**MCCOY LONG COVID SIMPLE PROTOCOL – APRIL 2023**

**From the Book: *Healing Therapies For Long Covid,*  published by Inner Traditions 2023**   
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**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)   (Patterson et al. 2021, 2022). Lingering spike proteins ((like hard grains of sand that don’t break down) 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, microbiome (gut flora) disruption, flare up of other bugs (Herpes family, Parasites, Molds, EBV, Lyme etc.), as well as chronic inflammation. The corresponding inflammation and increase in histamine all leads to various neurological and vascular (blood) damage and symptoms as headaches, fatigue, blood clots, hormonal disruption, inflammation driven high cholesterol and glucose, mitochondrial imbalances , burning sensations,  fatigue, Lymphatic congestion,  organ damage, mental instability and many more unusual and strange symptoms [3](https://www.nature.com/articles/s41579-022-00846-2). 

Good talk on Long Haul and Treatment.

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

   
**DAILY ACTIONS / LIFESTYLE**

1. **REST**.  As much rest and relaxation as you can get.  More than you think you would need. Take a sabbatical.  Listen to calming music or soothing nature sounds often. Lower stress.
2. **ICE, WATER and DRINKS**

* Ice and Cold Water.  Put ice in every drink you make.  Smoothies and Ice Cream. Drink as much ice water as you can every day. Good spring water best. Ice is great for inflammation.
* Drink lots of bubbly waters and mineral waters for carbon dioxide (stimulates the Vagus nerve), club soda, non-sugar Sodas like Zevia with caffeine (helps headaches). Occasional Coca Cola (see below).
* Get in cold water: Rivers, oceans, baths and ice water or cold showers. Ice back of neck and head every night.. Cryogenic gyms and Ice baths. Decreases inflammation.
* Make an intuitive journal and start writing down what your body needs (see Intuitive meditation)

1. **BREATHWORK**

* Calming breath: Breathe in through nose at 4 counts, exhale 6 counts in the morning.  Before bed inhale 4 counts, hold 4 counts, exhale 4 counts.
* Increase your C02 to stimulate the Vagus nerve for helping calming down the nervous system, by breathwork with slow exhalations. 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.
* 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)
* Wim Hoff, Buteyko and other breathwork modalities.

1. **MEDITATIONS**.

* Get into a quiet space and do some deep breathing. Listen to some gentle water sounds. Imagine a cool crystal deep calm lake with icy mountain peaks around the pool.  Cooling icy calm.  Breathe into the stillness. Bring that coolness in and calm and soften the brain. 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 body needs.
* 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).  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 it 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 p.m. and 6 or from am to 3pm -best)
* Longer fasts: Try 24 ,48, 72 hour or longer water fasts or a day of dry fasting (with supervision)

1. **EXERCISE**.

Do gentle exercises only. Nothing too strenuous at first (Don’t break a sweat). Cardiovascular exercise can exacerbate symptoms and trigger inflammation. Try walking, Yoga, Headstands (Get blood in brain), bouncing on a trampoline (for lymph), Lift weights (more space between sets).  Chi Kung, Tai Chi.   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 diet. Trust your intuition, your body may be different

* 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 activated by molds that have flared up from an overwhelmed immune system. You will want to do binders and detox from molds (see below).
* In general abstain from sugars, gluten, ferments, smoked meats (sardines, salmon, salami), nightshades, alcohol (see below), citrus and chocolate.  You will need to see what foods specifically effect you.  Make a food diary.   Here’s a list of histamine foods to start: [**https://www.histamineintolerance.org.uk/about/the-food-diary/the-food-list/**](https://www.histamineintolerance.org.uk/about/the-food-diary/the-food-list/)
* See the excellent website on Mast Cells, Diet, Histamine and mold at [**www.mastcell360.com**](http://www.mastcell360.com/)

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

1. Oils-(Hot oils best) Omega 3 and 6 , Fish Oil  (EPA),  Krill oil, MCT oil, Flaxseed oil, Evening Primrose, Olive oil, Black Currant Oil, Black Cumin Seed Oil, Walnut oil, Mustard oil, Canola oil, Avocado oil, Sea Buckthorn Oil.
2. Fats (Hot and Fresh best): Butter (Ghee), Coconut oil, Pork fat (Organic) , Cacao butter, Raw Milk (Try goat or D2 Milk), Ice Cream (low sugar). (Be careful if high LDL cholesterol levels especially with egg yolks)
3. Fresh bone broth, collagen, chicken cartilage (Get Fresh – watch for histamine)
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,  Greens, Avocado (fresh), Beets, Carrots, peas, celery, kale, cabbage, chard.
7. Oats. Oats have a calming effect on the nervous system and act as a good prebiotic.
8. Condiments and Spices: Mayonnaise, Mustard, Coffee (try half or a quarter cup), ginger, turmeric, cayenne, horseradish, black pepper, onions, cumin, honey, spearmint and mint.
9. 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.

