

MCCOY LONG COVID PROTOCOL – Feb 2025

www.virmccoyhealth.com



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. Numbers are links to scientific references.

I work as a biologist, botanist, Musician and Medical Intuitive. Most of the following remedies were intuited then backed up with science. I teach people how to access their own intuition to find out what exactly their body needs to heal.

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 and/or the Vaccine 1, 2 3. 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, dysregulation in the limbic system (The immune system goes into overdrive), microbiome (gut flora) disruption (dysbiosis), 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, 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.

Good talk on Long Haul and Treatment:

[https://odysee.com/@FrontlineCovid19CriticalCareAlliance:c/FLCCC-WEBINAR-101321_FINAL-\(1\):0](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.
- 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. "I am powerful beyond measure" , "I more powerful than any disease"
- 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.
- Martial Arts to strengthen boundaries

2. **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. Take walks in nature.

3. ICE, WATER and DRINKS

- Drink Ice and Cold Water. Drink clean or spring water Put ice in every drink you make. Smoothies and Ice Cream. Drink as much ice water as you can every day. Ice is great for reducing inflammation.

- Drink lots of bubbly waters and mineral waters for carbon dioxide (CO2 stimulates the Vagus nerve), 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. Cryogenic gyms and Ice baths. Decreases inflammation.
- Make an intuitive journal and start writing down what your body needs (see my Intuitive meditation)

4. BREATHWORK

- Calming breath or CO2 breath. Increase your CO2 to stimulate the Vagus nerve for helping calming down the nervous system. Breathwork with slow exhalations. Breathe in through nose at 3 counts, exhale 6 counts in the morning while making a “shhh’ sound. 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.
- Chi Kung breathing exercise scooping heaven/ scooping earth energy
- See my Fire Love breathing exercises. <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 like a magnet, pause, exhale slowly and breath out love (give) from your heart .

5. MEDITATIONS.

- Get into a quiet space and do some deep breathing. Listen to some gentle water sounds. Imagine a deep cool crystalline calm lake with icy mountain peaks around the pool. 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.

- 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 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.

6. **FASTING**

- Fasting increases autophagy or the ability of cells to eat dead and dying cells (with spike proteins)
- Intermittent fasting (eating between p.m. on or from am to 3pm -best)
- Longer fasts: Try 24 ,48, 72 hour or longer water or juice fasts or a day of dry fasting (with supervision)

7. **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 (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.

8. **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) or salicylates.

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 (MCAS) 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).
- With Histamine and MCAS, 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. 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: <https://www.histamineintolerance.org.uk/about/the-food-diary/the-food-list/>.

9. **GUT** – See Appendix A. The gut becomes key to heal.

10. **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. You must unclog the Lymph and keep it moving. Run, Walk, swim, Bounce, Self brushing, cranial sacral work. Herbs like Ocotillo and Red Root. Get Lymphatic massage once a week and/or Sauna for sweat and Lymphatic movement. Alternate Ice and heat.

11. **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. 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

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 5 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 one from each. In addition to items these are the top 10 categories:

1. **Spike Proteins:** Dissolve, break down, flush out and disrupt the spike protein antigens and/ or block them at receptor sites.
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.
5. **Decrease inflammation:** Lower the stress on the body
6. **Decrease histamine and Mast Cell Activation**
7. **Antimicrobials / Antifungals / Antiparasitic** for other bugs: Eradicate any lingering Covid or other viruses, mold, bacteria, and parasites that have flared up.
8. **Increase Cellular Health and Energy-** Mitochondria, Antioxidants etc. Address B cell dysregulation.
9. **Lymphatic drainage and detoxification** as well as mold detox.
10. **Daily Vitamins and Minerals**

The following supplements and medicines I found most important for *my body*: I recommend rotating them.

TOP MEDICINES FOR LONG COVID

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. **Metformin.** In a recent study Metformin (Used to lower blood sugar) outperformed Ivermectin and Fluvoxamine for decreasing Long Covid outcome. Best early.
3. **Garlic:** 2 fresh cloves – 3 times a day for 3 weeks. Powerful antimicrobial and anti-inflammatory
4. **Enzymes like Nattokinase and Lumbrokinase and Proteolytic Enzymes,** Break down spike proteins.
5. **Low Dose Naltrexone.** Modulates the immune system and inflammation.
6. **Propolis:** 1 dropperful 2x a day. A powerful antiviral and helps with inflammation
7. **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.
8. **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. May not work for some.

