20 minutes later your anti-parasitic.
* **Headaches:** Lithium orotate, Baking Soda, Colostrum, Molasses, Coca cola
* **Going crazy:** Homeopathic Stramonium or Amanita, Benzodiazepines, St John’s Wort, Fluvoxamine
* **Nervines** and calmers like Damiana, Oats, Mulungu, Mint, Calendula, Chamomile, Licorice
* **Many great herbal blends** – see my website
* **Try Chinese Medicine**
* **Antioxidants**- Blueberries, Green Coffee extract.
* **Radionics** - Many have had success this way.

**For More Information:** [**www.virmccoyhealth.com**](http://www.virmccoyhealth.com)

**PUTTING IT ALL TOGETHER – YOUR PROTOCOL**

This is where your intuition comes in. Practice the art of Intuitive Access (See my website)Try not to take more than 5 medicines a day and no more than 3 at a time. Think of your protocol as having one or two remedies from each category and rotate.

**DAILY**

1. **Spike Proteins Dissolvers:** Intermittent Fasting, Saponins like Agave and Yucca OR Detergents like Chlorine Dioxide OR Enzymes like Nattokinase AND Homeopathics like Silacea. Etc. See Appendix D
2. **Immune Modulation Remedies**: Modulators like Ashwaganda OR Rieshi and Turkey Tail Mushrooms OR Lithosperma OR Cistanche OR Micro dosing Psilocybin OR Maraviroc OR Colostrum- Lactoferrin.
3. **Gut Heal**: See Below Appendix B
4. **Anti- Inflammatory**: Ice. Like Steroids (Prednisone) OR Herbs like Bromaline, Turmeric, Resveratrol, oils, Pycnoginol etc.
5. **Anti- Histamines:** Over the counter H1 and H2 antihistamines like Ketotifen, Pepcid, Levocetirizine, Claritin etc. AND/OR Quercetin, Bee Products, Herbs like Skullcap etc.
6. **Antimicrobials:** Eradicate any lingering Covid or other viruses, mold, bacteria, and parasites that have flared up.  Antibiotics like Amoxicillin OR Colloidal Silver OR propolis OR Nicotiana Etc. OR Mold treatment (See Appendix B)
7. **Vitamins and Minerals** (All vitamins and Copper, Magnesium, Phosphorous, Iron (from liver) Zinc.
8. **Cellular Health (**Mitochondria boosters like COQ10, Niacin, NAD and more)
9. **Lymphatic drainage and detoxification**. Take a day or two a week for this. This includes Mold detox. Chlorella and Zeolite Clay and Bentonite Clay and Charcoal. Lymphatic help with massage, AND herbs like Ocotillo and Red Root etc.
10. **Limbic System rewire**: In addition to meditations and practices the dissacociative / Psychedelic and Anesthesia drugs can help with getting out of the Limbic loop. A kind of reset. There is a plethora of scientific information on the subject. Use utmost caution and with a therapist / specialist. Also try a Dark Retreat.

**APPENDIX A: HEAL THE GUT**

Covid sets up shop in the gut and tears up the gut and mucus lining, allowing a dysbiosis or out of whack microbione or “Leaky Gut,”, and a dysregulated immune system. This can result in a myriad of diagnoses including IBS, SIBO, Gastritis and more. Other bugs normally held in check will flare – Molds, bacteria, other viruses, etc. Take a poop test to find out what imbalances are occurring. Check out Healthy Gut and Silverfern products. Start with low dosages and slowly build if intolerances. Rotate. I break things up into categories. Combine with **Intermittent fasting or juice fasting**. Promotes autophagy, gives stomach a rest. Try eating 10a-5p only, or do a longer 2 day fast. Eat soft easily absorbable and nourising foods like soups, kitcheri, congee,cottage cheese and broths. Check your sensitivities to High inflammatory foods, Histamine foods, Oxalates, Lectines, FODMAPS, and more. Do **Limbic rewiring and Neuoroplacticity** programs for help with calming down. Much of the gut protocol resembles the main protocol. Here are **Options**:

* **1. Kill the “bad bugs”**: A short course (work with doctor) of Amoxicillin (2-4 days) or Clindamycin (Any beta-lactam antibiotics) , Aspirin, propolis, colloidal silver, garlic, coca cola, (Really? Yes! Just a few sips- the phosphoric acid kills some bad bugs and breaks down protiens), Nicotiana (Tea-just a few sips). Saponins (Agave tincture). Also for H.Pylori try Cabbage Juice, Mastic Gum, Yellow Dock. Take an Acid test and increase Betain HCL if needed.
* **2.** **Mop** the toxins and sop up the acids (also binds molds). Binders: Charcoal (use sparingly) Welchol or Cholyestramine, Chlorella, Bentonite clay, Zeolites. Propolmannan. Use for about a week.
* **3. Sop up the acids, Reduce Inflammation and Histamine:** Prickly Pear cactus, Aloe Vera,Cacaomarshmallow root, slippery elm, Licorice, Rhubarb, Fennel, Burdock (make a blend). Apple pectin, Applesauce**.** Cod Liver Oil, Collagen, Hyaluronic Acid. **Inflammation**: Mint, Tumeric (Curcurmin), Peppermint essential oil (2-3 drops), Colchicine. Antihistamines: Famotidine, Ketotafin, Proton Pump Inhibitors (Use sparingly)
* **4. Heal the gut lining, Rebuild immune layer and mucus layer.** – Butyrate (liquid tributyrate), IGG Milk Derivatives (choose 1) – Butter (Ghee) Colostrum -Lactoferrin, Immunolin. Aloe Vera extracts like Auto-immune X, or AceMannan, L Glutamine, Collagen, Glucomannan, Coffee enemas. Iron (Eat liver), Burdock**. Immune Modulation**: Ashwaganda, Medicinal Mushrooms (Esp Reishi, Chaga and Turkey Tail)
* **5.** **Enzymes.** Eat before foods. Break spikes too: Pancreatic Enzymes, Amylase Nattokinase, Lumbrokinase, Proteolytic etc. Many Enzyme blends on the market. Also there is a relationship with Iron and bad guy uptake (They like it
* **6. Rebuild the Probiotics with** **Prebiotics** -Grasses like wheatgrass, barley, alfalfa, chicory, Inulin, Oatmeal, Watermelon, Canteloupe and rind, **Good guys-** Bifidobacterium, B. longum, Bacillus subtilis, Lactobacillus plantarium PS128. Kefir, Yogurt, Milk, Sauerkraut (Small amounts if Histamine sensitive), Buttermilk, Vinegar
* **7. Extra help** Increase **Iron** levels by eating liver. Increase **Serotonin** with 5HTP, St Johns Wort, or SSRI’s (Fluvoxamine). Increase **Amino Acids** (Braggs or Shulajit etc.). Stop Cancer formation with Amygdalin found in Apricot pits and Avocado Pits. Use sparingly. Also homeopathic
* **8. Watch for Victim** thoughts. “I Am Calm” “I Am more powerful than any bacteria, virus, fungus, or fragment of”

**APPENDIX B MOLD.**

When the immune system is malfunctioning things like mold get out of hand and can create many of the symptoms. In fact many doctors say that Mast Cell Activation Syndrome (Histamine) is from mold. Mold then becomes crucial for removing from your body and removing your body from moldy environments. Mold likes damp environments and slightly acidic. So we must “dry” out the gut and reduce the acids (See Appendix A). You have to be very careful however as you can overdo it and have a die off reaction. Think of it as push and pull – kill and mop. Do a urine test from Great Plains Labs and see [www.mastcell360.com](http://www.mastcell360.com) for a deep dive.

1. Remove yourself from moldy environment. This is the best case. Or have it remediated and treated. Avoid carbohydrates, sugars and starches that feed mold.
2. Kill mold. Kill with Colloidal Silver, Agave or Nicotiana (my favorites). There are many studies that show Agave leaf tincture and Nicotiana (Tobacco) kill aflatoxin from mold. Try smudging with tobacco or take a few puffs a day. Check out my tincture MOLD MOP.
3. Mop with Mucuna, Chlorella, Zeolites, Bentonite clay, Charcoal, Cholestyramine (prescription), Welchol (prescription) Psyllium and others. Coffee enemas. Also a Xylitol flush.
4. Dry out gut with Aloe-Vera and derivatives (Ace-Mannan) etc. See Appendix A

**APPENDIX C: FOODS**

**MY TOP DAILY FOODS TO EAT**  (This was for my body, yours may react different- Be careful of histamine reactions).   See website for full list.

**DIET**

Ketogenic or Ancestral (no carbs / starches )

Low histamine /anti-inflammatory foods)

Possibly low oxalates and salicylates (experiment)

1. Oils-(Hot oils best) Omega 3 and 6, Fish Oil (EPA) and Cod Liver Oil, MCT oil, Flaxseed oil, Evening Primrose oil, Olive oil, Black Currant Oil, Black Cumin Seed Oil, Walnut oil, Mustard oil, Canola oil, Avocado oil, Sea Buckthorn Oil. The oils are great for inflammation and helping the lymph to move as well as keeping the nervous system and brain healthy.
2. Fats (Hot and Fresh best): Butter (Ghee), Pork fat (Organic) , Cacao butter, Milk (Try raw mild, goat or A2 Milk), Ice Cream (low sugar). (Be careful if very high LDL cholesterol levels especially with egg yolks- Long Covid however can drive up cholesterol ((and glucose)) levels from inflammation).
3. *Fresh* bone broth, collagen, chicken cartilage (Get Fresh – watch for histamine -aged)
4. Fruits: Blueberries, Blackberries, Acai, Pomegranate, Grapes, Watermelon, Cantaloupe.
5. Nuts: Avoid except raw pecans, walnuts and brazil nuts (experiment)
6. Veggies: Onion, Garlic, Broccoli (some may react),  Greens, Avocado (fresh only and 1/2), Beets (some may react to oxalates), Carrots, peas, celery, kale, cabbage, chard, Nopales cactus. Some may have difficulties with Nightshades (High histamine or Oxalates).
7. Oats. Cooked oats have a calming effect on the nervous system and act as a good prebiotic and is a little lower in carbohydrates than other grains. It’s the one grain I recommend while recovering.
8. Condiments and Spices: Mayonnaise, Mustard, Coffee (try half or a quarter cup), ginger, fresh turmeric (I reacted to pills that were high in oxalates – try curcumin instead), cayenne, horseradish, black pepper, onions, cumin, cinnamon, honey, spearmint and mint.   All are helpful with inflammation.
9. Meat: Non-smoked *fresh* meats or fresh frozen: (Check with the butcher) Fish, Chicken, Turkey, Buffalo. Be very careful as most meats are high in histamine as bacteria sets in in just a few days and can cause histamine reactions.

