

**INTRODUCTION: The essay below regarding possible Long Covid therapy is a reproduced email letter I today sent to a lady I know with Long Covid in another state. This message is of general interest, which is why you see it below. There are several important links within. Just click on the blue words.**

Dearest Linda,

Hope you are doing at least as well as when we spoke earlier this year. I have decided to dive into your Long Covid syndrome, and maybe inspire you as "Patient One" for getting serious improvements. It may take *both* my suggestions being refined to one or more key interventions – *and* then some science talk among the first doctors to normalize that strategy.

Twenty-one years ago my mother was put on tube feeding following a series of mini-strokes and a couple of strokes, which led to aspirational pneumonia. The tube feeding protocol that doctors were using was generally killing off most people like her in a very painful way not long after. Still, absolutely nobody was seriously looking into saving the lives of the afflicted.

In my emotional crisis mode I found out the key to quickly saving my mother's life. She lived pain-free two more years, only to die from COPD after much of her life with a chain smoker. After trying out the new protocol on my "Patient One" mother, I told her doctor and nurses at the local hospital (#3 ranked in Virginia) about what I had discovered. They all gasped, knowing immediately the significance of this one easy modification to their protocols. I asked them to spread the word everywhere, and they said yes they would. Soon *all* hospitals made the change. I estimate that *many thousands of people like my mother have been rescued from gruesome pain and early death.*

Did anybody thank me? Of course not, and no money from it either. I actually don't care. As Will Rogers said: "It is better to deserve awards and not have them, than to have them and not

deserve them.” Here is the relevant link from my site: <https://astronomy-links.net/Hospital.Story.pdf>

(I can tell you more stories that are just as amazing, in other areas of science. Without being distracted from today’s thesis, note that three men just got the 2022 Nobel Prize in Physics for a failed and fraudulent quantum experiment that I [exposed and clearly explained](#) in 2018. We all have freedom of speech in America; but only the favored few have bullhorns.)

Back to your Long Covid: I was recently at my doctor for an annual update on my three maintenance meds. While there, I asked him what doctors have to offer people like you with brain fog and associated post-Covid symptoms. He said nothing so far works as a cure, but he and his fellow doctors are now trying anti-inflammation meds to help reduce brain swelling.

I know a thing or two about brain swelling afflictions, having explained the dual mechanisms behind a very rare genetic childhood disease, [AHC](#), that afflicts between one in a hundred thousand children, and one in a million, literally. My precious grand niece has it. I wrote up a scientific essay about treatment, and sent it to Duke hospital for their consideration. I could have flushed this thesis down the toilet for all the good that gift did. Nevertheless, a Persian family member modified her diet at my direction to avoid gliadins, and today the child is much better. Her recovery a year later is not 100%, as AHC involves in part prenatal destruction of key brain neuron synapses which do not self-repair.

I also have earned a professionally worthless diploma in clinical herbology from a year studying in the early eighties at the Santa Fe College of Natural Medicine. I next read over 200 science books in preparation for writing two books, one of which was on how to treat AIDS (which was laughed at by gays in Houston, because I am not an MD, not gay, and did not offer a magical pill). Likely all of those wise guys are now dead from AIDS.

OK, Linda, here's what I am recommending for you to try. Note that you and your doctors should go with multiple things. Then by process of elimination your team can isolate the thing or things that seem to help you the most. Perhaps nothing should be eliminated. That new "formula" can be replicated when your doctors share the newly discovered therapy with others. I deeply regret that I could not help save your sister from rapid death, so in the highest spirit I am offering this thesis for both of you, plus for many thousands of others.

For too many victims Covid is both acute and chronic. Because it is so new and diverse, often affecting several areas of the body, doctors have been stumbling over its long symptoms. However, every puzzle has a solution, though in this case we should talk about a strategy for symptomatic amelioration somewhat like what I engineered for my great niece.

The virus can rampage inside the body, and viciously damage the brain. The second time I got Covid it was mild for two days. That was the same Delta that hit you and killed Sherry. I did get some balance issues. After a month regenerating vestibular ear hairs my balance was much better; so my case was not one of long Covid. My sister also was fortunate. I do not have brain fog, except briefly (and normally) if I get up too early, or have had a poor night's sleep in general.

*This leads me to my first suggestion:* As with AHC, and simple grumpiness from lack of sleep, the brain needs time to flush out toxins that build up from synaptic activity. Myriad lymphatic channels from brain neurons link to venous vessels, eventually leading to the liver. The key is first getting brain toxins naturally flushed every day.

If you will get nearly always at least 9+ hours of *high quality* sleep, that would help your brain's lymphatic channels to flush. Ten or eleven hours sleeping could be better. *It is also important that you sleep in the quiet total darkness – and ideally keep cat allergens out of your sleeping area (if possible).*

I have these three medical recommendations:

**(1)** *Take 200 mg or 400 mg Alpha Lipoic Acid before you go to sleep; and take another equal dose when you awake.* You can buy this Spring Valley product at Walmart pharmacy, with each capsule having 200 mg potency. So, up to 800 mg/calendar day. This is a chemical that the body makes for itself, so it's not alien to our brains. It does cross the blood brain barrier, and it can help neutralize toxins. Actually, in the best situations those brain toxins end up being fully neutralized in the liver.

**(2)** There is a product of interest with the backing of a Nobel winning MD. Here is their web site, and I very much hope you will try some of this product. Go with about twice daily what is recommended for normal consumption. Not toxic. Affordable.  
[https://humann.com/pages/mf-tv-lp?utm\\_source=superbeetsmemory.com&utm\\_medium=tv](https://humann.com/pages/mf-tv-lp?utm_source=superbeetsmemory.com&utm_medium=tv)  
Go for their super beets memory product only, not their other one. In conjunction with the Alpha Lipoic Acid, you might feel a lot better in a few days after you start both. Always, get a lot of dark, quiet, undisturbed sleep so the brain can drain toxins.

**(3)** Many medicines work by reducing swelling. Indeed, if your brain is clinically swollen, your lymphatic drainage passages may be compromised. Add a med from your doctor to the mix.

My doctor said he and his associates try on brain fog one or more of these meds. They act to reduce swelling. You will need a prescription for any of these: Adderall, Provigil, and Concerta.

Finally, here is a recent link you will find of value and interest:  
<https://www.sciencealert.com/long-covid-brain-changes-mirror-those-of-chronic-fatigue-brain-scans-reveal>

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