

# HOMEOPATHIC PROTOCOL FOR LONG COVID

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# 1. BACKGROUND

This homeopathic protocol was developed over **5+ years** of personal experience with Long COVID, and over **20 years** working with chronic illness, by combining medical intuitive insights with scientific research. The approach is detailed in my publication, *Healing Therapies For Long Covid*, published by Inner Traditions and available at [www.virmccoyhealth.com](http://www.virmccoyhealth.com) and all major booksellers.

## 2. THE CHALLENGE

### Long COVID

Long COVID is largely triggered by **lingering spike proteins** from COVID-19 infection and/or vaccination. These spike proteins fail to break down properly in some individuals due to genetic or metabolic factors. Based on Dr. Bruce Patterson's research, these proteins persist in **non-classical monocytes (CD16+)**, a kind of white blood cell, in Long COVID patients (1,2). In some cases replication of the virus may exist as well even after years. (3)

#### ★ ROOT CAUSES ★

**The root cause of why some people get Long COVID may be from factors that have led to an immune "bucket" overflowing including:**

- Genetics
- Nervous system trauma / Limbic system
- Previous mold exposure
- Pathogens (Parasites, Lyme, mycoplasma, viruses, bacteria etc.)
- Heavy Metals, Chemicals, Petrochemicals
- Microtoxins (plastics and spike proteins)
- Epigenetics and unresolved emotional trauma
- Mineral imbalances

### Core Problem

**Immune system dysfunction** prevents proper recognition of foreign elements (spike proteins). When the immune system doesn't see spike proteins properly, the following occurs:

- Autoimmunity or immune dysregulation
- Limbic system disruption (wires crossed)
- Reactivation of latent infections (Mold, EBV, Staph, Strep, Parasites)
- Chronic inflammation and Mast Cell Activation Syndrome
- Hormonal disruption
- POTS / Myocarditis
- Neurological dysfunction
- Endocrine disruption
- Anxiety and mental symptoms
- Various persistent symptoms

Additional Treatments: There are many western and allopathic treatments for Long Covid. See [www.virmccoyhealth.com](http://www.virmccoyhealth.com) for books and complete protocols

### 3. THE HOMEOPATHIC APPROACH

This protocol uses specific remedies that address hardened protein structures (spike proteins) and foreign material at the physical level as well as synergistic and symptom relief for Long COVID. As a homeopath, herbalist, and medical intuitive, I have developed the ability to "see" or sense remedies over the years. The protocol below was developed mostly from my intuition and feedback from other homeopaths like Dr. Angelica Lemke.

#### Remedy Categories

##### ★ CORE REMEDIES ★

**Silicea • Graphites • Petroleum**

These remedies work to break down and push out hard structures (spike proteins, cysts, proteins, toughened tissues) at lower potencies while facilitating cellular-level clearing of non-self material at higher potencies.

The remedies **Thuja and China** have similar spike breakdown properties and are added at the end of the core protocol.

##### ✓ OPTIONAL SYNERGISTIC REMEDIES

**Calc. Carb. • Bothrops • Ars Alb • Lactrodectus • Buthus • Tarentula**

Sweeping through these optional remedies enhances the core protocol and assists in degrading and blocking spike proteins while addressing the limbic system and other physical symptoms. There might just be a remedy that's the "magic bullet".

##### ◆ OPTIONAL SYMPTOM REMEDIES

Various remedies for managing symptoms during the clearing process (see Section 6). Choose a symptom remedy(s) that best matches your current symptoms. You can switch as symptoms change.

##### + CONSTITUTIONAL REMEDIES

There are a number of constitutional remedies that have proved effective, however it is recommended to work with a qualified homeopath as these can vary tremendously. The most common constitutionals are listed at the end of the paper.

## 4. THE SIMPLE PROTOCOL

Purchase **Graphites 30C**, **Petroleum 30C**, **Silicea 30C** at any health food store in the homeopathic section. Usually you can find Boiron or Ollois remedies. These remedies address Spike Proteins. Take one remedy per week and rotate.

