



"Long Covid" Resource Guide



Utilizing a Variety of Plants to Manage Symptoms



Tasha Jackson, MA



CONTENTS

All links in this document are active; research made easy!

- 3 DISCLAIMERS & CAUTION**
- 4 ABOUT TASHA**
- 5 LETTER TO YOU**
- 6 REPORTED SYMPTOMS**
- 7 REPORTED CAUSE AND EFFECTS**
- 10 SUPPORTS**
- 11 SHOPPING LIST**
- 12 THE ENDOCANNABINOID SYSTEM**
- 13 APPENDIX**
- 21 DAILY JOURNAL**
- 22 THANK YOU**



2022 Naturally Inspired Media. Content and images used in this guide are owned and licensed by Naturally Inspired Media. Unauthorized use or reproduction without direct consent of Naturally Inspired Media is prohibited.



DISCLAIMERS

This content has been made available for informational and educational purposes only. This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read, seen, or has been presented to you. Tasha Jackson hereby disclaims any and all liability to any party for any direct, indirect, implied, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this content, which is provided as is, and without warranties.

Tasha Jackson cautions against performing activities such as driving, using heavy machinery or tools, biking, or consuming certain herbs and supplements while pregnant, breastfeeding, or within 60-90 minutes of consuming pharmaceuticals.

Extra caution should be exercised while under the influence of cannabis, especially if using high doses of THC. While onset may be immediate depending on route of administration, the effects can last up to 8 hours.

CAUTION!

Herbs and Supplements do have PHARMACEUTICAL INTERACTIONS. Consult with a physician, research on WebMD, or another trusted source for guidance. Always space your pharmaceutical and herbal/supplemental regimen at least 60-90 mins (before or after) away from each other, unless explicitly indicated by your physician to do otherwise.




ABOUT TASHA



My journey in understanding the therapeutic benefits of plants began when I was 17 years old. I began with Aromatherapy, then ventured into using food as a "medicinal assist" to alleviate flu symptoms. As my knowledge increased, so did my drive to heal my body through the use of plants. With my trusted physician, I made significant changes to my diet to not only include more plants, but also use herbal supplements in place of pharmaceuticals where appropriate.

Now, I consider myself to be a Phytotherapy Patient due to my extensive use of plants in my healing journey for a multitude of ailments. To learn more about me and my plant medicine journey, you can watch my "Plant Medicine Journey" and "Long Covid Journey" videos on my YouTube channel, Naturally Inspired Media Productions or visit my website www.naturallyinspiredmedia.com





DEAR FELLOW LONG HAULER,

This guide has been intended to give you a point with which to begin your plant medicine journey. While I have spent countless hours researching what works best for me, you will need to do the same as plant medicine is specific to each person's physiology. If you try something and it is not effective, don't give up. Many plant varieties overlap in their medicinal benefits.

If you are struggling with a multitude of issues, such as I was, I suggest working on the most immediate and severe issue first. For me, I worked on my:

- heart
- brain
- gut
- rash
- spinal joints

When the gut began to improve, so did the rash. My eye floaters began to dissipate over time. As I was able to become more physically active, I began with strength training, then yoga, short walks, then longer. Now in Nov 2022, I'm up to two laps around my neighborhood, able to play defense in soccer with my son, and assist my daughter in training for an upcoming marathon.

Covid may have tried to claim my life, but plants helped me to regain it and beyond. Since I can no longer work at the rate I was, I had to take all the knowledge I possess and market my skills for hire. That's how Naturally Inspired Media in its present form was born.

Jasha Jackson
naturallyinspiredmedia.com





REPORTED SYMPTOMS

"Long Covid" is known by many names. No matter what you are used to calling it, the symptoms are the same. Currently, there is no test, assessment, or treatment for Long Covid. You may experience one, or many symptoms, concurrent or consecutively.

Post-COVID conditions may not affect everyone the same way. People with post-COVID conditions may experience health problems from different types and combinations of symptoms happening over different lengths of time. Most patients' symptoms slowly improve with time. However, for some people, post-COVID conditions can last weeks, months, or longer after COVID-19 illness and can sometimes result in disability.

People who experience post-COVID conditions most commonly report:

GENERAL SYMPTOMS

- Tiredness or fatigue that interferes with daily life
- Symptoms that get worse after physical or mental effort (also known as 'post-exertional malaise')
- Fever

RESPIRATORY & CARDIAC ISSUES

- Difficulty breathing or shortness of breath
- Cough
- Chest pain
- Fast-beating or pounding heart (also known as heart palpitations)

NEUROLOGICAL SYMPTOMS

- Difficulty thinking or concentrating (sometimes referred to as 'brain fog')
- Headache
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Pins-and-needles feelings
- Change in smell or taste
- Depression or anxiety

DIGESTIVE ISSUES

- Diarrhea
- Stomach pain

OTHER SYMPTOMS

- Joint or muscle pain
- Rash
- Changes in menstrual cycles
- Symptoms that are hard to explain and manage
- Some people with post-COVID conditions have symptoms that are not explained by tests