**Recipes:**

Make a morning milkshake in a blender with above fruits and ice and milk (if tolerated).

Make an afternoon raw smoothie with Kale, Cilantro, Avocado (with Pit and skin) (contains helpful anti-tumor properties), Lemon, Parsley, Salt, Olive Oil.

Make your own fresh celery juice.

See my Master Foods list.

www.virmccoyhealth.com

**APPENDIX D:**

**The Homeopathic treatment of Spike Proteins and Cysts for Long Haul Covid and/or Chronic Lyme Disease.**

This is a protocol I developed after more than 20 years of personally working with Lyme Disease and Long Haul Covid. Along the way I developed “Medical Intuitive” skills, or an ability to “see” inside my body. I also work as a scientist. I have many time “seen” Covid and spike proteins as well as Lyme and Lyme cysts inside myself. This “Intuitive Access” is a process I teach, see my website for more information. www.virmccoyhealth.com

Long Haul Covid is largely triggered by lingering spike proteins from Covid or the Vaccine. These spike proteins do not break down properly in some people because of predispositions and genetics. Its’ like a piece of sand caught inside the cells. Specifically they hang outm in non-classical monocytes.

With Lyme disease the bacteria or spirochete can mutate and “encyst” in a dormant state called persistor cells which may or may not flare up months later and create all sorts of related symptoms. The difference is that Lyme is still capable of life, the spike protein is dead or “trash” of the virus.

As with both diseases, there is an auto-immune component, Limbic system disruption, flareup of other bugs including mold, Inflammation, Histamine, Hormone disruption and on and on with both of these, (and these need to be treated as well), here I focus on what I believe is the smoking gun (as science has now validated this). [1](https://pubmed.ncbi.nlm.nih.gov/35082777/), [2](https://www.scientificamerican.com/article/people-with-long-covid-may-still-have-spike-proteins-in-their-blood1/),[3](https://www.news-medical.net/news/20230105/Free-spike-proteins-in-the-blood-appear-to-play-a-role-in-myocarditis-post-COVID-mRNA-vaccine.aspx), [4](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6521364/), [5](https://www.scientificamerican.com/article/lyme-disease-may-linger-for-1-in-5-because-of-persisters/#:~:text=burgdorferi%20persister%20cells%20this%20past,activities%20that%20antibiotics%20typically%20thwart.). There is also a genetic component that may need help with ancestral trauma work.

So in both cases we have a small hard balls (Persistor cell) or chain of amino acids (Spike proteins) that are evading immune systems.

There is a myriad of research and methods for breaking down these “leftovers” including fasting, NAC, Alinia, Various Acids, Saponins, Detergents and much more. There is also rewiring the immune system to “see” the culprits.

Here is the homeopathic approach that I time and time again and again “saw,” these particular remedies: Graphites, Silacea, Petroleum and Hydrogen. All these break down hard balls, cysts or toughened skin in their more “gross” or physical applications. On an energetic level this is a protocol that is useful for moving anything that is not SELF out the cells - its very grounding and connects the body to its core sense of self.

With each remedy I suggest buying different potencies and different brands (this ensures that all shapes and sizes of spike protiens are cleared as you rotate remedies). Buy the 4 different remedies and at least 3 different potencies of remedies from Helios, Hahnemann, Bioron, Ollois and more. For example get 6x from Helios, 6C from Hahnemann, 30C from Boiron and 200C from Ollios etc. Rotate remedies every 5 days. Do protocol for 3 weeks then repeat same protocol another 3 weeks.

<https://hahnemannlabs.com>

**HOMEOPATHICS FOR SPIKE PROTIEN REMOVAL**

Take 2-3 pellets a dose under tongue or in water. Avoid food 15 minutes on either end.

**WEEK 1:** **SILACEA (3 Different Brands)**

Day 1 12x (or any X) 3 times a day

Day 2 12x (or any X) 3 times a day

Day 3 6C or 30C 2 times a day

Day 4 6C or 30C 2 times a day

Day 5 200C 1 time a day

**WEEK 2:  GRAPHITES (3 Different Brands)**

Day 1-5 Repeat same as above

**WEEK 3: PETROLEUM** **(3 Different Brands)**

Day 1-5 Repeat same as above

**Week 4: HYDROGEN (3 Different Brands)**

Day 1-5 Repeat same as above

**WEEKS 5-9: REPEAT ENTIRE PROTOCOL ABOVE for a total of 40 days.**

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