

# LONG COVID SYMPTOMS RESEARCHED MEDICINES TREATMENT & RECOVERY

STEPHEN ALLEN

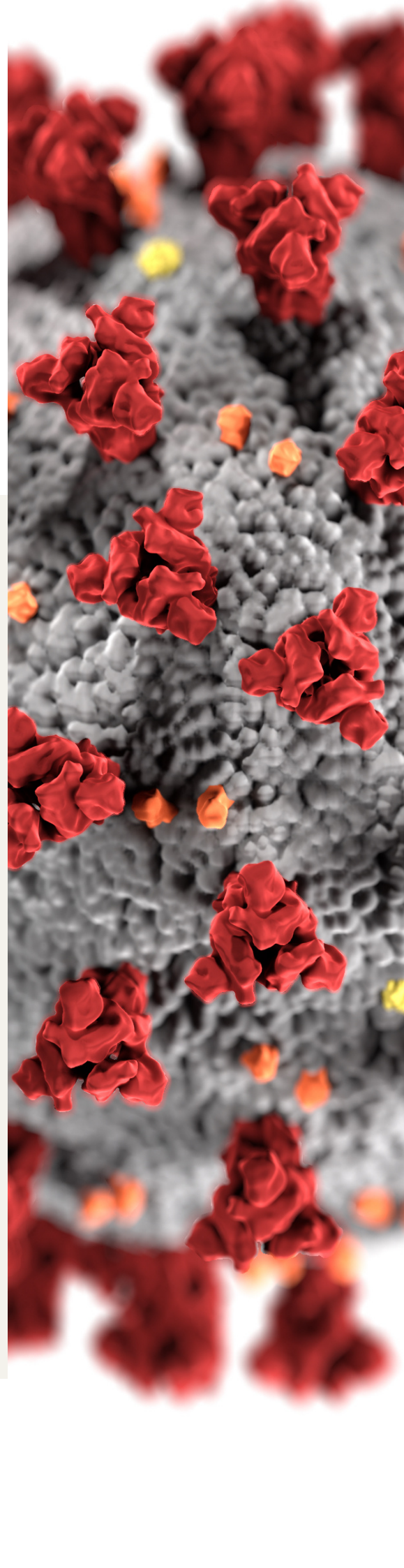
## JANUARY 2022

Long COVID-19

Pathology/ Research/Medicines  
Testing & Recovery

The widely consensus opinion after many scientific trials with thousands of patients is that a “hyper inflammatory” state, termed the “Cytokine Storm”, is the suggested primary reaction in the body’s tissues and organs in patients with the Covid 19 viral infection. Whilst this initial storm reduces levels measured with some testing laboratories, at 1000 in the peak of infection (1) there still remains levels above one hundred in patients suffering with long covid (LC) and who have ongoing symptoms after a 3 month period post infection. They are still experiencing fatigue, brain fog, shortness of breath, insomnia and a host of various long term symptoms.

(1) Low CD8 T-cells. A biomarker in patients with long covid  
Dr Bruce Patterson interview with Dr Mobeen Syed, YouTube. Jan, 2021



Why is that?

Your body's defence against infections consists of an army of WBC's (White blood cells), T-cell lymphocytes and also monocytes, that are amongst the most studied to date with COVID-19.

Within the army of the immune system, the following biomarkers are also critical in clearance of viral infections including; T-lymphocytes, natural killer cells, interferons, dendritic cells, B memory cells and many others. (2)

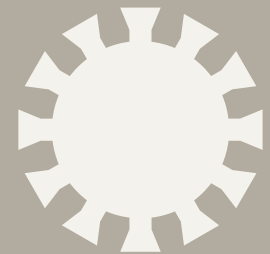
## CD8

Of the T-cell lymphocytes, CD8 cytotoxic T-cells in particular, which can now be considered as your biggest defence against the virus. Some vaccinations are designed to up regulate these lymphocytes. (3)

Low levels in patients have been correlated as to whether they may suffer from severe infection and hospitalisation, median levels with symptoms similar to influenza. Normal or robust levels may dictate just being asymptomatic with little or no obvious signs of infection.

## CD8 and Viral Defence

What normally happens is that cytotoxic T-cells with the "Cytokine storm," (part of the body's inflammatory response) should lead to the immune systems destruction and extinguish of the virus.