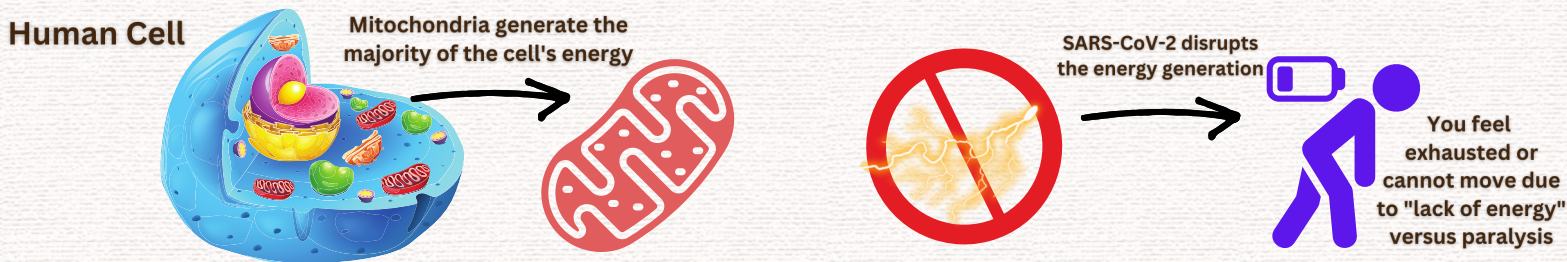
FULL PAGE REFERENCE

CDC <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html#:~:text=Health%20conditions&text=Some%20people%2C%20especially%20those%20who,kidney%2C%20skin%2C%20and%20brain>

REPORTED CAUSE

These are the potential causes researchers have found thus far. More research is needed to further verify these causes or discover alternatives.

IMPAIRED MITOCHONDRIAL FUNCTION ① occurs when the mitochondria don't work as well as they should due to another disease or condition. It can affect almost any part of the body, including the cells of the brain, nerves, muscles, kidneys, heart, liver, eyes, ears or pancreas." ②



REPORTED EFFECTS

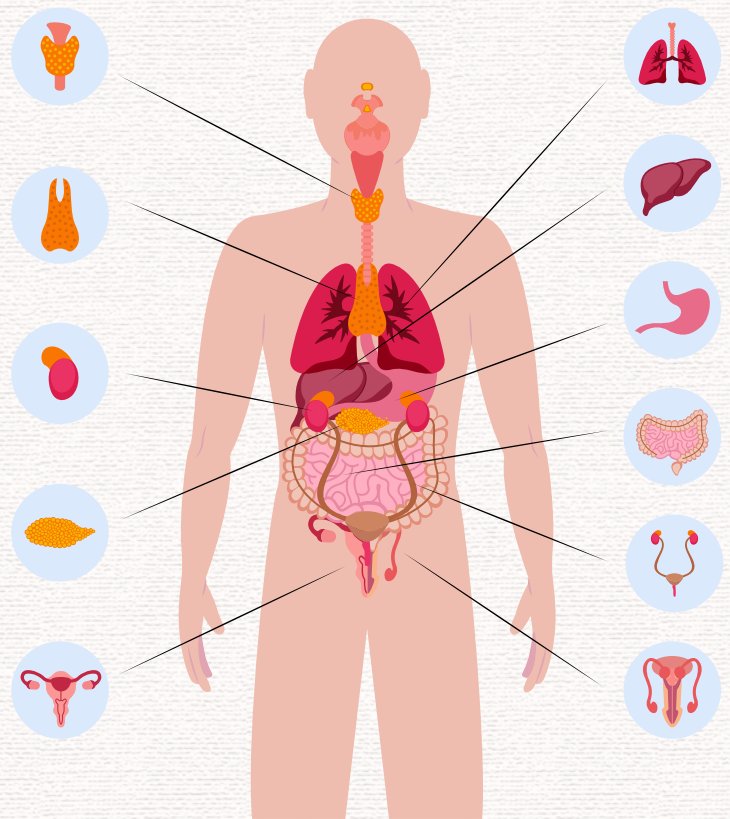
SYSTEMIC INFLAMMATORY RESPONSE SYNDROME

"is an exaggerated defense response of the body to a noxious stressor (infection, trauma, surgery, acute inflammation..." ③

OR

MULTI-SYSTEM INFLAMMATORY SYNDROME

"a rare but serious condition associated with COVID-19 in which different body parts become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs." ④



REFERENCES

1. Cleveland Clinic Health Library <https://my.clevelandclinic.org/health/diseases/15612-mitochondrial-diseases>
2. KENS 5 San Antonio " Root Cause of Long Covid Found" <https://www.youtube.com/watch?v=vzd43CbKvJ4>
3. Chakraborty RK, Burns B. Systemic Inflammatory Response Syndrome. [Updated 2022 May 30]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK547669/>
4. Multi-system inflammatory syndrome <https://www.cdc.gov/mis/index.html>

