

## COVID-19: don't wait to regain taste and smell after contamination

By: Eric Müller / 279 Views

In October 2021, I was infected with COVID-19. It was the delta variant that visited me and overtaxed my immune defences. If I had very few symptoms (slight fatigue and headache), what tipped me off was that overnight, I had no more taste or smell.

After fifteen days, my senses had still not returned! I am not the only one in this case. Many people suffer from long COVID and take several weeks to regain feeling. 75 to 85% of anosmic patients seem to recover their sense of smell two months after the end of the disease [1].

If these symptoms are not serious, they are very constraining. Nothing has any flavor anymore. All meals are tasteless.

As for the sense of smell, it is when you lose it that you realize its importance. Do not forget that it is he who tells us if a meat has gone through (it smells strong), when a gas leak takes place or if your pie starts to burn in the oven.

Conventional treatments seem dangerous or ineffective. Moreover, the national ENT society recommends not to self-medicate and especially not to take corticosteroids systemically or locally [2].

So what to do?

I decided to act!

I discovered a natural method to regain all my abilities: an olfactory and taste re-education without chemicals. Because in our kitchen is the perfect ingredient: extra virgin olive oil.

An infinite wealth of aromas in a single product

Olive oil is renowned for its cardiovascular benefits, but it has many other benefits and uses. More specifically, extra virgin oil (it is important, not all olive oils are created equal) contains around 250 aromatic molecules.

The main dominant aromas are persistent notes attached to the family of green plants: grass, lawn, tomato leaf, green almond, raw artichoke, chicory, celery, green pepper, tea green or even eucalyptus...

It has very high aromatic intensities as well as a pronounced aromatic persistence to stimulate the sense of smell and taste.

You can therefore stimulate these two senses very easily at home after contamination.

Of course, do not hesitate to consult your doctor in case of doubt about the origin of these symptoms. Loss of taste or smell can be linked to other health problems.

My stimulation protocol to regain taste and smell

The first thing to do is get yourself some extra virgin olive oil. Really focus on quality. Buy it if possible from the producer or in a specialized delicatessen. Take one harvested in 2020 or 2021. It must be monovarietal (a single variety of olive) with an "intense green fruity" profile.

Once or twice a day, practice your smell and taste training. Take a few minutes to smell your oil and try to recognize its aromas.

Do the same for its taste: look for its flavors without swallowing it. The idea is absolutely not to drink the oil, but to work your taste buds.

You have to take your time to feel it and discover it.

Think of this moment as a tasting session, like you would taste a fine wine. You start by observing her dress, then by turning the glass slightly, you look for her scents. Once in the mouth, turn your tongue around. It will heighten your senses.

Use the table below to help you and write down your perceptions every day.

In addition to the quality of the oil, I invite you to really perceive this training as a moment of calm and serenity. Sit down and practice mindfully. Settle in a place where you feel good, odorless and lit with natural light.

For best results, avoid any disruptors at least two hours before:

- Tobacco,
- Coffee,
- Chewing gum,
- Candy,
- mint toothpaste,
- Perfume,
- Deodorant,
- After-shave,
- Creams (hands, hair, body, faces),
- Lacquer...

I have found doing this workout on an empty stomach, upon waking up after a good night's sleep, to be more effective. Your body has done its nocturnal detox and your senses are easier to awaken.

My final tips to stimulate your senses

I suggest you lightly heat your extra virgin oil. Pour 25 ml into a glass then raise the temperature to 26° Celsius between your hands.

Also, cover the rim of the glass with a lid, otherwise use your other hand. Use circular motions to help bring out volatile aromas.

Also try to visualize the aromas to be discovered.

Visualization will stimulate your sensory receptors. Because your nose and your mouth solicit them to transmit to the cranial nerve essential information to trigger sensations.

Once your brain receives them, it is awakened and will determine the nature and intensity. He will also use his memory to decode messages and recognize old perceptions.

If at first you do not smell or distinguish any aroma, it does not matter. Tomorrow will be a better day. Keep practicing to stimulate your senses.

Above all, if the symptoms persist, consult your doctor.

For my part, I regained my senses after 1 month. I think this method helped me. In a week of practice, I started to regain olfactory and taste sensations. Unfortunately, I have no scientific proof to assure you that in your home, it will be as effective as in mine. But, this method is safe, inexpensive and easy to do. So I urge you to try it.

Besides, do not hesitate to share your feelings with me! Tell me if this helped you.

Good for you,

Eric Muller

Sources:

[1] COVID-19: discovery of the mechanisms of short- and long-term anosmia, Pasteur Institute

[2] Anosmia, Marvin P. Fried, MD, Montefiore Medical Center, The University Hospital of Albert Einstein College of Medicine, August 2018

Discover the complete method that I followed on the [cookhealthy.com](http://cookhealthy.com) website

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