(2) Innate and adaptive immune responses to viral infection and vaccination  
<https://doi.org/10.1016/j.coviro.2011.07.002>

(3) SARS-CoV-2-specific T cells in infection and vaccination  
Antonio Bertoletti, Nina Le Bert, ...Anthony T. Tan Show authors

Unfortunately the CD8 response is not happening or is delayed in certain people, with underlying or sub clinical conditions who are already immune compromised such as the elderly, diabetics, cardiac and lung diseases patients and certain ethnic minorities.

Obesity, (4) high cholesterol and males are also risk factors (5) as the viral load is relatively free to increase causing havoc throughout the body.

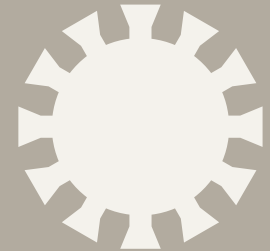
There is no doubt Covid 19 is an aggressive virus that can overwhelm the immune system if these WBC's are not functioning well and are of adequate numbers.

## Covid 19 RNA Virus

The virus (Corona RNA) itself penetrates the fatty membrane surrounding the body's cells by locking onto ACE 2 proteins on the cell wall and then injecting its own viral genes into your cells.

Your own cells will then copy the viral genes into RNAs (Ribo-nucleic-acid) and then translate those acids into proteins. And the interesting part is that the virus, once established, often needs only its protein contents and the remnants of the fatty membrane of the cell, to carry out the job of replication, leaving little trace of the actual virus itself.

ACE2 proteins regulate blood pressure, fluid balance and intestinal function and they are particularly high on the blood vessel walls.



(4) The role of high cholesterol in age-related COVID19 lethality.

Hao Wang,1,2,3 Zixuan Yuan,1,2,3 Mahmud Arif Pavel,1,2 Sonia Mediouni Jablonski, 4 Joseph Jablonski, 4 Robert Hobson,5,6 Susana Valente,4 Chakravarthy B. Reddy, 7 and Scott B. Hansen1,2,

(5) COVID-19 and the male susceptibility: the role of ACE2, TMPRSS2 and the androgen receptor  
G Mjaess, A Karam, F Aoun, S Albisinni, T Roumeguère  
Progrès en urologie 30 (10), 484-487, 2020

The ACE2 receptor that the virus locks onto, is also more susceptible in males as aldosterone (a male hormone) seems to have less protective properties than the female producing oestrogen against the spread of the virus. (6)

By doing this, it hijacks the cells machinery including what we call the mitochondria, a minuscule battery found deep inside cells that supplies the body's main fuel source for over 90% of its energy demands.

It is then primed for replicating and very quickly spreads to neighbouring cells like wildfire. Afterwards, the immune reaction creates the term "Cytokine Storm," the inflammatory response.

Cytokine Storm with COVID-19 means, low CD8 T- lymphocytes that have both T-helper cells as well as T-suppressor cells unable to regulate the out of control inflammation.

Dr Bruce Patterson and Long Covid

A pathologist who has been involved in viral studies for over 30 years and for well over 10 years in HIV research is part of a group FLCCC (Front Line Covid 19 Critical Care Alliance) who are measuring biomarkers (immune regulators such as CD8) in LC (long Covid) patients.

Of the 100+ biomarkers measured, he has isolated 14 that correlate specifically with patient symptoms and is using a range of medicines and supplements to correct the inflammation and markers.



(6) Sex-tailored pharmacology and COVID-19:  
Andrea Spiniab1 LuigiaTrabaceei  
<https://doi.org/10.1016/j.jphrs.2021.105848>

LCCC medicine protocols can be found at:  
<https://covid19criticalcare.com/Covid-19-protocols/I-recover-protocol/>

In one of his LC studies, patients symptoms primarily included:

Fatigue 33%  
Brain fog 30%  
Shortness of breath 28%  
Neuropathy 20%  
Heart palpitations 18%  
Insomnia and gastrointestinal symptoms 10%

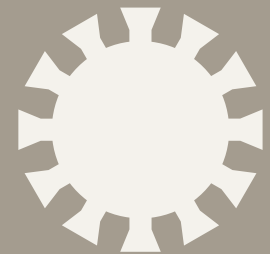
Patterson's two scientific papers explain the symptom causes:

“Immune-Based Prediction of COVID-19 Severity and Chronicity Decoded Using Machine Learning.”(7)

“Persistence of SARS CoV-2 S1 Protein in CD16+ Monocytes in Post-Acute Sequelae of COVID-19 (PASC). Up to 15 Months Post-Infection.” (8)

His basic interpretation was that the inflammatory cytokine storm created by the cytokines, combined with the low T-cell (CD8) recruitment resulted in an “inadequate antiviral response” in the LC cases he has tested.