MAST CELL ACTIVATION SYNDROME

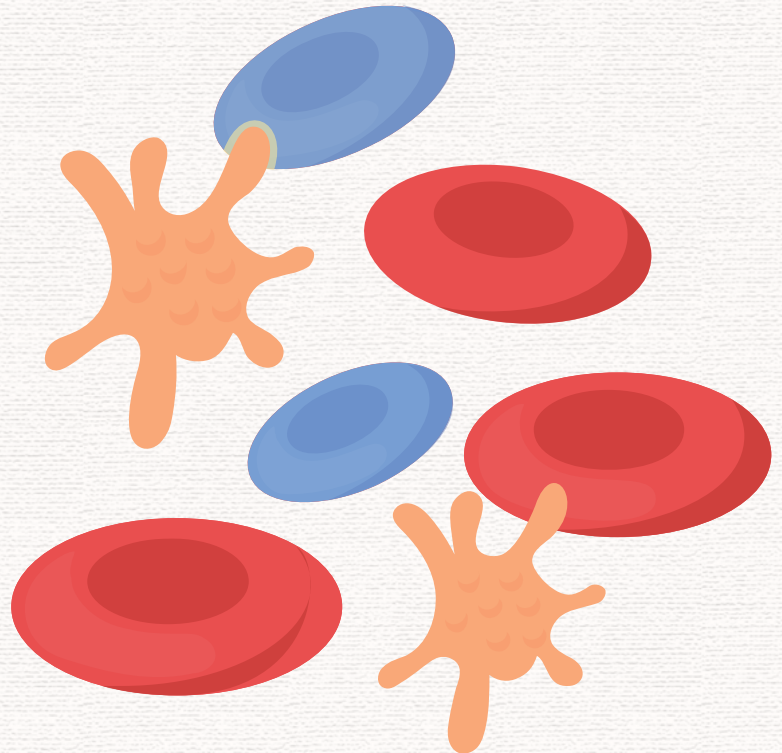
"causes mast cells to release an inappropriate amount of chemicals, including histamine, into your bloodstream. This causes a wide range of symptoms, such as allergy symptoms. These can happen after eating foods, smelling certain fragrances, exercising, and many other things." ⑤

Some key signs include:

- Symptoms in more than one system
- Symptoms that come and go or are cyclical
- Lots of different triggers
- Difficulty figuring out what the triggers are
- A dramatic change in symptoms

Some key symptoms include:

Swelling	Diarrhea
Itching	Constipation
Rashes	Fast heart beat
Inflammation	Low blood pressure
Vomiting	Fatigue
Headaches	Fainting
Chronic pain	Sweats
Flushing	Abdominal pain



Reports have shown that SARS-CoV-2 affects people in numerous ways. Some people experience more than one effect at once. More observations may discover more.

REFERENCE

5. WebMD <https://www.webmd.com/allergies/what-is-mast-cell-activation-syndrome>



AUTOIMMUNE ISSUES

- Mostly effects women due to the differing immune system
- Previous autoimmune issues may mean more severe long covid
- Your immune response to covid could cause your body to develop autoantibodies

VIRAL LOAD AND INTERACTIONS

It has been reported that covid has been responsible for activating dormant viruses in the nervous system, such as Epstein Barr Virus (EBV) and Herpes. Researchers are using data from flu seasons to better understand viral-viral interactions.

MICRO CLOTTING

In some, microclotting in the capillaries has been reported.

COMORBIDITIES

In those with underlying health conditions, long covid has an increasingly rapid and severe progression, often leading to death.

REFERENCES

- E Trends News COVID may be an Autoimmune Disease, Study Suggests <https://www.youtube.com/watch?v=ri3yD2rUHvI>
- CDC. *Long Covid Effects*. <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html#:~:text=Health%20conditions&text=Some%20people%2C%20especially%20those%20who,kidney,%2C%20skin%2C%20and%20brain>
- Mary Van Beusekom | CIDRAP News <https://www.cidrap.umn.edu/news-perspective/2022/09/signs-autoimmune-disease-difficulty-exercising-noted-1-year-after-covid> Sep 22, 2022
- Meng M, Zhang S, Dong X, Sun W, Deng Y, Li W, Li R, Annane D, Wu Z, Chen D. COVID-19 associated EBV reactivation and effects of ganciclovir treatment. *Immun Inflamm Dis*. 2022 Apr;10(4):e597. doi: 10.1002/iid3.597. PMID: 35349757; PMCID: PMC8959425.
- Shanshal M, Ahmed HS. COVID-19 and Herpes Simplex Virus Infection: A Cross-Sectional Study. *Cureus*. 2021 Sep 16;13(9):e18022. doi: 10.7759/cureus.18022. PMID: 34667693; PMCID: PMC8520410.
- The Royal Society. Virus-virus interactions—can we predict the outcome of a Covid-19 and flu interaction? <https://royalsociety.org/blog/2022/01/can-we-predict-the-outcome-of-a-covid-19-and-flu-interaction/>
- Dr. Liji Thomas, MD New research finds microclotting and inflammatory molecule abnormalities in long-COVID <https://www.news-medical.net/news/20221018/New-research-finds-microclotting-and-inflammatory-molecule-abnormalities-in-long-COVID.aspx> Oct 18 2022
- Sanyaolu A, Okorie C, Marinkovic A, Patidar R, Younis K, Desai P, Hosein Z, Padda I, Mangat J, Altaf M. Comorbidity and its Impact on Patients with COVID-19. *SN Compr Clin Med*. 2020;2(8):1069-1076. doi: 10.1007/s42399-020-00363-4. Epub 2020 Jun 25. PMID: 32838147; PMCID: PMC7314621.

