

"Long Hauler's" Recovery Zone

Vidaful Medicine's Treatment of Patients with Post Covid-19 Symptoms

By Dr. James M. Ray and Dr. Valerie Sorge

The majority of patients with COVID-19 end up having a mild illness and most cases resolve in about 10 to 14 days. Those people who have a more severe response to the virus, may take longer to recover. Then, there are some people who've had COVID-19 and recovered, that experience symptoms up to several months after they were infected. These people have symptoms that are either continuous or arise weeks or months after recovering.

The Centers for Disease Control has officially named this syndrome as **Post-acute Sequelae of COVID-19**. This Post-COVID-19 Syndrome, suggests a new term used to describe patients who live with lasting symptoms from the coronavirus. Investigators are unclear how long these symptoms can last. Data shows Post-COVID-19 Syndrome can happen to anyone infected by the coronavirus regardless of the initial severity. Long-lasting symptoms often include: coughing, tightness in the chest, shortness of breath, headaches, muscle aches, gait changes, cataracts and diarrhea. The most significant symptom that is being seen across the board in coronavirus "Long Haulers" is fatigue.

The "Long Haulers," are those who experienced both mild and severe cases of COVID-19. Most "Long Haulers" fall into the high risk category before contracting the disease, however, there's a large number of patients who were healthy before they became infected. A "Long Hauler" is defined as someone having symptoms a month or later after they were first infected. The majority of "Long Haulers" feel run down, tired and fatigued. "Long haulers" have difficulty exerting themselves trying to exercise. Activities of dailing living and simple tasks often cause extreme exhaustion. Chronic fatigue can be incredibly debilitating and frustrating in this group. "Long Haulers" complain of brain fog, difficulty focusing and limited brain function acuity. The full long term effects of COVID-19 on the the kidneys, lungs and heart are yet to be determined. Experts remain confident Long Haulers will eventually recover.



There are recommendations to rehabilitate "Long Haulers" damaged immune system. These suggestions maybe sufficient enough to meet the needs of an individual who has suffered an immune system injury as a consequence of infection with COVID-19. Advanced medical nutrition therapy may be helpful. "Long Haulers" should seek out management involving behavioral, pulmonary, respiratory, cardiovascular, orthopedic and neurological health. A comprehensive treatment plan can be initiated through this team of providers. The basic health plan is to stay hydrated, rest, focus on sleep, manage stress and eat well. The COVID-19 vaccine has helped patients with long lasting symptoms, but the final out come is too early to predict.

A healthy nutritional status is very important for maintaining a well-functioning immune system. A healthy functioning immune system can protect an individual from the severity of illness caused by recurrent exposure to COVID - 19. The dietary intakes of specific nutrients that support immune

system function include vitamin A, vitamin C, vitamin D, vitamin E, and zinc. One's healthy lifestyle, along with dietary components such as specific phytochemicals found in various foods and herbs, have been found to have a positive impact on immune system rejuvenation. The focus on the immune system recovery after a COVID-19 infection should be designed for recovery to protect you.

At Vidaful Medicine we offer a variety of nutritional protocols to help maintain your individual health. Personalized lifestyle medicine plays an important role in supporting your immune system rejuvenation. Recent understanding of the immune system's role in combating COVID-19 have opened the pathways to alternative medicine support. With this increased understanding of the factors that influence immune system function, there is hope from a clinical approach for the "Long Haulers" who are struggling with COVID-19 recovery.



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7955 Airport-Pulling Rd, Suite 101
Naples, FL 34109