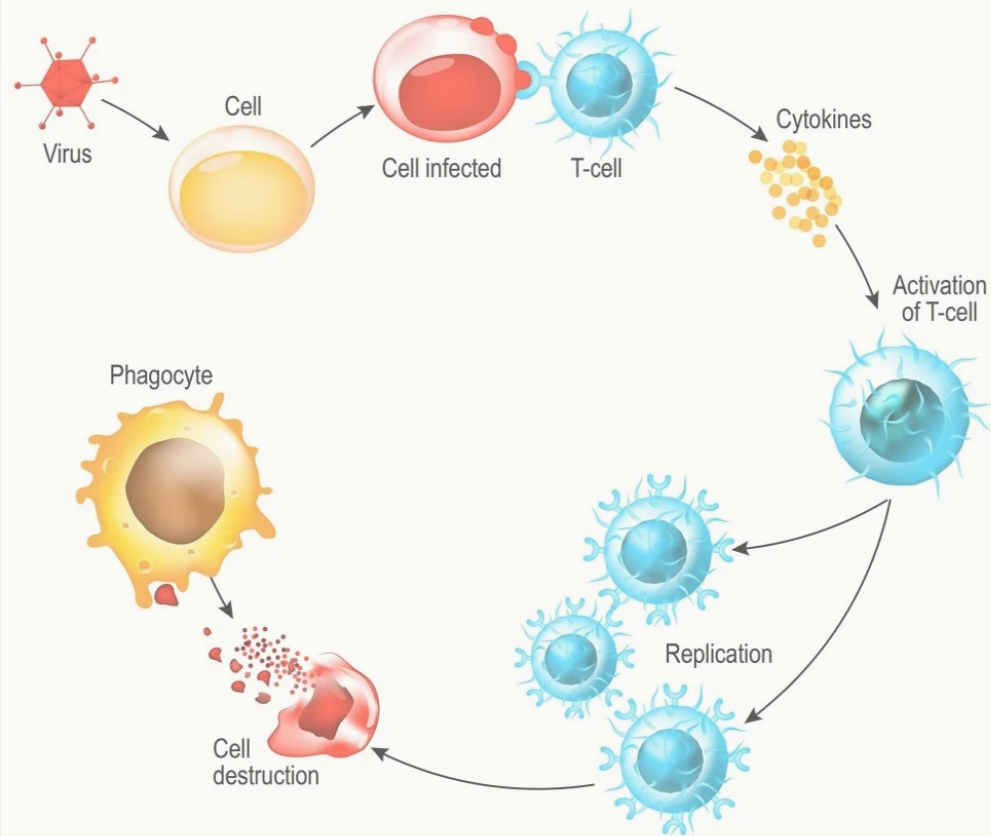
The cytokines should activate the T-cells in order to kill the virus, but if the body's T-cells and CD8 in particular are low, then the virus can easily replicate.



(7) “Immune-Based Prediction of COVID-19 Severity and Chronicity Decoded Using Machine Learning.”(7)

(8) “Persistence of SARS CoV-2 S1 Protein in CD16+ Monocytes in Post-Acute Sequelae of COVID-19 (PASC) Up to 15 Months Post-Infection.

# T-cell activation

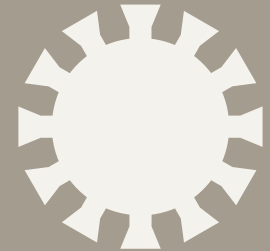


CD8 T-cells can be tested with Bioresonance in the clinic.

## Interferons (IFN)

When a virus has finally reached its destination inside the cell, in an area called the nucleus, it's generally quite late in the process of the initial infection, but one way to destroy the virus, is to kill the infected cell itself.

The body does this by producing protein molecules called interferons (IFN's) and these are another part of the immune system's army that orders the destruction of the virally infected cell in an attempt to stop it spreading.



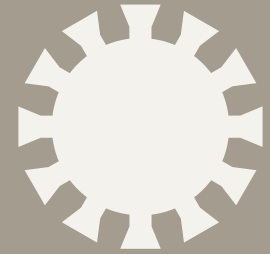
Dr Patterson claims in the 500 patients he had tested for biomarkers that IFN gamma is unusually high in some cases indicating that the immune system is still in the active phase, even several months after the initial infection. The FLCCC medicine protocols help regulate IFN and calm the immune inflammatory state and the results are very encouraging.

Interferon activity can be tested with our Bioresonance device.