SUPPORTS

You may feel more sick before you get better as your body begins to detox and repair. Be sure to check with your doctor if your worsening symptoms persist. This is what I found worked for me.

LOW HISTAMINE DIET

Recover from Mast Cell Activation Syndrome by eliminating reactionary foods from your diet. Keep a food diary and supplement where appropriate.

HIDDEN FOOD INTOLERANCES AND ALLERGIES

Think about living your life as if you're looking for Lorenzo's Oil, but for yourself. Be open to whatever suggestions people make and do your research. Only you can determine what's best for you.

ELIMINATE SYSTEMIC INFLAMMATION

Once you begin focusing on the foods that are causing your inflammation, your symptoms should begin to subside. Remember, focus on cellular function for the best outcome.

INTERMITTENT FASTING

Autophagy is a self-degradative process that is important for balancing sources of energy at critical times in development and in response to nutrient stress. Autophagy <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2990190/>

HEART

Electrolytes

LIVER SUPPORT

Blueberry & Kale Smoothie, Ashwagandha, Astragalus, Chlorella, Turmeric, Spirulina

FOOD SCIENCE & NUTRITION

Let Food Be Thy Medicine <https://www.youtube.com/watch?v=p79D6u-6pN4&t=1s>

CONDUCTING YOUR OWN RESEARCH

- WebMD
- YouTube
- Pubmed/NIH





SHOPPING LIST

Depending on your specific symptoms, depends on which you will use when. **DO NOT BUY ALL AT ONCE.** Listen to your body and keep a journal of your symptoms so you can utilize the herbs based on what is going on when. Healing is a journey and you may use a variety at once for a short or long time period. If you find others that are more beneficial, be sure to substitute as needed. Remember, this is **YOUR** body and only **YOU** can determine what you need, when, how much, and how often. ***Herbs have interactions with pharmaceuticals. Consult a doctor, check WebMD, or another trusted source to verify. Always space them apart by 60-90 mins.**

***therapeutic benefits located in the Appendix**

PRODUCTS

Colloidal Silver
Oil of Oregano Capsules
Vegan Protein Powder
Apple Cider Vinegar
Coconut Water

SUPPLEMENTS

Probiotics	L-Glutamine
Multivitamin	Vitamin D
Quercetin	Vitamin C
CoQ10	Fish Oil
Curcumin	B-100 Complex
Magnesium	Zinc
Potassium	FECO CBD, THC
Glutathione	CBG, CBDA, THCA Tincture
Marine Collagen	Nutritional Yeast

MUSHROOMS

Shitake
Cordyceps
Reishi
Lion's Mane
Chaga

HERBS

Rosemary	Astragalus
Saffron	Licorice Root
Chamomile	Chinese Skullcap Root
Lavender	Elderberry (berry)
Lemon Balm	Horse Chestnut
Cayenne	Japanese Knotweed Root
Nettle	Cinnamon
Thyme	Ginger
Echinacea	Turmeric
Mullein	Peppermint
Ashwagandha	Garlic
Borage	Lemon
Chlorella	Catnip
Spirulina	Basil
Wheatgrass	Sage
Maca	Anise
Cinnamon	Dandelion/Calendula Flower
Clove	Motherwort
Eleutherococcus	Lemongrass
Hawthorn Leaf, Flower, & Berry	Prickly Ash
Hibiscus	Ginger
Rose Hips	Stevia

ENDOCANNABINOID SYSTEM

The Endocannabinoid System (ECS) regulates many body functions:

