# Long COVID

*The virus was the third weight. Take the other two off.*

1. Stop pushing. Pacing with data (morning HRV) is the first approach, not the last.
2. Salt, water, and compression if you are dizzy or racing when you stand.
3. Four weeks low-histamine if you flush, react, or feel wired after eating.
4. Supplements, in order: magnesium, omega-3 with a meal, creatine and phosphatidylcholine, hydroxocobalamin and adenosylcobalamin B12, the mitochondrial stack, apigenin at night, vitamin C, NAC and glycine.
5. Sleep flat, keep cool, protect your sleep like it is medicine, because it is.
6. Ask for the tests that find the three weights: methylmalonic acid, homocysteine, ferritin, vitamin D, plasma heparin and urinary prostaglandin metabolites, a morning cortisol, and an EBV panel.
7. Ask your prescriber about low-dose naltrexone and a trial of H1 plus H2 antihistamines as bridges.

**What to track.** PEM frequency and standing heart rate monthly; MMA, homocysteine, ferritin, cortisol, and mast cell markers at 12 weeks.

Full post, with the why, the labs, and the research version: **geneticsforthepeople.com/blog/long-covid-was-the-third-weight/**

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