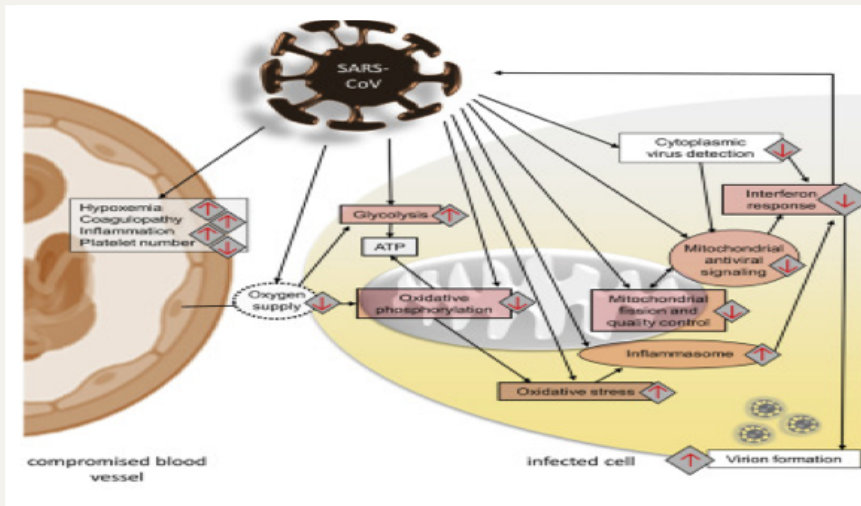
### Mitochondria & Energy

Patients with LC and people who suffer with CFS (Chronic Fatigue Syndrome), ME (Myalgiaencephalo-Myelitis), FMS (Fibromyalgia Syndrome) and PVFS (Post Viral Fatigue Syndrome) may have similarities in the form of mitochondrial dysfunction.

Mitochondria are responsible for well over 90% of our energy needs. Feeling drained, fatigued by the loss of energy with viral infections, is a common symptom that may have roots in some of the above syndromes indicating a virus could have been the initial trigger. One thing for sure is that mitochondrial integrity plays a substantial part. The difficulties for these patients is the lack of mitochondrial testing availability. Mitochondrial function is impeded in Covid 19 and medicines to restore mitochondria also have a substantial part to play in not only the above conditions, but virtually all diseases and research in this area is very exciting.



Mitochondria play an important part in energy production via ATP (adenotriphosphate), viral control via IFN, inflammatory control and oxygen supply to the blood and lungs.



The authors of this study state that mitochondria function plays a significant role in outcomes of SARS Covid 19. For example, as to whether patients suffer from asymptomatic or a mild infection, to hospitalisation depending on the integrity of the mitochondria. (9)

Testing mitochondria, ATP function and the infection blockage to energy, is available in clinic through Bioresonance.

Other sources available :  
[www.biolab.co.uk](http://www.biolab.co.uk)

(9) Mitochondria: In the CrossFire of SARS-CoV-2 and Immunity  
<https://doi.org/10.1016/j.jisci.2020.101631>

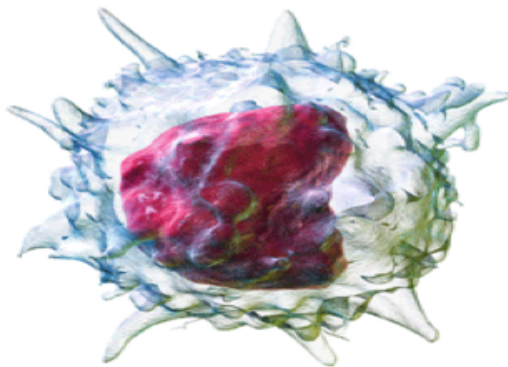
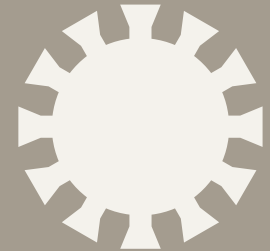


## CFS/ME, FMS, MCAS & PVFS

The symptom list in the LC patients he has tested, according to Dr Patterson, are not too dissimilar to long-term sufferers of the umbrella above. All these syndromes have (up to now) unexplained causes but do have similarities. Biomarker research could shine a light in these fields, in similar cases to any “viral protein debris,” that Dr Patterson has seen. Similar *Borrelia* bacterial “proteins” persisting in patients with Lyme disease but no actual borrelia.

### Clotting and Monocytes

CD14 & CD16 monocytes are yet another army of WBCs that are showing up repeatedly as biomarkers in the fight against Covid and in post infectious symptoms in patients.



