



## Post-COVID Vaccine Protocol

**All of the supplements, herbs and relevant homeopathic remedies in this protocol can be used alongside each other. If you are taking medications, ensure that drug-nutrient/herb interactions are checked to ensure no contraindications.**

It is advised that supplements and herbs are taken for 3-4 weeks but can be adapted to suit the requirements of the individual. It is also advised that all remedies should be engaged as early as possible post-vaccination, but can also be used at a later date if required.

\*Credit to the *College of Naturopathic Medicine* for the vast majority of information contained herewith.

### Supplements:

**Vitamin D3** (10,000 iu per day) — immunomodulator (enhances immunity and reduces autoimmunity), anti-inflammatory (reduces inflammatory cytokines); a sub-optimal vitamin D status has been correlated with worse outcomes from COVID. [1,2]

**Vitamin C** (3-5 g per day) — supports various components of the immune system; reduces some inflammatory cytokines / mediators, shown to reduce exaggerated immune responses in COVID; evidence suggests a possible benefit in reducing thrombosis (clot) risk. [3]

**Zinc** (25–50 mg per day) — anti-viral activity; regulates the development of immune cells; deficiency is associated with more COVID complications. [2]

**Protandim NRF2** [for increased glutathione production] — potent antioxidant effects which is crucial because excessive oxidative stress has been linked to enhanced viral spike protein binding to ACE2 receptors; reduces pro-inflammatory cytokines / mediators; supports liver detoxification. [4] ([more info here](#))

**Quercetin** (500–1000 mg, twice daily) — impairs the binding of the viral spike protein to ACE2 receptors; reduces pro-inflammatory signals associated with COVID-19; inhibits COVID-19 viral replication; evidence to suggest that it inhibits coagulation (clotting). Similar action demonstrated to ivermectin. [5]





## Herbal medicines:

**Dandelion leaf** (*Taraxacum officinale*) – evidence to suggest that it inhibits the interaction between the viral spike protein and ACE2 receptors. Note that this herb is a diuretic and so can increase urinary output. [6]

**Pine needle** (*Pinus sylvestris*) — contains shikimate which has been harnessed as a pharmaceutical drug for COVID. It is thought to inhibit viral replication, neutralise the viral spike protein and inhibit clotting. [7]

**Fennel seed** (*Foeniculum vulgare*) — also contains shikimate (as does star anise) and is thought to have similar effects.

**Artemisia spp.** (e.g., *wormwood*) — shown to inhibit SARS- CoV-2 infection; one of nature's best immune-supporting herbs. [8]

## If neurological side effects:

**Lion's mane mushroom** (*Hericium erinaceus*) (2 g / day for 2 months) – stimulatory effect on the production of 'nerve growth factor', a protein required in order to regenerate and repair nerve tissue; powerful antioxidant effects. [9]

## Other considerations:

**Focus on good quality sleep** — the hormone melatonin (which regulates the body's internal clock) is a crucial antioxidant in the body. This is beneficial in that it can reduce oxidative stress generated by vaccination. Aim for 7–9 hours of good quality sleep. [10]

**Good nutrition** — avoid highly-processed foods, trans fats (e.g., margarine, fast foods), refined sugars, over-eating (listen to your body). Instead focus on whole and organic foods, focusing on plant foods with a variety of colours from vegetables and fruits. Also ensure adequate hydration.

**- Resveratrol** (supplement 200 mg / day or eat resveratrol-rich foods, e.g., red grapes, blueberries, cranberries, pistachios) which have been shown to inhibit SARS CoV-2 in vitro; a potent antioxidant. [11]

**Support gut health** (seek advice from a natural therapist where needed) — to support microbiome balance, ensure adequate elimination of waste materials and promote an overall anti-inflammatory environment.



**Avoid other stressors on the body** — e.g., smoking, alcohol, caffeine.

**Relaxing exercise** — e.g., walking, Pilates, yoga, Qi gong.

## **Homeopathic remedies:**

The remedies discussed below are useful considerations for those who have had the COVID vaccine as well as those that have developed side effects from the COVID vaccine. Do not take the homeopathic remedies any longer than suggested.

Order the remedies from Helios or Ainsworth Pharmacy in sucrose, no.6 size homeopathic pills. 3 pills = 1 dose.

## **Straight after vaccination:**

**Ledum 30C** (twice daily for 3–5 days) — to reduce injection site pain, especially when the injection site is left with a deep purple-black bruise. The area feels sore to touch and aches.

**Arnica 200C** (once daily for 5 days) — to reduce risk of clot formation and haemorrhaging. Arnica works to reduce inflammation and balance the clotting system.

**Thuja 200C** (twice daily for 5 days) — taken straight after the vaccination to reduce ill effects of the vaccine.

## **For 2 or more weeks post vaccination:**

(Only take if you have not done the above protocol or you are still feeling the ill effects of the vaccine despite doing the above protocol).

**Thuja 1M** (once weekly for 3 weeks) — for symptoms of ‘never been well since’ a vaccination.

## **Side effects from the vaccination:**

**Apis 200C** (twice daily for 2–3 days) — for any acute reaction to the vaccine where there is restlessness, swelling and inflammation at the site of the vaccination. Frequent urination, irritability, periorbital swelling / oedema.