### Week 1: Silicea (Silica) 6C or 30C

**Dosing:** Take 2 times daily for 6 days. Rest on day 7.

**Primary Action:** Expulsion of foreign protein matter (*most important remedy*)

- Helps the body recognize and expel what doesn't belong
- Breaks down amino acids
- Acts on immune cells and lymphatic system
- Functions as a "biochemical scavenger" for foreign material

### Week 2: Petroleum 6C or 30C

**Dosing:** Take 2 times daily for 6 days. Rest on day 7.

**Primary Action:** Membrane-level intervention

- Lipid-based action targeting spike proteins in monocyte membranes
- Penetrates deeply into cellular structures
- Addresses proteins lodged in cell membranes

### Week 3: Graphites 6C or 30C

**Dosing:** Take 2 times daily for 6 days. Rest on day 7.

**Primary Action:** Debris clearing

- Clears protein debris and degraded material
- Addresses sluggish metabolism of broken-down proteins
- Systemic clearing of viscous accumulations

**REPEAT** the above cycle for weeks 4 and beyond. Continue with these remedies until you are well.

*For more advanced and quicker results, see the next section.*

## 5. CORE 10-WEEK PROTOCOL

### *Advanced Protocol*

### Multi-Potency Approach: "Size Class Sweeping Theory"

Different potencies target spike protein fragments at different levels and sizes. Taking different potencies and different companies insures all sizes are targeted.

Potency	Target Action
<b>6X</b>	Larger protein fragments at molecular/physical level
<b>6C-12C</b>	Medium-sized fragments or protein complexes
<b>30C</b>	Smaller peptide sequences
<b>200C</b>	Finest fragments and energetic patterns

This provides comprehensive coverage across all protein fragment sizes and degradation states to clear all cysts and spike proteins from the body.

### Standard Potency Progression

*(Apply this progression for each remedy)*

Days	Potency	Dosing Schedule
<b>Days 1-2</b>	<b>Any X</b>	Three times daily (6 doses total)
<b>Days 3-4</b>	<b>6C or 12C</b>	Twice daily (4 doses total)
<b>Day 5</b>	<b>30C</b>	Three times on one day
<b>Day 6</b>	<b>200C</b>	Single dose
<b>Day 7</b>	<b>REST</b>	<b>No remedies</b>

*Then repeat with a different remedy*

### Core Remedy Schedule

<b>WEEK 1: SILICEA</b>
<b>WEEK 2: PETROLEUM</b>

## WEEK 3: GRAPHITES

## WEEKS 4-6: REPEAT CYCLE

Repeat Weeks 1-3 (Silicea → Petroleum → Graphites)

## WEEKS 7-9: REPEAT CYCLE AGAIN

Repeat Weeks 1-3 once more (Silicea → Petroleum → Graphites)

**Stop these remedies at the end of 9 weeks**

## WEEK 10: END REMEDIES

**Thuja Occidentalis → China Officinalis**

**Important:** Each remedy at 30C potency only. Take 2x per day for 3 days each (total of 6 days).

Start with Thuja for 3 days, then continue with China for 3 days.

### Thuja Occidentalis

**Source:** White Cedar tree

#### Key Actions:

- Addresses effects of vaccination and foreign substances
- Helps clear viral remnants and protein deposits
- Addresses chronic infection states
- Helps with warty growths and abnormal tissue

**Specific Indications:** Post-vaccination syndromes, never well since vaccination, chronic viral states, fixed ideas

### China Officinalis

**Source:** Peruvian bark (Cinchona)

#### Key Actions:

- Addresses profound debility and weakness
- Helps with fluid loss and depletion
- Addresses periodicity of symptoms
- Helps restore vitality after illness

**Specific Indications:** Post-viral exhaustion, extreme sensitivity to touch and noise, bloating, weakness from fluid loss

## 5. Synergistic Remedies (Optional Enhancement) for Long Covid

Note: These important remedies can be taken DURING the Core Protocol for enhanced effects. One of the synergistic remedies may hit the nail on the head that you sweep through. If you notice dramatic improvement with a remedy, you may not need any others and continue with the Core protocol and stop other remedies and continue with remedies that work for you. You can work with a homeopath to fine tune or test for which remedies might work best.

