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Treating Long-Haul Syndrome

Analysis by Joseph Mercola | Fact Checked

November 24, 2021

Text $

STORY AT-A-GLANCE

- Long-haul syndrome refers to symptoms that persist for four or more weeks after an initial COVID-19 infection
- Board-certified internist and cardiologist and editor of two medical journals Dr. Peter McCullough discusses potential treatments for long-haul syndrome
- Significant symptoms, which can last years, include fatigue — in almost everyone with long COVID syndrome who doesn't have a major blood clot, in addition to other medications
- A better alternative to aspirin is digestive fibrinolytic enzymes like lumbrokinase and serrapeptase, anyone who had COVID-19, especially with significant symptoms, should consider taking digestive fibrinolytic enzymes to see if they can help them
- An alternative to determine if clotting is occurring is test called D-dimer, although it can be pricey
- FLCCC's I-RECOVERY protocol can be downloaded in full, giving you step-by-step instructions on how to treat long-haul COVID syndrome and/or reactions from COVID-19 injections

Long COVID, also known as long-haul COVID, chronic COVID or long-haul syndrome, refers to symptoms that persist for four or more weeks after an initial COVID-19 infection. Board-certified internist and cardiologist Dr. Peter McCullough discusses potential treatments for long-haul COVID in the video above, including which tests may be necessary and when to seek emergency medical care.

Many of the symptoms can also mirror those caused by COVID-19 shots, and McCullough details the four categories of COVID-19 injury-related syndromes that he sees in his practice. While anyone can experience long COVID, those who are sick enough to be hospitalized in the ICU are most often affected.

According to McCullough, 50% of this group will have manifestations of long COVID symptoms. "So the sicker someone is, and the longer the duration of COVID, the more likely they are to have long COVID symptoms. That's the reason why we like early treatment. We shorten the duration of symptoms and there's less of a chance for long COVID symptoms."[1]

Common Symptoms of Long COVID

Signs and symptoms of long COVID, which persist for four weeks or more after you've been diagnosed with COVID-19, include:[2]

Fatigue	Shortness of breath or difficulty breathing
Cough	Joint pain
Chest pain	Memory concentration or sleep problems
Muscle pain or headache	Fast or pounding heartbeat
Loss of smell or taste	Depression or anxiety
Fever	Dizziness when you stand
Worsened symptoms after physical or mental activities	

These symptoms are a result of damage to the following body systems:[3]

- Pulmonary/lungs
- Immune/allergy
- Mitochondria/energy system
- Heart
- Central/Peripheral nervous system

According to McCullough, a paper presented by Dr. Bruce Patterson at the International COVID Summit in Rome, September 12 to 14, 2021, showed that in "individuals who've had significant COVID illness, it seems like their immune system — the immune system is recoverable from human monocytes," he added:

> "Thus means the body literally has been sprayed with the virus and it speaks 15 months, in a sense, to the cells that run the spike protein from our tissues. No wonder people have long COVID syndrome."

Be on the Lookout for Blood Clots for 90 Days

If you've had COVID-19, especially if it was a severe case, be aware that blood clots and heart problems, including heart attack, can occur for 90 days or more. It's believed that remnants of the virus remain in the nervous system, the lungs, the heart and other organs.

If the symptoms include major shortness of breath, cough with blood in it or pain on one side when you take a deep breath, it could be due to a late pulmonary embolism or a blood clot going to the lungs. "We've seen this on more than one occasion," McCullough said.[4]

In this case, McCullough recommends a chest CT with contrast, and if it shows blood clot in found, and blood thinners for three to six months. McCullough also uses full-dose aspirin — 325 milligrams a day — in anyone with long COVID syndrome who doesn't have a major blood clot, in addition to other medications.

However, a safer and more equally effective alternative to aspirin is digestive fibrinolytic enzymes like lumbrokinase and serrapeptase. You can alternate between the two enzymes — one day take lumbrokinase and the next take serrapeptase — because you'll need to be on it for about three months and you can develop a sensitivity to them over time.

Anyone who had COVID-19, especially with significant symptoms, should consider taking digestive fibrinolytic enzymes to be safe and don't have any clotting. An alternative to determine if clotting is occurring is a test called D-dimer, although it can be pricey. D-dimer is a protein fragment produced by the body when a blood clot dissolves.

It's typically undetectable or present only at very low levels, but levels may significantly rise when the body is forming and breaking down blood clots.[5] If your d-dimer test is low, then you don't need to take the enzymes. Likewise, if you had a very mild, cold-like case, of COVID-19, you probably don't need them.