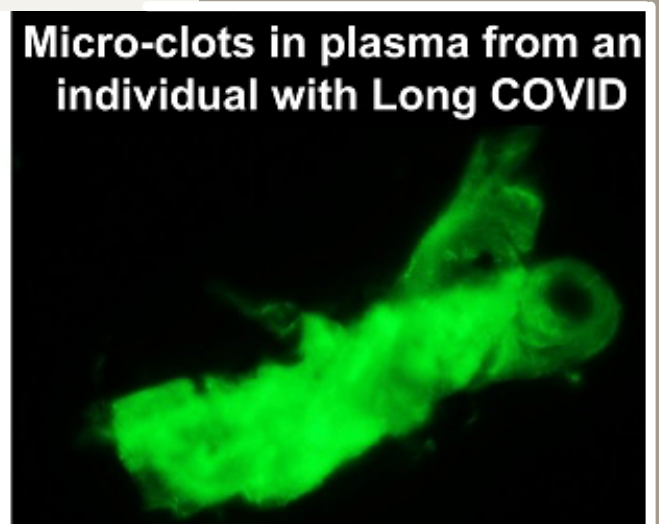
**Monocyte**

Inflammatory promoting “CD14 & 16 monocytes are said to carry the viral spike protein (that attacks the sticky adhesive protective layer on the membrane of the blood vessel walls called the “endothelium.”

This glue-like sticking action in the blood is called “fibrin” and the result is, that it reduces oxygen carrying capacity that is essential for cell function, breathing and the CD monocytes carrying the virus. Also viral proteins are able to infiltrate the vascular walls and are responsible for the clotting.

This has been increasingly seen as another primary finding in Covid, and is the suspected cause of the damage to the body’s tissues and the immune system’s inflammatory state to the infection.

One of the functions of the CD monocytes is to patrol the blood vessel walls, but the virus hijacks these to infiltrate the cells inside, causing inflammation and clotting.(10)



Copyright:Resia Pretorius Stellenbosch University

The first line of medicines being used are anticoagulants.

Etheresia Pretorius is another professor that has been successful in treating LC patients and post viral syndromes with anticoagulant therapy.

10) Pro inflammatory monocytes, biomarkers in Long Covid patients.

Dr Syed Mobeen, Covid Long Haulers, Discussion with Dr Bruce Patterson. YouTube 1830-1945

(11) Etheresia Pretorius is another professor that has been successful in treating LC patients and post viral syndromes with anticoagulant therapy

Her paper and protocols can be found here:

[Http://apheresisassociation.org/papers-%26-studies](http://apheresisassociation.org/papers-%26-studies)

The first study outcome with an similar protocol by Dr Jaegat resulted in 50-60% complete regeneration of the immune system, 30-40% improved and 5-10% responded less or not at all.

[http://m.YouTube.com/watch?v=h\\_LZSh9k-zU](http://m.YouTube.com/watch?v=h_LZSh9k-zU) (12)

How can we reduce the symptoms?

Researched Medicines for Long COVID-19

Primary focus with both, Dr Patterson's and Dr Pretorius, protocols to reduce the clotting in the blood, which lowers the inflammation.

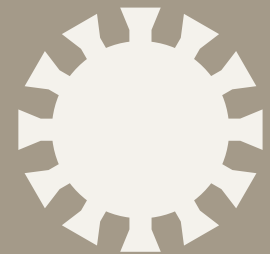
The use of antiplatelet and anticoagulant agents is an area of active investigation in COVID-19 with multiple trials in various stages.

The first study outcome with an similar protocol by Dr Jaegat resulted in 50-60% complete regeneration of the immune system, 30-40% improved and 5-10% responded less or not at all.

Scientifically Researched Medicine options for symptoms of Long Covid:

Clotting & Micro-circulation

- Morinda Citrifolia. Noni concentrate (Nutramedix) Potent anti inflammatory, blood purifier and excellent anti hypertensive The Potential Benefits of Noni Juice (13)
- Analgesic and antiinflammatory activity of Morinda citrifolia L. (Noni) fruit (14)