- 9. Immune modulating Herbs:** In addition to the mushrooms try Ashwaganda, Lobelia, Shulajit, Orobancha (Cistanche), Lithospermum (Tollovid) Carnivora and Rhodiola and others.
- 10. Brain healing and Nerve calm Help:** Herb combinations like Skullcap, Mint, Gotu Cola, Milky Oats, Calendula, Bacopa, Rosemary, Damiana, Gingko biloba, Mulungu.
- 11. 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)
- 12. Stem Cell Therapy.** There are patches as well for stem cell production and inflammation.
- 13. Binders** like Pectasolve

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 Chaga, Cordyceps, Agarikon, Lions Main, shitake and maitake 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 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: Ketamine, San Pedro cactus, Psilocybin (mushrooms)(try with Niacin- “Staments stack”), LSD, Iboga, Ayahuasca. 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 2 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. Add butter, milkshakes, buttermilk and cheese. If Lactose intolerant try Goats, Sheep, Camel or Mares milk. These all contain beneficial probiotics and fats can sooth and help heal a damaged gut and the nervous system (Myelin sheaths). Next step would be Intravenous IG (immunoglobulins)

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. I like Argentin 23. Check out Nano-silvers.
5. **Saponins and Detergents.** Triterpene and Steroidal Saponins 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. 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 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.
6. **Silica.** Homeopathic Silacea. Get different potencies (6C, 30C, 200C) and do one potency 2 days (6C) then another 2 days (30C) and on for a week or more. You can rotate with homeopathic Petroleum, Graphite and China with varying potencies as above. Try one week for each after Silacea and continue rotating through. I believe these break down the spike proteins and had many intuitive "hits" for these. Also **Diatomaceous Earth.** See my paper on the homeopathic treatment of spike proteins.
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 and antimicrobial – clearing out lymph and viral debris. I believe it also breaks down spike proteins.
8. **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.
9. **Resveratrol or Japanese knotweed.** 500 mg a day divided into 2 doses. Antioxidant, antihistamine, anti-inflammatory, antimicrobial.
10. **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 (Unless cancer, get from organ meats), Zinc, Phosphorus, Potassium, Manganese, 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.

11. 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 practices or dissociatives and psychedelics (See below). There are a multitude of programs to check out.

Recipes:

Immune Milk: Mix equal parts in A2 or raw Milk: 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:

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, Tagamet, Levocetirizine, Xyzal, Loratadine etc. Mix and match.
5. **Herbs** like Skullcap, Nettles, Ephedra, Eluethro and more. 2 droppers full 2x a day. There are many herbal antihistamines on the market. See what works for you. Skullcap was amazing for me.
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, Homeopathic Apis, Royal Jelly
12. **More:** Grass fed Collagen, Bone broth, Cod Liver Oil, Homeopathic histaminum, Rhus
13. **Nigella Sativa.** Black Cumin seed Oil

Inflammation options:

1. **Herbs** like **Chuchuasi**. One of my favorite herbs for inflammation. **Turmeric** (Try **Curcumin**), **Boswelia**, **St. John's Wort** (also for mood), **Rosemary** and **Peppermint oil**.
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. **Oils**- See Above

OTHER VERY IMPORTANT KEY MEDICINES: 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 and is a core treatment for the FLCCC and others.
- **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
- **Plasmapheresis**. Blood cleaning techniques can remove spike proteins
- **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.
- **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.
- **Apheresis.** Blood is removed with IV and filtered and or heated. Good for purifying blood and removing heavy metals
- **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
2. Bryonia Alba
3. Sulfur
4. Phosphorus
5. Amanita - Crazy feelings
6. Camphor
7. Hydrogen- Dissolving feeling
8. Stramonium – Crazy feelings
9. Aconite - Fear
10. Ars. Alb
11. Calc Carb
12. Sepia
13. Camphor

- **Important supplements:** NAC, Glutathione, Niacin, Hyaluronic Acid, Alpha Lipoic Acid.
- **Parasites:** Albendazole, Mebendazole, Ivermectin, 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
- **Teas:** Calendula, Chamomile, Mint, Licorice
- **Many great herbal blends** – see my website
- **Try Chinese Medicine**

- **Antioxidants**- Blueberries, Green Coffee extract, Gynostemma, etc.
- **Radionics** - Many have had success this way.