Aside from a CT scan to rule out pulmonary embolism if you're having shortness of breath, especially a D-dimer test, McCullough suggests a high-sensitivity C-reactive protein (CRP) test, which provides a general index of inflammation. Keep in mind, though, as McCullough said:

> "This pursuit of a blood clot is very important. I've seen multiple times now where blood clots have been missed ... this is now almost a daily occurrence, particularly within the first 90 days after COVID-19. I think after that period of time it becomes progressively less likely."

Heart Problems and Neurological Issues Are Common

Inflammation around the lining of the heart — pericarditis — and the lining of the lungs — pleuritis — may also occur in long COVID. "The virus can set up inflammation and the spike protein is in the body, it's triggered inflammation and, importantly, that's why a drug called dexamethasone works quite well." He prescribes steroids and colchicine, an anti-inflammatory drug commonly used for gout to reduce high anti-spike IgG in such cases.

There's a real risk for heart attack or stroke to occur without warning in long COVID, so McCullough warns those recovering in "an on your guard" especially if you have a heart stent or carotid stenosis.

Neurologic symptoms in long COVID also occur, although they aren't well described. Symptoms include pain in the back of the head, neck and low leg and arm pain (ringing in the ears). Some people also have changes in the autonomic nervous system, such as elevated heart rate, and sensory neuropathy, including numbness and weakness in the legs.

McCullough's lead in the video, Dr. Al Johnson, recommends using a foam roller on your back, three to five times a day to relax your nervous system, and he refers to the video for all the other ongoing. McCullough also had some success treating neurologic symptoms with an older SSRI called fluoxetine.

Supplements That Play a Role in Long COVID Syndrome

Dr. Johnson recommends several supplements to support healing from long COVID. Among them:

- Vitamin C, because it helps calm down inflammation
- Vitamin D, for both prevention and long healers
- Glutathione, because it helps calm down inflammatory processes
- N-acetylcysteine (NAC), a precursor to glutathione

McCullough, an antihypertensive aliquefrin physician, recognizes the role that dietary and integrative therapies play in helping people recover from long COVID:[6]

> "As an aliquefrin doctor, I'm not skilled in understanding how to use vitamins and supplements like our integrative, holistic and naturopathic colleagues, but they've played a role in this. I'm not sure how much they contribute, but I'm sure they contribute in an enormous amount ... the weight loss is tremendous.
>
> It is such a strain on the body ... we want to avoid sugary foods. When someone has acute COVID-19 and moves into the long COVID/post-COVID syndrome, we want to stay away from sugary foods ... the sugar seems to feed the virus. It seems to feed inflammatory processes."

McCullough has also referred some patients to chiropractors in his area, noting that "long COVID syndrome, out of all the illnesses we face, is one for collaborative care, for integrative care. There's a lot of elements to it." Likewise, Johnson suggests a combination of physical therapy and exercise — but not overexercising — to get back normal function of your musculoskeletal system.

Support a Healthy Microbiome

Research by Dr. Sabine Hazan has shown that your microbiome plays an incredible role in COVID-19.[7] According to McCullough, she's figured out that one reason why certain people within the same household don't develop COVID-19 while others do comes down to the gut. A healthy microbiome scores in protective against developing COVID-19. Bifidobacterium, McCullough notes, is among the leading bacteria that appear to fight off COVID-19.[8]

"COVID-19 is clearly a GI syndrome," he said. SARS-CoV-2 enters your nose and mouth, and as you swallow it's introduced to your GI tract. According to Forbes, Li Tengteng, deputy director of the respiratory and infectious diseases department at Beijing You An Hospital, cited research that SARS-CoV-2 survives longer in the anus and feces than in the respiratory tract.

Due to this, and anal swab may be able to more accurately detect viral or asymptomatic cases than a nose or throat test.[9]

Sharing an anal finish is the Dr Chan is important, and Johnson recommends eating a clean and healthy organic food and glass bottled spring water, if possible. Eating fermented foods, or taking a high-quality probiotic, is also essential for gut health, as is avoiding unnecessary antibiotics usage and processed foods.

Chronic Fatigue and Sleep Disturbances

Chronic fatigue is a major problem for many with long-haul COVID, and for this Johnson recommends hyperbaric oxygen therapy (HBOT). One of the reasons for fascinated by HBOT, in particular, is because of its ability to improve mitochondrial function.[10] As Johnson explained, "Tissue, after hyperbaric oxygenation ... the little engines in our body that create ATP which is our energy system."