### Calcarea Carbonica

**Source:** Oyster shell calcium carbonate

**Key Actions:**

- Metabolic support and calcium regulation
- Strengthens immune response
- Addresses fatigue and weakness
- Helps with anxiety and overwhelm
- I've seen this remedy be very helpful with many with Long Covid

**Specific Indications:** Exhaustion, cold sweats, anxiety, slow metabolism

### Bothrops

**Source:** Yellow Viper Snake Venom

**Key Actions:**

- Addresses blood clotting issues
- Helps with vascular inflammation
- Assists in breaking down protein aggregates
- Supports circulation
- Some homeopaths use this as their main remedy for Long Covid

**Specific Indications:** Thrombosis tendency, hemorrhaging, right-sided symptoms

### Lactrodectus mactans

**Source:** Black widow spider

**Key Actions:**

- Addresses severe muscle spasms
- Helps with cardiac symptoms
- Addresses anxiety and fear
- Helps with chest pain
- Other spider remedies may be useful as well.

**Specific Indications:** Angina-like pain, extreme anxiety, muscle cramps

### Arsenicum Album

**Source:** Arsenic trioxide (white arsenic)

**Key Actions:**

- Addresses burning pains with paradoxical chilliness

- Helps with extreme anxiety and restlessness (especially midnight-3am)
- Addresses exhaustion with inability to rest
- Helps with septic/toxic conditions and inflammation
- Supports digestive system disturbances

**Specific Indications:** Burning sensations (especially hands/feet/internally) relieved by heat despite burning quality, anxiety with fear of death/disease, fastidious/controlling nature when well (chaotic when ill), restlessness with exhaustion, worse 1-3am, desires cold drinks in small sips, extreme weakness yet cannot lie still, offensive discharges, fears being alone when sick

## Tarentula Hispanica

*Source:* Spanish wolf spider

### Key Actions:

- Addresses extreme restlessness and agitation
- Helps with neurological hyperactivity
- Addresses compulsive movements and behaviors
- Helps with inflammatory conditions with burning sensations
- Other spider remedies may be useful as well.

**Specific Indications:** Manic restlessness requiring constant motion, chorea-like movements, conditions worse from music or rhythm, burning pains with restless extremities

## Buthus

*Source:* Scorpion venom

### Key Actions:

- Addresses autonomic nervous system dysfunction
- Helps with POTS symptoms
- Addresses cardiovascular symptoms
- Helps with temperature regulation

**Specific Indications:** Palpitations, sweating, temperature dysregulation

# Complete Weekly Schedules with Synergistic Remedies

Rotate or sweep through the following remedies.

## For Long COVID Protocol

### Week 1: Silicea + Calc. Carb.

Day	Core Remedy (Silicea)	Synergistic Remedy (Calc. Carb.)	Symptom Remedy (As Needed)
1	Silicea X potency 3x daily	Calc. Carb. 200C 1x	Choose 1 remedy 30C 1-2x daily if needed
2	Silicea X potency 3x daily	Rest	Choose 1 remedy 30C 1-2x daily if needed
3	Silicea 6C or 12C 2x daily	Rest	Choose 1 remedy 30C 1-2x daily if needed
4	Silicea 6C or 12C 2x daily	Calc. Carb. 30C 2x daily	Choose 1 remedy 30C 1-2x daily if needed
5	Silicea 30C 3x in one day	Calc. Carb. 30C 2x daily	Choose 1 remedy 30C 1-2x daily if needed
6	Silicea 200C 1x single dose	Calc. Carb. 30C 2x daily	Choose 1 remedy 30C 1-2x daily if needed
7	<b>REST</b>	<b>REST</b>	Symptom remedies OK if needed
Week 2	Graphites Repeat Above	Bothrops, Repeat Above same potencies.	Choose 1 remedy 30C 1-2x daily if needed
Week 3	Petroleum Repeat Above	Lactrodectus, Repeat Above same potencies.	Choose 1 remedy 30C 1-2x daily if needed
Week 4	Silicea Repeat Above	Ars. Alb, Repeat above, same potencies.	Choose 1 remedy 30C 1-2x daily if needed
Week 5	Graphites Repeat Above	Tarentula Hispanica Repeat above, same potencies.	Choose 1 remedy 30C 1-2x daily if needed
Week 6	Petroleum Repeat Above	Buthus, Repeat above, same potencies	Choose 1 remedy 30C 1-2x daily if needed