- sleep
- pain
- mood
- appetite
- immune system responses

CB1 RECEPTORS

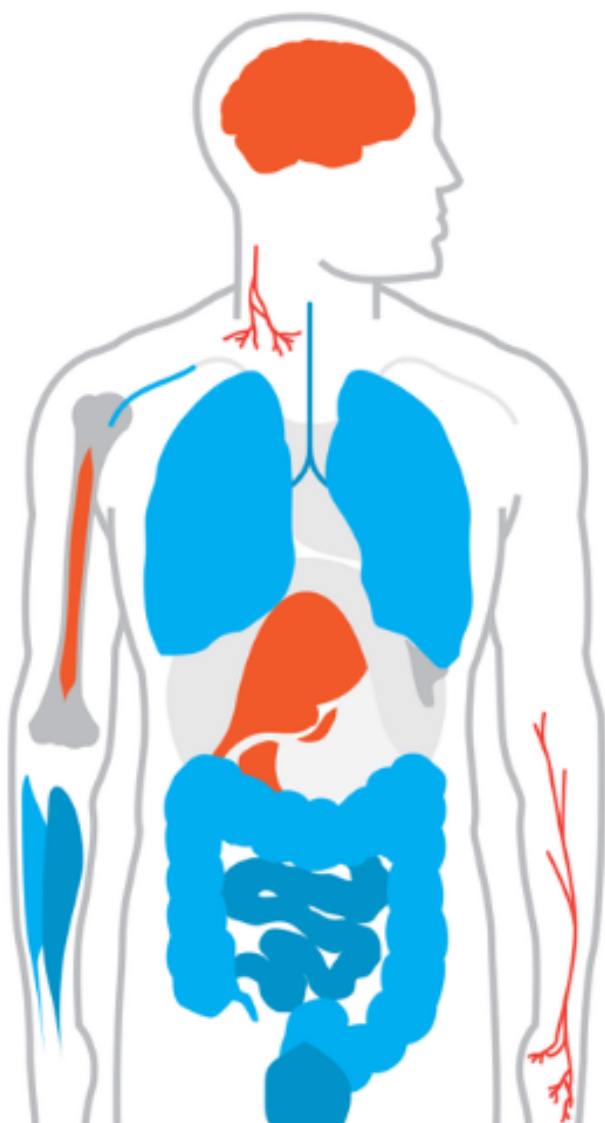
Appetite, Concentration, etc

CB2 RECEPTORS

Regulate Pain & Immune Response

CBD activates or inhibits other compounds and receptors. That is why it is important to space it apart from your pharmaceuticals.

This is also why taking it in conjunction to other phytobotanicals may increase their effectiveness.



CB1 Present:

- Central nervous system (brain & spine)
- Lungs
- Vascular system
- Muscles
- Gastrointestinal tract
- Reproductive organs

CB2 Present:

- Spleen
- Bones
- Skin

CB1 + CB2 Present:

- Immune system
- Liver
- Bone Marrow
- Pancreas

ECS Supporting Plants:

- Cannabis
- Echinacea
- Cacao
- Kava
- Sunflowers
- Black Truffles
- Black Pepper
- Everlasting Flowers
- Electric Daisy
- Japanese Liverwort
- Chinese Rhododendron
- Radula Marginata
- Common Rue
- Black, Green, Yellow, White Tea

REFERENCE

Prima Magazine *8 Plants With Cannabinoids — That Aren't Hemp*
<https://feel.prima.co/magazine/top-5-plants-with-cannabinoids/>



APPENDIX

TASHA'S LONG COVID FOOD & BEVERAGE LIST



As you move through your journey, listen to your gut and follow your cravings towards healthy food items no matter how weird to you they might sound. I now enjoy many foods I'd never eaten before my initial infection.

Always check the nutritional benefits of the food to understand why you're craving that food. For example, when I was craving pork, it was because I needed B Vitamins. Once I had met the demand, the craving stopped.

TEAS & DRINKS

- Coconut Water and Plant Powder Mix
- Kale Blueberry Smoothie
- Thai Iced Tea
- Hibiscus Water
- Heart Health
- Anti-Inflammatea
- Deep Cleaning Detox

MOST CRAUED FOODS

Paneer Tikka Masala	Shrimp Pad Thai
Mushroom Pakoras	Thai Spring Rolls
Potato Samosa	Khao Jee (Thai Grilled Rice)
Gluten Free, Vegan Cheese Meat Lovers Pizza	Anchovies
Kafta Kebob	Doughnuts
Vietnamese Spring and Crispy Rolls	Seaweed
Gyro and Hummus	Dark Chocolate
Fish Pakoras	Chocolate Chip Cookies
Mango Lassi	
Mushroom and Kalamata Olive Pizza with Anchovies (not gluten or dairy free)	

APPENDIX

INITIAL PROTOCOL

Obtained from a Naturopath Doctor

Prevention, Treatment, Recovery of CCP Viral Symptoms

(Consult your Doctor before beginning)

Based on Western SUCCESSFUL Protocol

Based on Herbal SUCCESSFUL Protocol

PREVENTION (daily-minimum)

VIT C - 1000mg
VIT D - 1000mg
Zinc - 15-25mg
Organic Coconut Oil 1 tblspn/4 soft gel
(Optional in prevention oco)

PREVENTION (daily-minimum)

Mushrooms - 1000mg Agarikon, Shitake,
Cordyceps, Reishi, Maitake, Chaga, Turkey Tail
Astragalus - 1000mg Elderberry - Capsules/gummy
Borage/Black Cumin Oil/Flaxseed/Coconut oil
Sesame Oil (one or all of oils, not optional)
Throat Spray - Natura throat & Lymph (or similar)

Stop Viral Attachment with Decoction Hot Teas - Licorice Root/Chinese Skullcap Root/Elderberry/Horse Chestnut/Japanese Knotweed Root/Cinnamon (just one herb or all) 1 teaspn to 1 cup 2-5x day