**Sulphur 1M** (once weekly for 3–4 weeks) — general anxiety about health.

Feel warm and are aggravated by heat.

Experience excessive sweating.

Headaches feel as if a band is around the head or have a sensation of burning on the vertex.

Develop retinitis and retinal haemorrhaging post-vaccination.

Great thirst for ice-cold drinks.

Palpitations that come on at night.

Sleep apnoea.

Night-time cough, in bed.

Insomnia — sleep well for 3–4 hours and then wake and doze on and off the rest of the night.

Prefer sleeping on the left side.

Nightmares especially when sleeping on the back.

Consider in cases where there has been a clear aggravation / history of excessive steroid and antibiotic use.

**Arsenicum album 200C** (once daily for 5 days) — anxiety about health with restlessness — fidget and cannot sit still.

Despair of recovery.

Feel very chilly and are aggravated by cold exposure.

Desire heat — feel it is impossible to be too warm.

Pains are usually burning in nature (which is contradictory to the presentation of cold sensitivity).

Headaches are “burning” and are ameliorated by heat or warm applications to the head.

Diarrhoea is offensive, watery, worse for drinking cold drinks and worse from eating fruit.

Development of asthma symptoms, which tend to come on between 12am–2am.

Breathing is better if sitting upright or bent forward (think pericarditis).

Atrial fibrillation or indications of congestive heart failure may be present.

Development of Raynaud’s syndrome. Restless sleep, insomnia — wake from midnight to 1am.

Consider in cases of pericarditis or myocarditis post-vaccination.

**Phosphorous 200C** (once daily for 5 days) — weakness and debility. Brain fog.

Increased bleeding tendency — nosebleeds, easy bruising, bleeding gums, increased flow of menses (metrorrhagia with bright red, unclotted blood).

Acute sense of smell — tends to trigger headaches.

Headaches are aggravated by coughing, fasting and heat.

Headaches are ameliorated by sleep and cold open air.

Ravenous appetite, especially when experiencing a headache.

Palpitations which are aggravated by lying on the left side.

Angina pains are better for a cold drink.

Numbness of fingers, especially in the morning on waking.



**Phosphoricum acidum 200C** (once daily for 5 days) — feel depressed and apathetic.

Slow in answering, forgetful, indifferent.

Extreme prostration, just wanting to fall asleep wherever present.

Feel better after a sleep or even a short nap.

Headache with heaviness 'as if a weight pressed down on the head'.

Craving fruit and fruit juices.

Consider when you suspect chronic fatigue or EBV has been triggered.

*(Can also be taken as Phos ac 12C taken twice daily for 3–4 weeks in chronic debility).*

**Gelsemium 200C** (once daily for 5 days) — experience anxiety with fear that the heart will stop.

Great fatigue, weakness.

Trembling and weakness of extremities, especially the legs, from the slightest exertion.

Paralysis of the extremities.

Headache beginning in occiput or neck and radiating to the forehead.

Heaviness of the head as if it can hardly lift.

Facial neuralgia.

Headache is ameliorated by urinating.

Eyelids feel heavy and drooping.

Thirstless.

Congestive heart failure.

Empty feeling in the chest.

Aching and stiffness in the neck.

Guillain-Barre symptom presentation.

**Camphora 200C** (once daily for 5 days) — there is a great sensitivity to the cold, feeling icy-cold.

Convulsions that develop post-vaccination, including blue lips as a symptom.

Anxiety, fear of being left alone.

Numbness, tingling and coldness of the limbs.

Difficulty in moving, fingers feel stiff and rigid.

Pupils are dilated and objects appear too bright, there is a state of visual hypersensitivity.

Develop nosebleeds.

Trembling and restlessness with icy coldness of the limbs.

This is a remedy for severe cases of debility, possibly unable to get out of bed and maintain simple selfcare.

*It is important to note, however, that homeopathic remedies are prescribed on a totality of the presenting signs and symptoms, and it may be that the above remedies do not always match the totality of the symptoms. If there is no relief of symptoms after taking the chosen remedy, consider seeking a consult with a qualified Homeopath.*



## Tissue salt supports for post-vaccination:

### Take 1 dose 3 x daily for 6–8 months:

**Silica** — used for encouraging elimination / detoxification of any foreign matter from the vaccine. This can be useful for suppuration or keloid formation that may occur at the site of the vaccination. *(Avoid if there are foreign bodies such as pacemakers, implants, plates or pins etc.).*

**Calc. phos.** — supports mitochondrial function due to the phosphorous contribution to phosphorylation in the mitochondria. Useful where there is mental and physical prostration, severe fatigue and weakness, poor appetite with irritability.

**Kali. phos.** — known as the nerve nutrient, this is a wonderful support where there has been an impact on the nervous system. You may observe irritability, headaches from mental strain, hypersensitivity to all stimuli, great exhaustion with mental dullness, difficulty in concentrating, weak memory, etc..

## References

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