For Weeks 7+ Continue repeating above dosing

## 6. SYMPTOM-SPECIFIC REMEDIES

Choose **ONE** symptom remedy that best matches your current symptoms. You can switch remedies as your symptom picture changes throughout the protocol. I found the most useful remedies to be the snake remedies, spider remedies, calc. carb. phos, gelsimium, agaricus, apis, belladonna and kali phos. Below are just a few of the more useful remedies for Long Covid symptoms.

### SPIKE PROTIENS / VACCINE

- **China** - Profound weakness after illness, spike protiens
- **Graphites**- Spike protiens, dry cracked skin
- **Silacea**- Pushes spike protiens out, toxins, immune system
- **Thuja** – Vaccine reactions, fungal
- **SARS-COV-2 Nosome** - Spike protiens
- **Petroleum**- Deep cracks, spike protiens, cysts,

### HISTAMINE/ MAST CELL ACTIVATION / RASH / HEAT

- **Apis** – Burning, Histamine, Rashes
- **Phosphorus** – Burning, sunburn inside, sensitive
- **Sol** – Sunburned feeling
- **Arsenicum** – Burning with anxiety, Skin on fire
- **Lachesis** – Left sided, constriction, septic, Heat flashes
- **Belladonna** – Sunburned, heat rash, headaches
- **Elaps** – Icy / Burning , right sided

### FATIGUE / BRAIN FOG / WEAKNESS

- **Gelsemium** - Extreme weakness, heaviness, mental dullness, trembling
- **Phosphoric Acid** – Headaches, mental and physical exhaustion, apathy
- **Kali Phosphoricum** - Nervous exhaustion, brain fog
- **China** - Profound weakness after illness, spike protiens
- **Argentum Nitricum** - Trembling, weakness in legs
- **Conium** - Trembling weakness in legs
- **Kali cyanatum**- Mitochondrial support, cellular suffocation, weakness
- **Carbo veg** – Air hunger, collapse, weak

### NEUROLOGICAL SYMPTOMS

- **Zincum Metallicum** - Twitching, restless legs, nervous exhaustion
- **Agaricus** - Twitching, pins and needles, buzzing, numbness and tingling
- **Hypericum** - Nerve pain, shooting pains, tingling
- **Magnesia Phosphorica** - Neuralgic pains, cramping
- **Buthus (Scorpion)** Kundalini, surging nerve pains, limbic system

- **Aconite**- Anxiety, panic, burning tingling
- **Phosphorus** – Sunburned feeling, numbness, burning.
- **Arsenicum album.** Skin feels on fire, burning
- **Spider Remedies esp. Tarantula, Lactrodectus, Pholcus**
- **Snake Remedies esp Bothrops, Lachesis, Crotalus , Elaps**
- **Plumbum** - Neuropathy, paralysis
- **Mercurius** – Tremors, sweating
- **Kalmia** - Descending neuralgia, nerve pains
- **Opium** - Calming nerves, soothes neuropathy

## RESPIRATORY / BREATHING CONSTRICTION

- **Antimonium Tartaricum** - Difficulty breathing, rattling mucus
- **Arsenicum Album** - Shortness of breath, anxiety, worse at night
- **Phosphorus** - Chest tightness, dry cough
- **Bryonia** - Dry cough worse from movement, chest pain, dryness
- **Lactrodectus** – Constriction
- **Lachesis** – Left sided, constriction, septic, Heat flashes