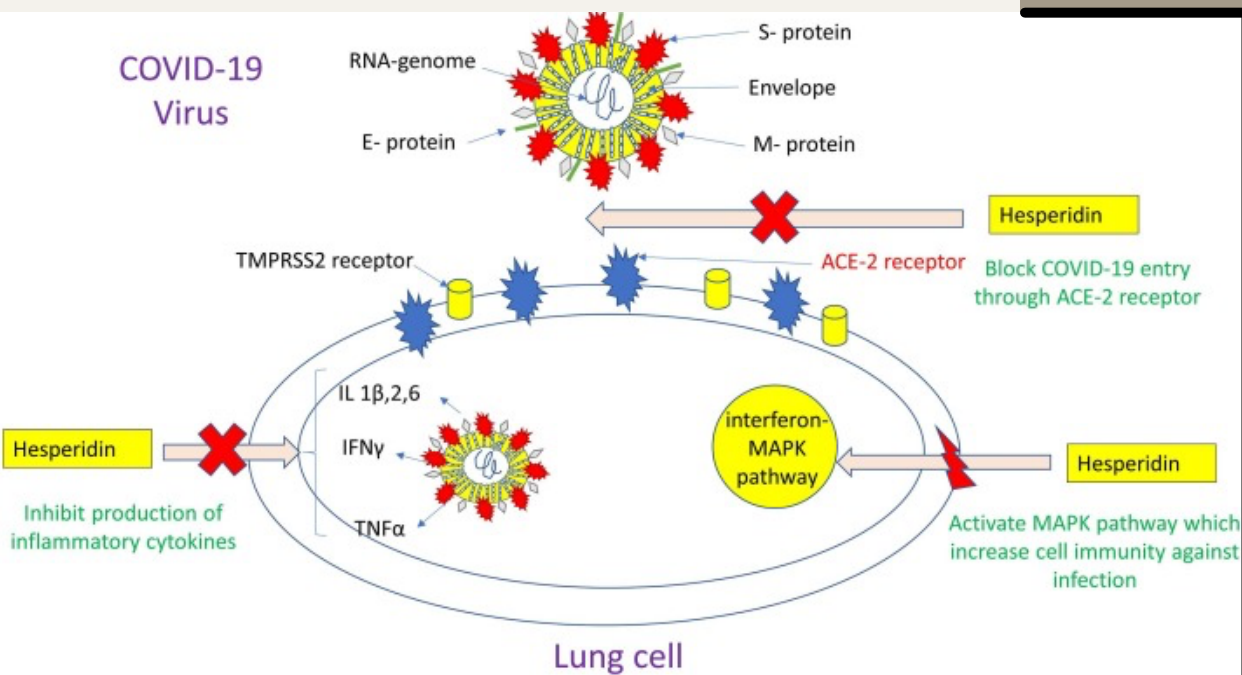
(12) Persistent clotting protein pathology in Long COVID/Post-Acute Sequelae of COVID-19 (PASC) is accompanied by increased levels of antiplasmin

(13) The Potential Health Benefits of Noni Juice: A Review of Human Intervention Studies  
Brett J. West, Shixin Deng, [...], and Claude Jarakae Jensen

(14) Analgesic and antiinflammatory activity of Morinda citrifolia L. (Noni) fruit  
Simla Basar, Klaus Uhlenhut, Petra Högger, Florian Schöne, Johannes Westendorf  
First published: 22 June 2009

<https://doi.org/10.1002/ptr.2863> , Citations: 40

- Anticoagulants Serrapeptase.  
(Blockbuster Allclear) Breaks down fibrin, reduces inflammation. The role of serratiopeptidase in the resolution of inflammation (15)
- Hesperidin (citrus) has shown to inhibit the SARS virus ability to dock onto the ACE 2 receptor (15a).



## Antivirals

- Takuna bianca (Cecropia sp) (Nutramedix) (16) Success achieved in clinic with HPV (human papilloma viruses) and Corona viruses.
- Lactoferrin (antiviral) Promising research in viral replication restriction. Ref: Inhibition of SARS pseudovirus cell entry by lactoferrin binding to heparan sulphate proteoglycans (17)

(15) The role of serratiopeptidase in the resolution of inflammation

<https://doi.org/10.1016/j.ajps.2017.01.003>

(15a) Hesperidin and SARS-CoV-2: New Light on the Healthy Function of Citrus Fruits

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7465267/>

(16) Takuna

In vitro anti herpes effects of a C-glycosyl flavonoid-enriched fraction of *Cecropia glaziovii* Sneth\*

I.T. Silva, G.M. Costa, P.H. Stoco, E.P. Schenkel, F.H. Reginatto, C.M.O. Simões

First published: 09 July 2010

<https://doi.org/10.1111/j.1472-765X.2010.02870.x>

(17) Inhibition of SARS pseudovirus cell entry by lactoferrin binding to heparan sulphate proteoglycans