For More Information: www.virmccoyhealth.com

TESTING FOR SPIKE PROTIENS

1. There are now urine protein tests that can detect spike protiens
2. Test for spike protiens in the blood. <https://theradiancediagnostics.com/chronic-covid-labs/>

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 and Blockers:** Ivermectin, Intermittent Fasting, NAC augmented, Saponins like Agave and Yucca OR Detergents like Chlorine Dioxide OR Enzymes like Nattokinase and Lumbrokinase AND Homeopathics like Silacea. Etc.
2. **Immune Modulation Remedies:** Modulators like Ashwaganda OR Rieshi and Turkey Tail Mushrooms OR Lithosperma OR Cistanche OR Micro dosing Psilocybin OR Colostrum-Lactoferrin. **Limbic Rewire meditations**
3. **Gut Heal:** See Below Appendix B
4. **Anti- Inflammatory:** Ice. Like Steroids (Prednisone) OR Herbs like Bromaline, Turmeric, Resveratrol, oils, Pycnogenol 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)

AS NEEDED

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 dissociative / 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 lining, allowing a dysbiosis or out of whack community or “Leaky Gut.” So we must heal the gut lining as well. Other bugs normally held in check will flare – Molds, bacteria, other viruses, etc. It is the gut we must heal and get our fire back. The following medicines were intuitive based on my symptoms which included SIBO, MCAS, H.Pylori, and other parasites.. Take a microbiome test to find out what imbalances are occurring. Check out Health Gut and Silverfern products. Start with low dosages and slowly build if intolerances. I break things up into categories.

- **First Kill the “bad bugs”:** A short course (work with doctor) of Amoxicillin (2-4 days) or Clindamycin (Any beta-lactam antibiotics), Tetracycline etc , Aspirin, propolis, Artemesia, colloidal silver, coca cola, (Really? Yes! Just a few sips- the phosphoric acid kills some bad bugs and breaks down proteins), Nicotiana (Tea-just a few sips). Also there is a relationship with Iron and bad guy uptake (They like it). Also for H.Pylori try Cabbage Juice, Mastic Gum, Yellow Dock. Take an Acid test and increase Betain HCL if needed.
- **Second: Heal gut lining** – Butyrate (liquid tributyrates), IGG Milk Derivatives - Colostrum -Lactoferrin, Immunolin, Aloe Vera (and extracts like Auto-immune X, or AceMannan), L Glutamine, Slippery Elm, Licorice, Marshmallow root, Nopales Cactus, , Grasses like wheatgrass, Collogen barley, alfalfa. Apple pectin. Glucomannan, Coffee enemas. Iron (Eat liver), Burdock. Cod liver oil, Bone broth.

Enzymes. Break spike proteins too: Pancreatic Enzymes, Nattokinase, Lumbrokinase, Proteolytic etc.

- **Third: Rebuild the “Good guys” with Probiotics and prebiotics** esp.- Bifidobacterium, B. longum, Bacillus subtilis, Lactobacillus plantarium PS128. Kefir, Yogurt, Milk, Sauerkraut (Small amounts if Histamine sensitive), Buttermilk, Vinegar, Oatmeal, Watermelon.
- **Intermittent fasting.** Promotes autophagy

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 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)

- A. 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.
- B. 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).
- C. *Fresh* bone broth, collagen, chicken cartilage (Get Fresh – watch for histamine -aged)
- D. Fruits: Blueberries, Blackberries, Acai, Pomegranate, Grapes, Watermelon, Cantaloupe.
- E. Nuts: Avoid except raw pecans, walnuts and brazil nuts (experiment)

- F. 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).
- G. 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.
- H. 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.
- I. 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.

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