## CARDIOVASCULAR / CIRCULATION

- **Arnica** - Blood vessel damage, micro-clotting
- **Lachesis** - Circulation issues, left-sided symptoms
- **Naja** - Heart palpitations, left-sided pain
- **Crotalus horridus** - Hemorrhagic conditions, septic states, cardiac weakness, right-sided
- **Elaps** – Icy / Burning , right sided

## POTS

- **Anhalonium** - Cardiac symptoms with irregular pulse, POTS
- **Phosphorus** - May help when there's hypotension, easy flushing, palpitations, anxiety, and sensitivity to stimuli..
- **Natrum muriaticum** - May be indicated when there's autonomic dysfunction with salt craving
- **Bothrops**- Thrombotic/coagulation issues - POTS patients experience
- **Digitalis**
- **Snake Remedies esp Bothrops, Creatagus Lachesis, Crotalus , Elaps**

## HEADACHE

- **Belladonna** - Throbbing, pounding headaches, heat
- **Glonoinum** - Head feels like it will burst
- **Natrum Muriaticum** - Post-viral headache patterns
- **Phos Acid.**

## DIGESTIVE ISSUES

- **Arsenicum Album** - Burning pains, anxiety
- **Lycopodium** - Bloating, gas, liver support
- **China** - Weak digestion with bloating
- **Pulsatilla** - Changeable digestive symptoms, worse from fats

- **Bismuthum subnitricum** - Gastric pain and vomiting, neuralgias, facial pain
- **Cadmium sulphuratum** - Exhaustion with vomiting, burning gastric symptoms
- **Chitinum** - Parasitic conditions, gut dysbiosis, inflammatory bowel
- **Cina** – Parasites, worms
- **Cocculus** - Nausea with weakness and exhaustion

## MOLD

- **Aspergillus 200C**- Black mold
- **Aflatoxin 30C** – Nervous system mycotoxin
- **Nat. Sulph** – Worse from damp, mold, Liver detox
- **Medorrhinum** – Fungal overgrowth

## VERTIGO / DIZZINESS

- **Cocculus** - Vertigo, dizziness with nausea
- **Conium** - Vertigo, dizziness
- **Borax** – Dryness, ringing in ears, dizzy
- **Veratrum** – Ringing in ears

## HYPERSENSITIVITY

- **Nux Vomica** - Hypersensitivity to everything
- **China** - Hypersensitivity to touch, noise, drafts
- **Ambra Grisea** - Easily overstimulated
- **Staphysagria** - Hypersensitivity to pain, touch
- **Kali Phosphoricum** - Hypersensitivity to noise

## GROUNDING / DISCONNECTION / SPACEY

- **Niobium** - Grounding when feeling disconnected, weakness, instability
- **Anhalonium** - Altered states of consciousness, cardiac symptoms with irregular pulse
- **Ayahuasca** – visions, hallucinations, dissociation

## EMOTIONAL / CHANGEABLE SYMPTOMS

- **Pulsatilla** - Weepy, desires comfort, changeable symptoms, better from fresh air
- **Sepia** - Indifference, irritability, better from vigorous exercise
- **Staphysagria** – Suppressed anger, violation, trauma

## POST-VIRAL SUPPORT

- **Influenzinum** - Post-viral exhaustion, brain fog
- **Pyrogenium** - Feels poisoned, can't clear toxins
- **Tuberculinum** - Never well since virus
- **China** - Post-viral debility with depletion
- **Gelsimium**- Post viral, trembling, weakness
- **Carcinosin** - Complex layered symptoms, never well since virus

- **Tuberculinum** - Never well since viral illness, constantly changing symptom

## CRAMPING / SPASMODIC PAINS

- **Magnesia Phosphorica** - Cramping, spasmodic neuralgic pains
- **Cuprum Metallicum** - Spasms, cramping