Jianshe Lang et al. PLoS One. 2011

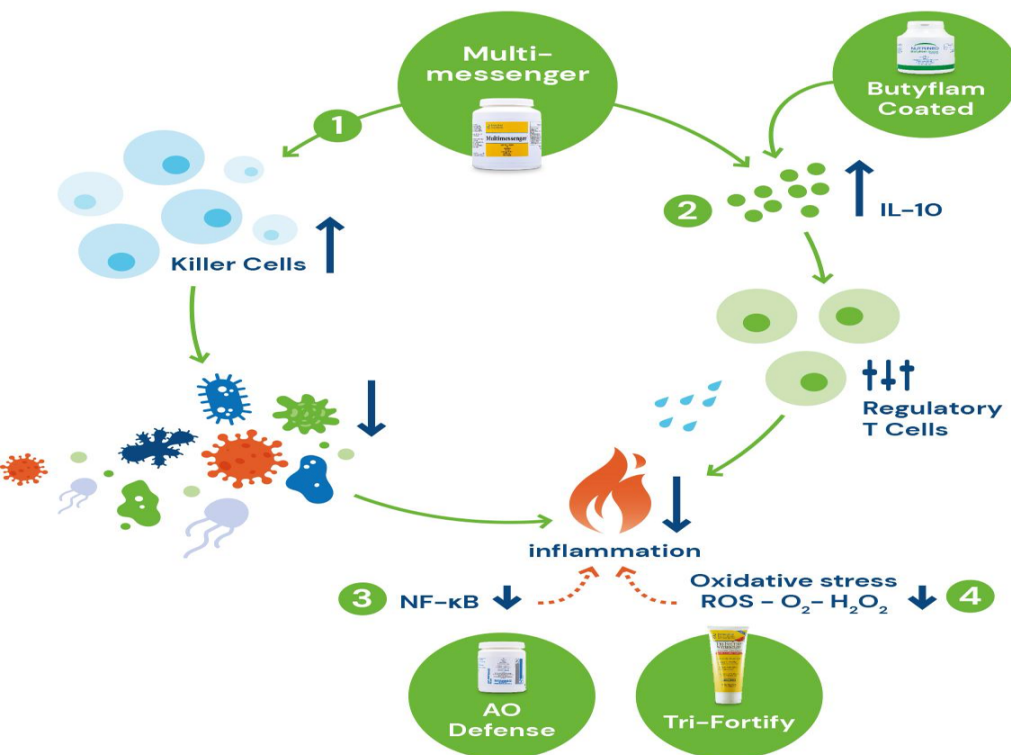
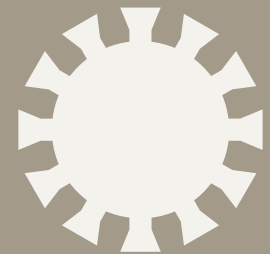
## White blood cell nutrition

Organic germanium is food for white blood cells according to Dr Hulda Clark.

(Hydrangea selenium and vitamin C combined) creates organic germanium that is food for white blood cells.

Prevention of suppressed interferon gamma production, in thermally injured mice by administration of a novel organogermanium compound. (18)

Suzuki, F., Brutkiewicz, R.R. and Pollard, R.B. (1985) Importance of T-Cells and Macrophages in the Antitumor Activity of Carboxyethylgermanium Sesquioxide (19) (20) (21)



(18) Cho JM, Chae J, Jeong SR, Moon MJ, Shin DY, Lee JH (2020) Immune activation of Bio-Germanium in a randomised, double-blind, placebo-controlled clinical trial with 130 human subjects: Therapeutic opportunities from new insights. PLoS ONE 15(10): e0240358. doi:10.1371/journal.pone.0240358

(19) Prevention of suppressed interferon gamma production in thermally injured mice by administration of a novel organogermanium compound, Ge-132  
F Suzuki et al. J Interferon Res. Spring 1984.

(20) Suzuki, F., Brutkiewicz, R.R. and Pollard, R.B. (1985) Importance of T-Cells and Macrophages in the Antitumor Activity of Carboxyethylgermanium Sesquioxide (Ge-132). Anticancer research, 5, 479-483.

21) Tripartite Combination of Candidate Pandemic Mitigation Agents: Vitamin D, Quercetin, and Estradiol Manifest Properties of Medicinal Agents for Targeted Mitigation of the COVID-19 Pandemic Defined by Genomics-Guided Tracing of SARS-CoV-2 Targets in Human Cells  
Gennadi V Glinsky. Biomedicines. 2020.