ACTIVE SYMPTOMS

ACTIVE SYMPTOMS

Feed the Fever to 102- Do NOT close periphery (pores) by taking conventional fever reducer, open periphery (diaphoretic herbs/heat) move toxins & moisture to skin and kidneys to be cast out (**MOST IMPORTANT**) consume warm liquids all waking hours - Bring on the sweat

Hot decoction tea Raw Ginger & Turmeric, Lemon

Hot Gargle with Salt - 2x a day
Do not allow move into lungs/lymph
Heat/salt kills virus in throat

VIT C - 1000mg 3-5x a day
VIT D - 1000IU 3-5x a day
Quercetin 500mg a day
Zinc - 15-25mg 2-4x a day
Organic Coconut Oil 1 tblspn/4soft gel
Elderberry - as Directed
Emergen-C 2x a day

Use Diaphoretic Kitchen Herbs into Decoction Teas:
Peppermint, Ginger, Turmeric, Lemon, Catnip,
Basil, Sage, Anise, Oregano, Rosemary, Saffron,
Chamomile, Lavender, Lemon Balm, Dandelion,
Calendula, Cayenne, Honey, Nettle, Thyme (one or all)

Mushrooms - 1000mg 3-5x a day
Get into sun on skin, if able or VIT D/K 1000IU
3-5x a day

Hot gargle with salt - 5 to 10x a day
Borage/Black Cumin/Flaxseed/Coconut/Sesame Oil
Elderberry - tea, syrup, capsules, gummies
Natura Throat Spray - Throat & Lymph or similar
Blended Tinctures - Taken Hourly reduce with symptoms -
Wishgarden Herbs, Herbal Medicinals, Natura (or similar)
Lomatium, Myrrh, Adrographis, Echinacea, Yarrow, Baptisia

Hot, so you sweat epsom/mineral Salt Bath or Shower - Add essential oils if able - keep ice bowl with cloth close to apply to forehead when needed. IF LUNGS ARE HEAVY - chop onion place in stocking and apply onto chest during bath. 2x a day

Continue to perspire by wearing sweats and continue with warm teas.

Nausea - Hylands Motion Sickness/Ginger/Peppermint

If symptoms move past bronchial (rare w/either protocol) into Deep Lung - herbal allies to open and move lung fluids - Thuja, Pine, Mullein, Sage, Elacampane, Angelica, Hawthorne, Yarrow, Yerba Mansa, Garlic, Osha, Horehound, Grindella, Lobelia, Skunk Cabbage (with pain BONEset) - Can be purchased in Syrups or Tinctures. Be mindful use these herbs only when necessary. A conventional decongestant may glue these toxins into the lung and kidneys.. Keep secretions moving - STAY JUICY!

Avoid inflammatory foods - sugar, breads, dairy, eggs, meats — Consume soups, miso, bone broth, garlic, parsley

RECOVERY

Vitamin C 1000mg -Vit D 1000IU
Zinc 15-25mg day

RECOVERY

Astragalus 1000mg 1-3x a day
Cordyceps 1000mg 1-3x a day
Continue with Teas
& Hot Salt Baths



APPENDIX

POTENTIAL THERAPEUTIC BENEFITS

as stated on WebMD

Anise	anti-viral, anti-bacterial, gastrointestinal issues, and more
Ashwagandha	adaptogen, inflammation, depression, and more
Astragalus	immune and cardiovascular systems, liver support
Basil	oxidative stress, anti-cancer, heart disease, arthritis, diabetes
Borage	skin conditions, congestion, depression
Calendula	wound healing, inflammation
Catnip	anxiety, anti-viral, anti-bacterial, gastrointestinal issues
Cayenne	pain relief, gastrointestinal issues, blood pressure, and more
Chamomile	gastrointestinal issues, anxiety
Chlorella	iron deficiency, cholesterol, heavy metal elimination, and more
Cinnamon	blood sugar regulation, boost metabolism, anti-cancer, lower blood pressure
Clove	pain, gastrointestinal issues, anti-bacterial



APPENDIX

POTENTIAL THERAPEUTIC BENEFITS

as stated on WebMD

Curcumin	pain, inflammation, cardiovascular system
Echinacea	immune system, anti-viral, anti-bacterial
Elderberry	immune and cardiovascular systems, inflammation, adaptogen, and more
Eleutherococcus	adaptogen, concentration, anti-viral
Ginger	inflammation, nausea, lower blood pressure, and more
Hawthorn Leaf, Flower, & Berry	cardiovascular system, cholesterol
Hibiscus	cholesterol, blood pressure
Lavender	pain, wound care, anti-bacterial, anxiety, and more
Lemon	immune system, gastrointestinal issues, cholesterol, and more
Lemon Balm	anxiety, stress, gastrointestinal issues, and more
Lemongrass	inflammation, cholesterol, anti-fungal
Licorice Root	gastrointestinal issues, bacterial infections
Mullein	respiratory ailments, inflammation