## TERROR / ANXIETY / FEAR / MADNESS

- **Lactrodectus** – Extreme terror, constriction
- **Aconite** – Acute terror, thinks will die, Panic
- **Stramonium** – Madness thoughts, violence, disjointed thoughts
- **Anhalonium** – Dissociation, Disconnection from body
- **Kali Phos** – Nerve exhaustion, anxiety
- **Medorrhinum** - "Going mad" feeling, post-infectious states
- **Amanita** – Madness, hallucinations, “cracked” consciousness

## Important Notes for Daily Schedule

### IMPORTANT DAILY SCHEDULE GUIDELINES

- **THREE REMEDY MAXIMUM:** In general don't take more than 3 different 30C remedies in one day. With Core + Synergistic remedies you can add one symptom remedy.
- **SYNERGISTIC REMEDIES ARE OPTIONAL:** If the schedule feels overwhelming, do the Core remedies alone and add synergistic remedies later.
- **SYMPTOM REMEDIES:** Choose ONE symptom remedy that best matches your current symptoms. You can switch as symptoms change.
- **TIMING:** Space out remedies throughout the day (morning, midday, evening). Take on clean palate (15 minutes away from food/drink).
- **X POTENCY:** Use any X potency available (6X, 12X, etc.). If unavailable, substitute with 6C or 30C
- **REST DAY:** Day 7 is crucial for integration. Only take symptom remedies if absolutely needed.
- **MANUFACTURER CONSISTENCY:** Use the same manufacturer for all remedies during one complete 9-week cycle, then rotate manufacturers in subsequent cycles.

## 7. CONSTITUTIONAL REMEDIES

Many constitutional-type remedies have shown effectiveness in clearing Long COVID completely, but **professional guidance from a qualified homeopath is strongly recommended**. A single well-chosen constitutional remedy can sometimes resolve the entire condition. These are just a few potential remedies at **high doses (1M or greater)** that have been found very helpful. Sometimes there may be the "miracle cure" but it requires the help of a qualified homeopath.

### Constitutional Remedies to Consider (1M potency or greater):

- Phosphorus
- Gelsemium
- Arsenicum Album
- Aconite
- Sepia
- Causticum
- Carcinosin
- Amanita
- Lac Humanum
- Ayahuasca
- Tarentula hispanica

Consider if constitutionals have no effect to work on miasmatic remedies, sarcodes, nosodes and clearing mycotoxins, heavy metals and chemicals first.

### IMPORTANT DISCLAIMER

This protocol represents an experimental approach combining homeopathic principles with current Long COVID research. It is **NOT a substitute for conventional medical care**.

**Always work with qualified healthcare providers for diagnosis and treatment of Long COVID.**

This information is provided for educational purposes only and should not be considered medical advice.

Individual results may vary. Some people may experience healing reactions or temporary worsening of symptoms as the body processes and eliminates spike proteins and cysts.

**If you experience severe symptoms or adverse reactions, discontinue use and consult a healthcare professional immediately.**

Constitutional prescribing requires expert assessment of your complete symptom picture, personality traits, and life circumstances. Please work with a qualified classical homeopath for constitutional treatment.

## References

1. Patterson BK, et al. Persistence of SARS CoV-2 S1 Protein in CD16+ Monocytes in Post-Acute Sequelae of COVID-19 (PASC) up to 15 Months Post-Infection. *Front Immunol*. 2022 Jan 10;12:746021.
2. Patterson BK, et al. Persistence of S1 Spike Protein in CD16+ Monocytes up to 245 Days in SARS-CoV-2 Negative Post COVID-19 Vaccination Individuals with Post-Acute Sequelae of COVID-19 (PASC)-Like Symptoms. *medRxiv* 2024.03.24.24304286.

3. Prakash S, Karan S, Lekbach Y, Tifrea DF, Figueroa CJ, Ulmer JB, Young JF, Glenn G, Gil D, Jones TM, Redfield RR, BenMohamed L. Insights into Persistent SARS-CoV-2 Reservoirs in Chronic Long COVID. *Viruses*. 2025 Sep 27;17(10):1310. doi: 10.3390/v17101310. PMID: 41157582; PMCID: PMC12568064.