HBOT protects against mitochondrial dysfunction,[11] speeding up the mitochondria and ATP production, which helps increase energy while decreasing brain fog and fatigue. Further, Johnson added, it helps with sleep issues like your lungs, heart and muscles while decreasing inflammation and lessening symptoms.

If sleep disturbances are an issue — and they often are for long haulers — McCullough recommends avoiding alcohol for at least a month, as "just one drink in 30 days will destroy sleep architecture." The Fourth COVID-19 Critical Care Working Group (FLCCC) has a management protocol — I-RECOVERY — for long-haul COVID-19 syndrome that includes melatonin, which can also help with sleep disturbances.

Shot-Induced Myocarditis Is Worse Than COVID's

McCullough detailed the non-fatal syndromes that are occurring after COVID-19 shots, which cause symptoms similar to that of long COVID in many cases. The shot-induced syndromes fall into four areas, the first being cardiac.

Myocarditis is a recognized effect of both COVID-19 and COVID-19 shots, but they're completely different, McCullough said. "A child is more likely to be hospitalized with myocarditis after a Pfizer or Moderna [shot] than actually being hospitalized with COVID-19," he said. Further:[12]

> "The myocarditis in COVID-19 is truly life-threatening. I don't want anyone to think that the myocarditis we're seeing with the natural infection is anything like what we're seeing with the shots. The natural infection is a multisystem inflammatory syndrome that rips right into the heart, the heart expresses the spike protein, the body attacks the heart.
>
> There are dramatic EKG changes. The troponin, the blood test for heart injury with the vaccine myocarditis, is 10 to 100 volts higher than the troponin we see with the natural infection. It's a totally different syndrome. When the doctor and myocarditis after the vaccine, 90% been to be hospitalized ... we underestimate myocarditis is a big deal, and its children is more serious and more prominent than a post-COVID myocarditis."

In addition to myocarditis, atrial fibrillation in young people and pericarditis can also occur post-COVID-19 shot. The second category of shot-induced syndrome is neurologic, which causes neurological symptoms similar to those among COVID-19 long-haulers, as well as additional, more severe ones. The third is a bleeding and clotting syndrome, which can be fatal, with petechiae, personal hemorrhage, and blood clots in the brain.

The third category is immunologic, which includes suppression of lymphocyte count and reactivation of other viral syndromes, including Epstein-Barr virus and shingles. The fourth category — hematologic — occurs about two weeks after the shot and describes shot-induced thrombocytopenic purpura.

Signs include bruising all over the body bleeding from the gums and nose and dark urine. If you notice these signs in the weeks after receiving a COVID-19 injection, get to a hospital immediately.

"What happens [after] the jab says, 'In the [EAU] trials the body and immune system antigen presentation of platelets to the spleen, the spleen produces an antibody that actually gives platelets against blood vessel walls ... and that's what drives vaccine-induced thrombocytopenic purpura."

For those suffering from these shot-induced syndromes, FLCCC's I-RECOVERY protocol for long-haul COVID syndrome has been used to treat shot-induced symptoms with similar success. The protocol can be downloaded in full,[13] giving you step-by-step instructions on how to treat long-haul COVID-syndrome and/or reactions from COVID-19 injections.

#1 Best Seller In Books

The Truth About COVID-19* exposes the hidden agenda behind the pandemic, showing the countermeasures have nothing to do with public health and everything to do with ushering in a new social and economic system based on totalitarian, technocracy-led control. So, it's not misinformation they fear. It's the truth they want to prevent from spreading. Pick up a copy of this best-selling book today before it's too late.

The Truth About COVID-19
by Peter McCullough (Author)
★★★★★
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steinbacker
posted on 11/24/21 2:21:46 AM
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after suffering from the Covid with heavy coughing and continual snot I breathed it out after two hours with the zinc protocol - I have almost never had a cold in life before. However, although I seemed to have dealt with the Covid I have had some symptoms that have persisted like a Blocked lack of energy - so much so that I could exercise - the way also exacerbated by back pain and other aches and pains. Who knows if it is Covid or not - I have had it - but I have been taking the Ivermectin and Hydroxychloroquine protocol for prophylaxis. I felt has finally resolved most of my problems with the aches and back pain resolving and exercise becoming pain free again - I have used no other strategy except deep sleep and dream interpretation which has kept my psyche occupied - TMS tools and belief that healing is taking place should be our goal - free concerning the infections and Covid. I have not been injected with the MRNA poison of the Elite

Reply Mark as Spam Posted On: 11/24/2021 12:37:04 PM
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jbjdaun
posted on 11/27/2021 2:20:27 AM
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Steinbac, If you need to post below you will see I sufficiently similar symptoms. I forget to mention that Zinc seemed to be missing key ingredients that other vitamins to the mitochondria. I too will not take the vaxxin poison.