APPENDIX

POTENTIAL THERAPEUTIC BENEFITS

as stated on WebMD

Nettle	joint pain, diabetes
Oregano	anti-viral, anti-bacterial
Peppermint	nausea, IBS, congestion, anti-bacterial, and more
Rose Hips	inflammation, joint pain, blood pressure
Rosemary	metabolism, anti-cancer, immune support, and more
Hawthorn Leaf, Flower, & Berry	cardiovascular system, cholesterol
Saffron	depression, anxiety, heart disease, and more
Sage	inflammation, improve cognitive function
Spirulina	inflammation, anti-cancer, immune system, heavy metal elimination, and more
Thyme	antibacterial, pain, cough suppressant
Lemongrass	inflammation, cholesterol, anti-fungal
Turmeric	inflammation, anti-cancer, anti-tumor
Wheatgrass	anti-cancer, anti-bacterial, inflammation, and more

APPENDIX

POTENTIAL THERAPEUTIC BENEFITS

as stated on Dr. Josh Axe's Website, draxe.com

Brain & Immune System Support

Glutathione - immune system and more
L-Glutamine - intestinal lining repair
Vitamin D - immune function, disease prevention, more
Vitamin C - immune function

Shitake
Cordyceps
Reishi
Chaga
Lion's Mane

Colloidal Silver
Probiotics
Fish Oil
Zinc

Cellular Function & Support

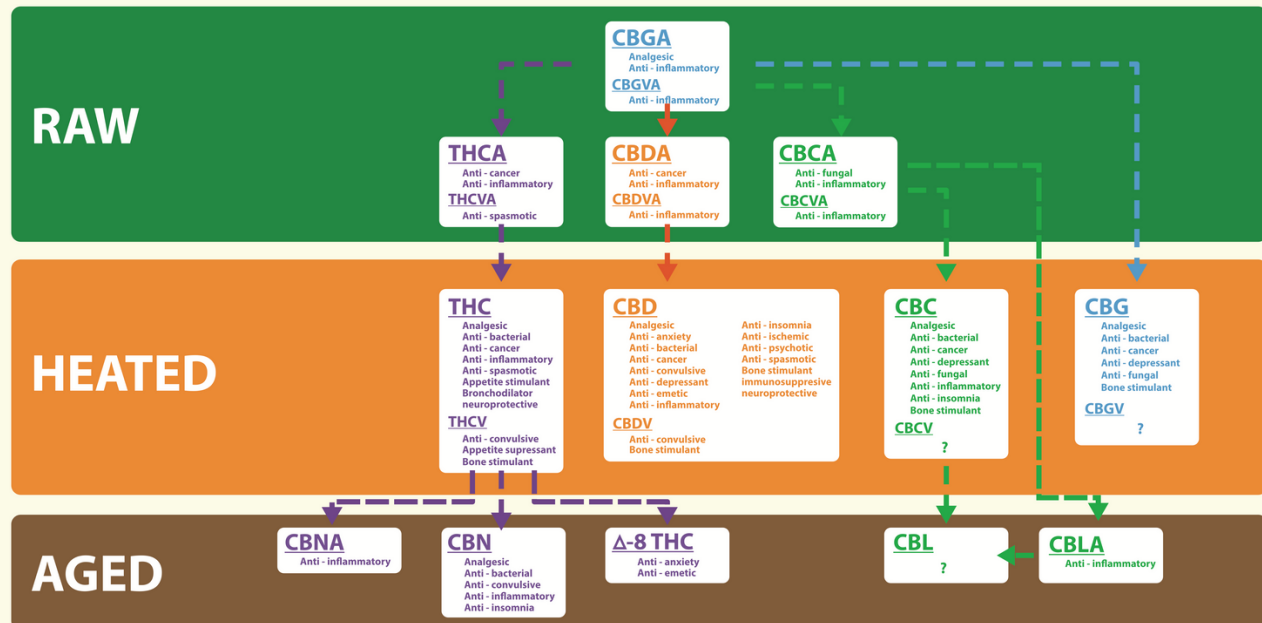
Daily Multivitamin
B-100 Complex
Apple Cider Vinegar - blood sugar, metabolism, cholesterol, more
Coconut Water - electrolytes: Magnesium, Potassium
Quercetin (kale & blueberries) inflammation, cardiovascular system, pain, energy, more
CoQ10 - mitochondrial ATP synthesis

Endocannabinoid System Function & Support

FECO CBD capsules
THC (pain, sleep, nausea)
CBG, CBDA, THCA Tincture (increased neuroplasticity and decrease inflammation)

THREE FORMS OF CANNABIS AND BENEFITS

THE PHYSICAL AND MENTAL HEALTH BENEFITS OF COMBUSTED CANNABIS ARE NO MYSTERY TO MOST THESE DAYS, PARTICULARLY IN LEGAL STATES AND WITHIN THE MEDICAL COMMUNITY. HOWEVER, LESS COMMONLY KNOWN ARE THE BENEFITS OF RAW CANNABIS, WHICH OFFER A COMPLETELY DIFFERENT SET OF CANNABINOIDS.