Smoothies and juices

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

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

1. **IMPORTANT LIFESYLE HELP**

* Get a fire in your belly going to burn out disease.  Become a warrior.
* Take the power back. Don’t give your power away to COVID.  Don’t obsess on it.  Watch out for victim mentality
* Stay anchored in love: Remember what you love, do what you love
* Get Lymphatic massage once a week and/or Sauna for sweat and Lymphatic movement
* Cultivate positive mental discipline, focus
* Create healthy belief statements.  “I am powerful beyond measure” , “I am the powerful presence of love at all times, burning all disease in my body”
* Neuroplasticity Retraining Programs (I did Gupta)
* 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.

MEDICINES

Look for synergy, alchemy and rotate the medicines. Be careful with a hodgepodge of pills and detrimental interactions. I never did more than 5 medicines a day and rotated items. Take breaks.  
The following supplements and medicines I found*most important* for my body:

**Goals: Look for daily medicines from each category:**

1. Spike Proteins: Dissolve, break down, flush out and disrupt the spike proteins and/ or block them at receptor sites.  
2. Immune Modulation: Calm down and modulate (Smooth out) the overactive immune system with various medicines and brain retraining. Get the immune system to “see” the spike proteins.  
3. Gut Heal: Get the gut micro biome in top shape and heal the damaged gut lining.  
4. Decrease inflammation  
5. Decrease histamine and Mast Cell Activation  
6. Other Bugs: Eradicate any lingering Covid or other viruses, mold, bacteria, and parasites that have flared up.   
7. Lymphatic drainage and detoxification.

   
MY TOP 10 DAILY BASELINE SUPPLEMENTS **- These I recommend every day until done with Long Haul Covid.**

1. **Reishi and Turkey Tail mushroom powders**.  Fruiting body.  1 scoop of each 2 times a day in hot water.  For immune modulation
2. **Milk Derivatives: Colostrum or Lactoferrin with IGG**.  Up to 2 grams of IGG a day.  Can mix with mushrooms. For immune modulation. Try A2 or raw milk if lactose intolerant.
3. **Resveratrol or Japanese knotweed.**  500 mg a day divided into 2 doses.  Antioxidant, antihistamine, anti-inflammatory, antimicrobial.
4. **Colloidal Silver**. 3 dropperful 2x a day for three weeks. Take a one week break and repeat three weeks one one off. Antimicrobial, Antifungal. Can rotate Garlic or Propolis.
5. **Homeopathic Silacea**,. Take 30 C daily 2 times a day for 3 weeks.   I believe this breaks down the spike proteins. Can rotate with homeopathic Petroleum, Graphites and China. Try one week for each after Silacea and continue rotating.
6. **Daily Vitamins and Minerals.** Find good liquid versions with All B vitamins (Especially B1,B2,B3 and B5), Vitamin C, Vitamin D, Vitamin E. Minerals most important are: Copper (Ionic), Zinc, Phosphorus, Potassium, Magnesium and Iron (Check levels). Look for good blends with all above.
7. **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 – clearing out lymph and viral debris. I believe it also breaks down spike proteins.
8. **Saponins.** Triterpene and SteroidalSaponins are natural soaps found in various plants like: Yucca, Agave, Panax Ginseng, Licorice, Horse Chestnut and many more. My favorite is Agave. Make a leaf tincture from a boiled leaf. Take 1-10 drops a day diluted in water. Caution can be toxic in large amounts. Agave and other saponins have powerful anti-inflammatory, antimicrobial, antifungal properties and I believe break down spike proteins. They are also steroid precursors. Can rotate with Chlorine Dioxide (See below)
9. **Oils.**  Hot best.  Omega 3, sea buckthorn, black currant oil, black seed oil, avocado oil, nigella sativa. These are great for inflammation and nourishing the nervous system. Eat one with every meal
10. **Optional: Micro dosing Psychedelics**.   Small amounts to where you barely feel it. 2 days on 1 off and rotate.   Try. San Pedro, Psilocybin, LSD.  Check legality in your area and proceed with utmost caution. New research is showing the powerful immune modulating and mood elevating properties of micro dosing psychedelics.

**AS NEEDED SUPPLEMENTS FOR HISTAMINE AND INFLAMMATION. – There are many products designed to help lower histamine and inflammation. In addition to a low histamine / Ketogenic diet, Ice and cold plunges, These worked for me:**

**Antihistamine options:**  
1. **Quercetin**  500 mg 1-2 times a day. Blends with Bromelain helped most. Antihistamine

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

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

4. **Pepcid and/or Claritin**. H1 and H2 antihistamines. 1 each at bedtime. These worked best for me. Try others

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

6. **Mast Cell Stabilizers** like Ketotifen.

7. **Diamine Oxidase** (DOA) before meals

**Inflammation options:**

1. **Herbs** like St. John’s Wort, Chuchuasi**. Chuchuasi is** One of my favorite herbs for inflammation. Chuchuasi also has many other properties.
2. **Low Dose Prednisone (Prescription- See FLCCC**). 5-10 mg a day for 2 weeks. Powerful help for lowering inflammation
3. **Curcumin (Turmeric**). Some may have a histamine reaction. Try it fresh.
4. **Bromelain.** From pineapples
5. **Aspirin** Low dose Aspirin has been found to decrease inflammation, help with headaches, and balance out gut flora
6. **CBD oil.** Try different brands and see what works for you
7. **Melatonin**. Try 8g at night. Helps with sleep as well.