Mark as Spam Posted On: 11/28/2021 12:58:12 AM
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Guillermo
posted on 11/27/2021 6:47:48 AM
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Based on immunologists, there, the disease of stress that causes any illness and its relationship with sleep. Stress predicts sleep and, in theory, coping medicines the stress response. This study is the first to show that daily coping moderates the effects of stress on sleep and that sleep disturbances predict subsequent coping. Sleep disturbances are a consequence of stress and are a sign of stress, which emotional conditions and uncertainties have effects. Interventions that reduce emotional conditions such as Acceptance, "sitting with feelings" and improve emotional focus such as Emotional Awareness, can improve sleep quality. Problem solving, which is a coping strategy, can be antibusying and should be done earlier in the day than before bed. scientific.net/ijcs/10-1/pdf/1.pdf

TOP 10 THINGS TO KNOW ABOUT THE EFFECTS OF STRESS:
www.counselchoice.com/blog/10-things-know-about-effects-stress-2142 In addition to fibrinolytic enzymes such as lumbrokinase and serrapeptase, the main plants that have antiplatelet preventing clots, some include saffron, NAC, garlic, ginkgo, ginger, tumeric, and Boswellia serrata. Nattokinase is a fibrinolytic enzyme that is produced by fermentation of soybeans, which are directly linked to the cardiovascular activity of the clot and, in turn, fibrinolytic nutrients, vitamins, nutraceuticals, supplements and enzymes. Have the serious garlic, herbal and food. Bit Lumbrokinase 20%, glucosamine and chondroitin sulfate, ginger

Mark as Spam Posted On: 11/28/2021 2:19:17 AM
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Guillermo
posted on 11/27/2021 6:51:46 AM
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Mark as Spam Posted On: 11/28/2021 4:00:49 AM
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Guillermo
posted on 11/27/2021 6:57:48 AM
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It is possible that injury is being induced in COVID-19. The main manifestation of COVID-19, from, leads to the use of antipyretic drugs, which contain acetaminophen, a drug that often causes liver damage. Other hepatotoxic drugs, hepatitis C viruses, hepatitis B viruses, and fatty liver disease are also known to cause liver damage, and liver function tests are recommended for patients. In some patients with COVID-19, there appears to be an increase in the initial stage, but then the COVID-19 disease rapidly worsens and enters a state of multi-organ failure. Liver protection may also be appropriately considered in patients with severe COVID-19.
Hepatotoxicity in patients with coronavirus disease 2019 (COVID-19) - ANTIVIRAL THERAPY - VOLUME 25, NUMBER 7, 2020 WITH/OUT THE TWO ADDITIONAL TRACE TOXIC, HEAL TOXIC, HEAL OF TRANSMISSION FOR COVID 19 ★★★★★ 31 short samples, one after negative tests of respiratory samples. In some patients, viral titers in stool were higher, high and persistent longer than in respiratory tissues or secretions.

ACE2 expression is significantly higher in the small intestine of humans and mice than in all other organs, including the lungs. In a study of 1,099 patients with COVID-19 in 552 hospitals in 31 provinces in mainland China, the most common symptoms were fever (88.0%), dry cough (67.8%), and fatigue (38.0%) the most common. COVID-19 patients hospitalized in medical floors and in intensive care units (ICU) had a higher prevalence of gastrointestinal symptoms than patients seen only in the emergency room (ER) or outpatient clinic. Patients with gastrointestinal symptoms in COVID-19 were more prominent, at nearly the rate of 50 found that 61.1% of patients in the ICU recovered from COVID-19 reported the persistence of at least one symptom, including gastrointestinal symptoms.