APPENDIX

REFERENCES & RESOURCES

Bull-Otterson L, Baca S, Saydah S, et al. Post-COVID Conditions Among Adult COVID-19 Survivors Aged 18–64 and ≥65 Years – United States, March 2020–November 2021. *MMWR Morb Mortal Wkly Rep* 2022;71:713–717. DOI: <http://dx.doi.org/10.15585/mmwr.mm7121e1>

Martin-Cardona, A., Lloreta Trull, J., Albero-González, R. *et al.* SARS-CoV-2 identified by transmission electron microscopy in lymphoproliferative and ischaemic intestinal lesions of COVID-19 patients with acute abdominal pain: two case reports. *BMC Gastroenterol* 21, 334 (2021).
<https://doi.org/10.1186/s12876-021-01905-3>

Long Covid: Scientists are only beginning to understand why coronavirus symptoms can linger for months Tom Bawden 16 Sept 2021

More than 50% of patients with COVID-19 positive for antiphospholipid antibodies November 08, 2020 by Helio Rheumatology, Jason Laday

Mast Cell Activation Disorder and Postural Orthostatic Tachycardia Syndrome: A Clinical Association. Ritsuko Kohno, David S. Cannom, Brian Olshansky, Shijun Cindy Xi, Darshan Krishnappa, Wayne O. Adkisson, Faye L. Norby, Artur Fedorowski and David G. Benditt
Originally published 16 Aug 2021 <https://doi.org/10.1161/JAHA.121.021002> Journal of the American Heart Association. 2021;10:e021002

Leonard B. Weinstock, Jill B. Brook, Arthur S. Walters, Ashleigh Goris, Lawrence B. Afrin, Gerhard J. Molderings, Mast cell activation symptoms are prevalent in Long-COVID, *International Journal of Infectious Diseases*, Volume 112, 2021, Pages 217-226, ISSN 1201-9712, <https://doi.org/10.1016/j.ijid.2021.09.043>.

Project CBD. How CBD Works <https://www.projectcbd.org/science/how-cbd-works#:~:text=CBD%20directly%20interacts%20with%20various,perception%2C%20inflammation%20and%20body%20temperature.>

Bie B, Wu J, Foss JF, Naguib M. An overview of the cannabinoid type 2 receptor system and its therapeutic potential. *Curr Opin Anaesthesiol*. 2018 Aug;31(4):407-414. doi: [10.1097/ACO.0000000000000616](https://doi.org/10.1097/ACO.0000000000000616). PMID: 29794855; PMCID: PMC6035094.



Wenzel, J., Lampe, J., Müller-Fielitz, H. *et al.* The SARS-CoV-2 main protease Mpro causes microvascular brain pathology by cleaving NEMO in brain endothelial cells. *Nat Neurosci* 24, 1522–1533 (2021).
<https://doi.org/10.1038/s41593-021-00926-1>

Low histamine diet - <https://www.healthline.com/health/low-histamine-diet>

Glick D, Barth S, Macleod KF. Autophagy: cellular and molecular mechanisms. *J Pathol.* 2010 May; 221(1):3-12. doi: [10.1002/path.2697](https://doi.org/10.1002/path.2697). PMID: 20225336; PMCID: PMC2990190.

Therapeutic Potential of Quercetin: New Insights and Perspectives for Human Health
ACS Omega 2020, 5, 20, 11849–11872 Publication Date: May 14, 2020
<https://doi.org/10.1021/acsomega.0c01818>

Video Resources

Naturally Inspired Media Long Covid Resources Playlist <https://www.youtube.com/playlist?list=PL-QtBQgQMGcDWLOYzEJdywRzo2ENgA6dV>

The Top 15 Misconceptions About Long Covid | But What is the Reality?
RUN-DMC / Gez Medinger

US Long Covid 20% of cases_Dr. John Campbell on YouTube

Dr. Eric Berg's YouTube Channel to learn about nutrients

Is Histamine Intolerance The Cause Of Your Mysterious Symptoms? Dr. Mark Hyman

The Healing Place Podcast: Dr. Tina Peers - Long Covid/Long Haul, Histamine Intolerance, & MCAS Teri Wellbrock

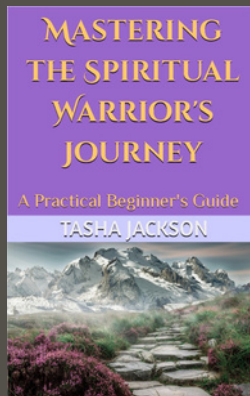
Help for long Covid - foods to avoid - supplements to take - with Dr Tina Peers, specialist in MCAS [nicola haseler](https://www.youtube.com/watch?v=2Q2tf9E3kzw)

Gez Medinger 'Microclots' in Long Covid: The Latest Research | With Prof Resia Pretorius & Prof Doug Kell
<https://www.youtube.com/watch?v=2Q2tf9E3kzw>

naturallyinspiredmedia.com

Thank You

for supporting a
small business owner



@NATURALLY
INSPIREDMEDIA

<https://naturallyinspiredmedia.com/for-spiritualists>

<https://naturallyinspiredmedia.com/for-entrepreneurs>