

Long COVID-19 'Long haulers'

Post Sequelae SARS-CoV-2



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Teresa is a proud member, Fellow and Ambassador of the Australian Traditional Medicine Society (ATMS), Honorary Member of the Association of Naturopathic Practitioners UK, and has both personal and clinical experience with long COVID-post sequelae SARS-CoV-2 (PASC).

v. Commons

The 2022 webinar program covers critical areas of health, such as long COVID-19 and the latest research on endothelial dysfunction and cardiometabolic risk factors.

Long COVID 19 – ‘Long haulers’

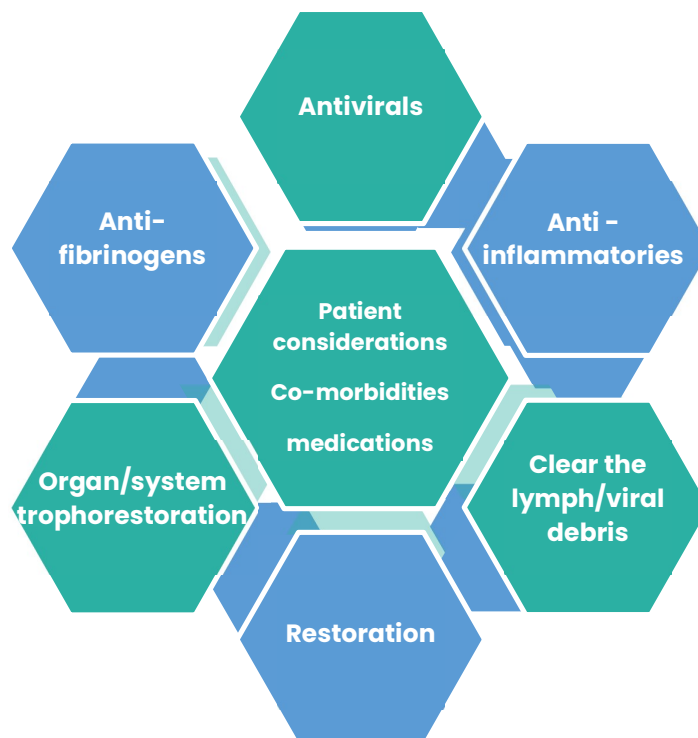
Post Sequelae SARS-CoV-2



Pathophysiology of Long COVID

- For those who had a severe bout of COVID-19, the disease may affect multiple organs and/or the immune system
- Symptoms may last weeks or months after COVID-19 infection
- Multi-organ
 - heart
 - lung
 - kidney
 - skin
 - brain
- Patients are more likely to develop diabetes Type II, neurological or heart conditions than those who have never had COVID (CDC, 2022: Raveendran, 2021)

Summary of therapeutic targets



Summary of supplements

Target	Supplement/herb/diet	Dose/Reference
Antiviral	Flavonoid foods and herbs minimum 5 – maximum 13 serves of vegetables a day MeDiet	Daily (Adem et al., 2020; (Spano et al., 2022) Yashin et al., 2017)
	Low histamine diet if multisystem severe reaction to initial virus expression	(Glynne et al., 2022; Weinstock et al., 2021; Weng, 2012)
	Vitamin C and Zinc	Vitamin C to tolerance, Zinc 30-60mg per day (Acevedo-Murillo et al., 2019; Finz, 2020; Sarris & Wardle, 2019; Sarris & Wardle, 2019)
	Vitamin D ₃ and K ₂	Test D3 blood levels and dose appropriately, menaquinone 150 to 180 µg / 100mcgs per day (Dempster et al., 2021)

Target	Supplement/herb/diet	Dose/Reference
Herbal antivirals	<i>Curcuma longa</i>	FE: 1:2 as per manufacturer suggestion TDS (Zahedipour et al., 2020)
	<i>Andrographis paniculata</i>	In active symptoms short term FE 1:2 as per manufacturer suggestion TDS (Silveiria, et., al 2020)
Anti-fibrotics	<i>Ginkgo biloba</i> folium first < 4 weeks	FE 1:2 as per manufacturer suggestion TDS (Al-kuraishy, 2022)
	<i>Centella asiatica</i> to prevent fibrosis after anti fibrotics/ adaptogen >4 weeks	FE 1:2 as per manufacturer suggestion TDS (Hossain, 2018; Pizzorno & Murray, 2021)
Lung trophorestoraion (where symptoms are more lung focused)	<i>Inula racemosa</i> (Elecampane) and <i>Verbascum Thapsus</i> (Mullien)	FE 1:2 as per manufacturer suggestion TDS (Priest & Priest, 1983)

Target	Supplement/herb/diet	Dose
Anti-inflammatories	Quercetin in wet cough and multisystem inflammation	500-1000mg per day (Pizzorno & Murray, 2021)
	N acetyl cysteine in thick mucous cough and mitochondrial dysfunction In dry or wet cough	500mg TDS up to 2 gm a day (Pizzorno & Murray, 2021) <i>Inula racemosa</i> (Elecampane) and <i>Verbascum Thapsus</i> (Mullien) as per FE 1:2 dose as per manufacturer suggestions TDS (Priest & Priest, 1983: Sarris & Wardle, 2019)
	Omega 3 EPA/DHA	Between 3 and 4 g/day of EPA+DHA (Pizzorno & Murray, 2021)
Lymphatic debris clearance	<i>Galium aparine</i> (Cleavers) or <i>Phytolacca decandra</i> (Poke root)	Dose as per manufacturer suggestion TDS (Gnoni, 2021; Buhner, 2020)

Target	Supplement/herb/diet	Dose
Mitochondrial restoration (in fatigue symptoms and cardiac symptoms)	CoQ ₁₀ ubiquinone or ubiquinol	150mg BID upper limit 500ms per day (Examine.com, 2022)
Deep immune restoration	<i>Astragalus membranaceus</i>	FE 1:2 as per manufacturers specifications (Al-kuraishy, 2022: Sarris & Wardle)
	<ul style="list-style-type: none"> Mushroom complex <i>Trametes versicolor</i>, <i>Ganoderma lucidum</i>, <i>Codonopsis tangshen</i> <i>Ganoderma lucidum</i> <i>Lentinus edodes</i> 	150 – 600mg of a variety (synergism) or each mushroom 2 tablets TDS (Al-kuraishy, 2022)
	Vitamin D3 and K2 menaquinone 150-180µg / 100mcgs per day	Check blood levels of vitamin D and dose appropriately (Dempster et al., 2021)
	Garlic, onion foods (Aged garlic for FODMAP intolerance)	Ad lib