## T-cell regulators

Multi-messenger (Nutrined & Research Nutritionals) (22)

- Vitamin D, Quercetin & Oestrogen 93% protection against Covid 19.
- Tripartite combination of potential pandemic mitigation agents: Vitamin D, Quercetin, and Estradiol. Manifest properties of candidate medicinal agents for mitigation of the severity of pandemic COVID-19 defined by genomics-guided tracing of SARS-CoV-2 targets in human cells. Authors Gennadi Glinsky (23)

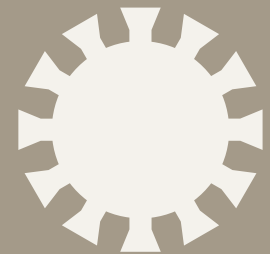
- Fluvoxamine (Serotonin)

Serotonin regulates the circadian rhythm and the sleep/wake cycle implicated in FMS by inducing melatonin.

Melatonin has good research as an anti-cancer supplement and SSRIs, (serotonin reuptake inhibitors) has shown to be beneficial in Covid research and is one of Dr Patterson's recommended medicines and has good research on patients with COVID.

Effect of early treatment with fluvoxamine (serotonin) on risk of emergency care and hospitalisation among patients with Covid.

Gilmar Reis, PhD (24)



(22) TH1&TH2 Immune Response, A Guide to Transfer Factors and Immune System Health. Aaron White, PhD 2009

(23) Vitamin D, Quercetin, and Estradiol. manifest properties of candidate medicinal agents for mitigation of the severity of pandemic COVID-19 defined by genomics-guided tracing of SARS-CoV-2 targets in human cells. Authors Gennadi Glinsky

(24) Gilmar Reis, PhD

October 27, 2021 DOI: [https://doi.org/10.1016/S2214-109X\(21\)00448-4](https://doi.org/10.1016/S2214-109X(21)00448-4)

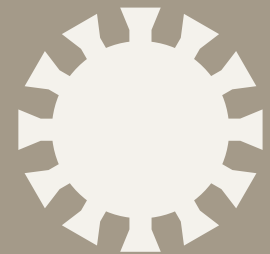
A list of tests with me using Bioresonance include Levels of:

CD8 lymphocytes  
CD14 monocytes  
Interferon & various antivirals

Antiviral-Anticoagulants  
Prostaglandins

Prostaglandins are part of the inflammatory cascade that can have healing effects, especially in the stomach. They decrease stomach acid production while also stimulating the release of protective mucus in the GI tract. In addition, prostaglandins also influence blood clotting to prevent bleeding. They also help dissolve clots when a person is healing (25)

Prostaglandin E2 is also a Modulator of Viral Infections (26)



---

## **Applications are invited for a Clinic Trial for Patients with Long Covid Symptoms.**

We now test CD8+ CD14 lymphocytes, monocytes, interferon, mast cells, adrenaline and many more biomarkers indicated in patients with Long Covid symptoms.

---

(25) Jan 20, 2020

Front. Physiol., 14 February 2017 | <https://doi.org/10.3389/fphys.2017.00089>

(26) Prostaglandins E2 as modulator of viral infections <https://doi.org/10.3389/fphys.2017.00089>

Willem J. Sander, Hester G. O'Neill and Carolina H. Pohl\*

(27) <https://www.sciencedirect.com/topics/prostacyclin> - an overview | ScienceDirect Topics

The role of prostacyclin in vascular tissues, Moncada et al. Fed Proc. 1979 Jan.

Footnotes:

1. <https://www.gov.uk/government/publications/freedom-of-information-responses-from-the-mhra-week-commencing-1-july-2021/freedom-of-information-request-on-reg-174-for-pfizer-covid-19-mrna-vaccine-foi-21-611>
2. <https://articles.mercola.com/sites/articles/archive/2021/12/22/spike-protein-detox.aspx>

---

Disclaimer

This communication does not provide medical advice. The information, including but not limited to, text, videos, graphics, images and other material contained in this communication are for informational purposes only. The purpose of this message is to promote broad consumer understanding and knowledge of various health topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this message or in materials or websites referred to herein. Stephen Allen does not practice conventional medicine. More specifically, he does not examine, diagnose or treat, or offer to treat or cure or attempt to cure, any mental or physical disease, disorder or illness, or any physical deformity or injury; and Stephen Allen does not recommend or prescribe, or recommend changing dosage or discontinuing, any prescription medications or pharmaceutical drugs.