**TO TRY / ROTATE/ CONSIDER: These I recommend trying and 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 28 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
2. **Hydroxychloroquine.** (Prescription only) (See FLCCC protocol). 200 mg twice daily for 1-2 weeks, then reduce as tolerated to 200 mg daily.
3. **Metformin**. In a recent study Metformin (Used to lower blood sugar) outperformed Ivermectin and Fluvoxamine for decreasing Long Covid outcome.
4. **Chlorine dioxide**.   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.  Back of off if too much.  Try for 6 weeks. Caution: toxic. Can also try **Sodium Hydroxide** with same small dosages. Toxic. I believe these break down the spike proteins.
5. **Peptides:** These can boost cellular and brain function: I found these most helpful: Thymosin Alpha, NAD, MOTC and Hecogenin - extract from Agave).
6. **Garlic:** 2 fresh cloves – 3 times a day for 3 weeks. Powerful antimicrobial and anti-inflammatory
7. **Propolis:** 1 dropperful 2x a day. A powerful antiviral and helps with inflammation
8. **Nicotine:** Tincture (drops), Tea (small amounts), 1 leaf a day, 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. Use caution and moderation.
9. **Methylene Blue:** Found very useful for many with long Covid. Check for genetics.
10. **Immune modulating Herbs:** In addition to the mushrooms try Ashwaganda, Lobelia, Shulajit, Orobanche (Cistanche), Lithospermum Erythrohizon (Tollovid**)**
11. **Brain and Nerve Help:** Herb combinations like Skullcap, Mint, Gotu Cola, Milky Oats, Calendula, Bacopa, Rosemary, Damiana, Ginko etc.
12. **Mitochondrial Boosters:** NAD, CoQ10, Glutathione, Urolithrin A Etc:

**OTHER IMPORTANT MEDICINES THAT HELPED ME  You will need to find what works for you.  I tried most everything.**

* **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
* **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.
* **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.
* **Serotonin help**: Fluvoxamine, St John’s wort,  5HTP, Phosphatidyl Serine,  L Tryptophan (Never take together)
* **Essential oils**: Rosemary, Boswelia (Frankincense), Peppermint, Terpenes, Try Steam inhalation
* **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, Ocotillo (Lymph as well) Metformin, Chromium picolinate, cinnamon, Apple cider Vinegar
* **Bee Venom** – With qualified practitioner only. Antihistamine, antiviral
* **Mold Detox** with Mucuna, Chlorella, Zeolites, clays
* **Gut Help** – Enzymes, Probiotics, Aspirin, Clindamycin, Grasses, Greens, Betaine HCL
* **Helpful Homeopathics (1M) –** Some may find the “miracle” cure with the right one.

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| 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 |

* **Important supplements:** NAC, Glutathione, Niacin, Hyaluronic Acid, Alpha Lipoic Acid.
* **Parasites:** Apricot kernel suppositories, Albendazole, Mebendazole, Fig extracts, Pomegranate peel
* **Headaches:** Lithium ororate, Baking Soda, Colostrum
* **Going crazy:** Homeopathic Stramonium or Amanita, Benzodiazapenes
* **Teas**:  Calendula, Chamomile, Mint, Licorice
* **Many great herbal blends** – see my website
* **Try Chinese Medicine**

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

**APPENDIX A: CATEGORIES**

**Think of your protocol as having one or two remedies from each category you take daily and rotate:**

1. **Spike Proteins Dissolvers:** Saponins like Agave and Yucca OR Detergents like Chlorine Dioxide OR Enzymes like Nattokinase AND Homeopathics like Silacea. Etc.
2. **Immune Modulation Remedies**: Modulators like Ashwaganda OR Rieshi and Turkey Tail Mushrooms OR Cistanche OR Micro dosing Psilocybin OR Maraviroc ETC.
3. **Gut Heal**: See Below Appendix B
4. **Anti- Inflammatory**: 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, Herbs like Skullcap etc.
6. **Other Bugs:** 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.
7. **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.

**APPENDIX B: HEAL THE GUT**

Covid sets up shop in the gut and tears up the gut lining, allowing a dysbiosis or out of whack community. Other bugs normally held in check to flare – Molds, bacteria, other viruses, etc. It is the gut we must heal and get our fire back. I break things up into categories.

* **Kill the “bad bugs”**: A short course of Amoxicillin (3-4 days) , Aspirin, propolis, colloidal silver, coca cola (Just a few sips- Kills some bad bugs)
* **Heal gut lining** - L Glutamine, Aloe Vera, Slippery Elm, Licorice, Marshmallow root, collagen , Colostrum, butyrate
* **Rebuild the “Good guys”**- esp.- Bifidobacterium, Bacillus subtilus (HU58) Kefir, Yogurt, Milk, Sauerkraut (Small amounts if Histamine sensitive)
* **Enzymes.** Break spikes to: Nattokinase, Lumbrokinase, Proteolytic etc.
* **Intermittent fasting**. Promotes autophagy