

Simple Protocol for Long Haul COVID

A Practical Daily Guide

Vir McCoy, ND • Medical Intuitive • Herbalist • Homeopath

May 2026

“Love and Fire are your priority medicines.”

From: "Healing Therapies For Long Covid" — Inner Traditions, 2023

www.virmccohealth.com

Understanding Long Haul COVID

Long haul COVID is triggered by spike proteins from COVID or the mRNA vaccine (1,2) and/or replicating virus even after years (3). Some people — because of the factors below — cannot break down spike proteins properly. The “trash backs up,” immune dysregulation (confusion) occurs, and inflammation and histamine responses follow, producing a wide range of symptoms.

Root Issues to Address

- Genetics
- Trauma
- Previous immune dysregulation (Lyme, EBV, other infections)
- Parasites
- Fungus (mould and yeast)
- Heavy metals
- Chemical & micro-toxins (spike proteins, microplastics)
- Vitamin & mineral imbalances
- EMF exposures

Recommendation: Testing for all previously mentioned issues is advised. Comprehensive at-home tests are now available. Check with your doctor.

Priority Medicines

“Love and Fire are your priority medicines.”

Essential Practices: Gentle exercise at first • Daily lymphatic movement • Emotional and trauma work • Cold therapy • Ketogenic/Low Histamine Diet • Liver detoxification

Spiritual Practice: Utilize prayer, boundaries, and belief. Call on the angels: *“I am more powerful than any disease.”*

Fire Practice: Cultivate a “fire in the belly” with martial arts, moving anger, cultivation of chi, breath of fire, drying out dampness in the gut.

Trauma Work: Get to the root with stuck emotions from trauma to the nervous system.

Minimum Daily Protocol — Supplement Strategy

Choose 1–2 from each category below to simplify. What worked for me — many more options in the full protocol at virmccohealth.com.

■ Supplements from every starred (■) category are essential — do not skip these.

<p>■ Spike Protein Removal</p>	<ul style="list-style-type: none"> • Fasting — start with intermittent; when able, a 3-day water fast • Ivermectin (12–36 mg/day by weight) + Nattokinase (or Lumbrokinase) for one week • Rotate to: Nicotine patches (7 mg) + NAC Augmented + Bromelain after one week, then back • Note: for some, Ivermectin doesn't do much — try Nicotine instead • Homeopathic: Silica / Graphites / Petroleum — rotate weekly; try Calc. Carb. 200C first • Resveratrol — continuous
<p>■ Immune Modulation</p>	<ul style="list-style-type: none"> • Daily: IGG (Colostrum) or Lactoferrin + Medicinal Mushrooms + Ashwagandha • Mix as powder blend (see Immune Mylk recipe at virmccohealth.com) • Try Low Dose Naltrexone or Low Dose Fluvoxamine — works for some
<p>■ Limbic Retraining</p>	<ul style="list-style-type: none"> • Meditation, breathwork • Microdosing psychedelics (Ketamine, Psilocybin, LSD, etc.) — 2 days on, 1 off; rotate • Macro dosing (work with practitioner — Ibogaine has completely healed some) • Stellate Ganglion Block
<p>■ Inflammation</p>	<ul style="list-style-type: none"> • Curcumin, Boswellia, Bromelain, Rosemary, Peppermint — make your own blend • Black Currant or Black Seed oils • Brain on fire: Lithium orotate 30–50 mg OR St. John's Wort (also mood) • ICE Baby ICE! Cold water, showers, ice baths, ice on the neck
<p>Histamine (As Needed)</p>	<ul style="list-style-type: none"> • Quercetin, Perilla, Bromelain • Take an H1 and H2 antihistamine daily for symptoms — e.g. Cimetidine + Cetirizine OR Famotidine + Levocetirizine; find best combo • Ketotifen (mast cell stabiliser) at night
<p>■ Cellular Health / Mitochondria</p> <p>■ Vitamins / Minerals</p>	<ul style="list-style-type: none"> • NAD (IV or liposomal) and/or Urolithin A and/or CoQ10 (look for combo) or Niacin • Hydrogen — high quality water bottle or supplement • <i>Get checked for mineral imbalances</i> • Daily: Quality liquid blend with B vitamins, Zinc, Selenium, Magnesium and/or Shilajit and Irish Moss
<p>Lymph Drainage</p>	<ul style="list-style-type: none"> • Daily swimming, self-massage, rebounder, etc.
<p>Liver Detox</p>	<ul style="list-style-type: none"> • Dandelion, Milk Thistle, Hops

As-Needed Protocols

Antimicrobials	<ul style="list-style-type: none"> • Nano Colloidal Silver • Garlic • Short course of antibiotics like Augmentin for gut dysbiosis
Detox Binders	<ul style="list-style-type: none"> • <i>Get checked for mould, heavy metals, parasites, Epstein-Barr, etc.</i> • Pectasol, Chlorella, Charcoal, Zeolites, Coffee enemas, Silica, Liver flush • See full Detox Protocol at virmccohealth.com
Sleep Help	<ul style="list-style-type: none"> • Ketotifen, Magnesium glycinate, Melatonin, L-Theanine, CBD
Pain Management	<ul style="list-style-type: none"> • Poppy tincture, Gabapentin, Willow, Low-dose Aspirin
Gut Repair	<ul style="list-style-type: none"> • Prebiotics: fibre, lactulose, acorn flour • Butyrate and IGG — author's favourites; Marshmallow Root • Probiotics: Kefir, Bacillus subtilis, Akkermansia, Bifidobacterium sp.

For complete protocols and resources: www.virmccohealth.com

References

- [1] Patterson BK, Yogendra R, Francisco EB, et al. Detection of S1 spike protein in CD16+ monocytes up to 245 days in SARS-CoV-2-negative post-COVID-19 vaccine syndrome. *Hum Vaccin Immunother.* 2025;21(1):2494934. doi: 10.1080/21645515.2025.2494934
 - [2] Patterson BK, Francisco EB, Yogendra R, 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;12:746021. doi: 10.3389/fimmu.2021.746021
 - [3] Prakash S, Karan S, Lekbach Y, et al. Insights into Persistent SARS-CoV-2 Reservoirs in Chronic Long COVID. *Viruses.* 2025;17(10):1310. doi: 10.3390/v17101310
-

From "Healing Therapies For Long Covid" — Inner Traditions, 2023 • www.virmccohealth.com