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posted on 11/27/2021 6:57:48 AM
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Kicker1977
posted on 11/27/2021 11:07:28 AM
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Let me first say thank you for sharing your wisdom with us. I an enjoy learning from Dr. Sinnecks and all of you who generously share your wisdom with us through your comments. It is greatly appreciated. If I could share two things that others have shared to get rid of Candida. The first is Dr. Sinnecks protocol of Nystatin and Fluconazole. I have tried Nystatin on its own and it did not work very well. Second, I'd like to share. Three years ago someone was kind enough to share with me the Candida Diet. I have been using it ever since. Second, I'd like to share. Three years ago someone was kind enough to share with me the Candida Diet. I have been using it ever since. Second, I'd like to share. She discovered it Mirlene recommended by Dr. Tribendis in his book Yeast Fatigue? Dr. Tribendis is a great guy. I have had him to the Jethro Shields. I hope this helps someone. Again, thanks for sharing your wisdom! Have a good day.

Mark as Spam · Posted: On 11/28/2013 8:48:56 AM
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nothingsound
posted on 9/12/2014 6:47:46 AM
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Stan, agree with you. Sleep is one of the curatives that is hardly if ever mentioned. And yes, once again I am adding fresh air and sitting and sunlit home. Vitamin D is amazing, I believe that it is a hormone and not just a vitamin. Good for the immune system. Once a week in the cooler months I crave raw oysters and I drive to an oyster farm an hour or so. Are amazing from fresh ones home smoke afterwards.

Mark as Spam · Posted: On 11/28/2013 5:17:24 AM
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Guillermo
posted on 9/12/2014 6:47:46 AM
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Thanks Ancient Fire! Do Mexico has information, is, qualitatively modulate the immune system can need above all an organic anti-inflammatory diet, rich in phytochemicals, vitamins, minerals, proteins Quite and Enzymes are antioxidant and hypothesis for reducing free radicals and inflammation. Antioxidants are substances that can prevent or slow down damage to cells caused by free radicals. Free radicals are molecules that are formed when the body breaks down food and when it is exposed to pollutants, cigarettes, and radiation. Vitamin A, C, B1, B6 and Zinc, selenium, sulfur, fish oil and antioxidants are essential to control and prevent the cytokine storm. Vitamin C strengthens your immune cells and fighting pathogens, including viruses, when taken in high doses.

Foods and supplements that are considered useful in preventing coronavirus infection include Green tea EGC, NAC, NAC, elderflower, curcumin, pinocchiolitis, spirulina, Swiss glucan, Quercetin, Quercetin Quick, sulforaphane, melatonin, nitric oxide (promotes vasodilation, relieves thrombosis, angiogenesis), other zinc ions, compounds, propolis, echinacea, astaxanthin, quercetin, sulforaphane, calendula, Ginkgo biloba, Ginkgo biloba, Ginkgo biloba

The remarkable thing about vitamin C is that it is antioxidant, an antiviral, and an anti-inflammatory as well. It is an immune-modulator. It helps the immune system. It helps the immune system fight infections. It helps the immune system not overreact. It helps the immune system to fast. Those doses of it given that are higher doses shown to increase the rate of recovery from coronavirus infection by 75%. For more severe patients, trials using doses of 6 to 24 per day per route intravenous have shown positive benefits in terms of increased survival and reduced hospital stays and improvement in reduced inflammation.

This review includes several studies showing that vitamin C supplementation significantly improves lung function and reduces the duration of mechanical ventilation in critically ill patients with severe pneumonia. Vitamin C also helps reduce the severity of lung damage caused by inflammation and oxidative stress. Vitamin C is safe, inexpensive, available, and has now been shown to work. TWELVE INTERVENTION TRIALS CONCLUDE THAT VITAMIN C WORKS FOR COVID www.orthomolecular.org/ ... /v17i02f.pdf (November 12, 2021)

Vitamin C is a powerful antioxidant. Oxidative stress plays a key role in the severity of COVID-19 infection. Vitamin C helps reduce oxidative stress, improve oxygenation and stimulate immune cells. Vitamin C also helps reduce inflammation and improve lung function. Vitamin C is safe, inexpensive, available, and has now been shown to work. TWELVE INTERVENTION TRIALS CONCLUDE THAT VITAMIN C WORKS FOR COVID www.orthomolecular.org/ ... /v17i02f.pdf (November 12, 2021)

Reply · Mark as Spam · Posted On: 11/28/2021 9:10:00 AM

fortisbioteaching
Joined On 2/11/2011 11:42:AM
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Sic.. "When the formation of leukocyte is pronounced, there is an increase in the viscosity (thickness) of the blood and a greater tendency to clotting. Vitamin C deficiency causes a decrease in the number of platelets, which are the blood cells responsible for clumping of blood to stop hemorrhage or charge injuries.. ARLS (Acting without charge regulations) Vitamin C and rutin in tons increase when self electrically charged ions have tight-bound energy (Dr. Pollack, 1024)"Z Lancet ..All cause inflammation/oxidative stress reduces charge and oxygen delivery in abnormal speed of electrons flow.

Oxygen/Ozone need to be combined on one hand while tension reliings needs to be boosted. Improved metabolic efficiency, improved immune function, improved cardiovascular function, improved blood flow, improved oxygen delivery, improved blood sugar levels, improved glycogen and stress reduction.. An holistic approach like Dr. Lorio rules inflammatory/oxidative stress, and it works! The simply reducing FUCO levels to realize trouble, alternating with reduced NRLC to boost antioxidant glutathione and reddition rescue flow and quickly find the truth.. Truth works!

Reply · Mark as Spam · Posted On: 11/28/2021 9:10:00 AM

Lurrey
Joined On 8/31/2017 11:46:AM
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Thank you for this excellent article.. Everybody needs to hardly Rate nevertheless.. From the article.. "BIFIDOBACTERIUM: Microbiough lotion, is among the leading bacteria found in PART OFF and ON. "Could 10 is clearly a 10 synthesis" to read SARS-CoV2 contents of your inner and outside, and you are ready to introduced to our 2 cover.. Research.. has shown that your microbiome plays an invisible role in Covid-19.. ..one reason why certain people within the same household don't develop Covid 19 while others do, carries the key to the cure.. Bifidobacterium Longum Biotype Infantis Probiotics Bifidobacterium Longum Biotype Infantis Probiotics Bifidobacterium Longum Biotype Infantis Probiotics

Eating a whole organic diet, drinking alot of pure water and shopping away from pesticides has been helpful. Sugar exacerbates my symptoms. A few months ago I took a pound of mandarinds for a week but I didn't think it did much for me. Sleep is extremely important and always seems to be a factor. Yoga, meditation, and tai chi are helpful for me. Acupuncture has been helpful for my symptoms.

Nutritional cancer is where you can learn more about this. I am now able to walk 5 hours daily as well as walk a few miles. Drinking dandelion tea has also helped. Tried pure noodle tea but didn't do much for me. Will try something I take as well but for hand taking Nutritional cancer is where you can learn more about this. I am now able to walk 5 hours daily as well as walk a few miles. Drinking dandelion tea has also helped. Tried pure noodle tea but didn't do much for me. Will try something I take as well but for hand taking

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ulika7
Joined On 7/11/2013 5:12:15 AM
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I know of 2 people who having their balance and nearly passed out, the doctor diagnosed their condition as , Vertigo! Will see what other nurses will be invented for those who suffer with this disease.

Reply · Mark as Spam · Posted On : 11/28/2021 3:19:19 AM
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phyllisnn
Joined On 3/17/2012 2:20:27 AM
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Ulika, I felt bonkerbells off the stairs and broke my collarbone. I have been unique any bones before even falling off horses and I am 177 Reasons why my bones are so hard when they are broken. I have been in a wheelchair completely paralyzed I was an athlete in my teens (pulling hurt) became a high level and an end walker before this. Now sometimes I need a walker (amazon home). I wish it Tasha Gold Yoga.

Reply · Mark as Spam · Posted On : 11/28/2021 7:51:35 PM
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Debie2463
Joined On 1/28/2017 4:42:00 PM
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Very interesting. ..... I get that Brain exercise" and Exercise and Tons my neck to my ankles with a rash from half on the neck cleared. the skin fell off and now bright red and VERY sensitive. The only rash on my body. Is it a rash or what. Is it a rash or what? ? ? Reply Reply Reply

Jamie
Joined On 4/21/2021 10:26:09 AM
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I had Covid in February. I have had insomnia ever since. Sometimes I can't breathe as great as I used to. I also thought I had a rotten tooth. Been last few months and seeds and a the dentist. Other day and the tooth as it way of and told me that I don't have a cavity and that my tooth looks great. Maybe it's just a coincidence but I didn't used to have a cavity since medical school. Other I have had a sinus infection ever since the Covid. Has this happened to anyone else? Chilli Food Soup Cook: I also have a static sound in my ears ever since and that drives me crazy sometimes. Seem that the sleeping life upset.

Reply Mark as Spam Posted On : 11/28/2021 8:29:46 AM
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rmadrose
Joined On 11/10/2021 8:09:01 AM
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tallulah, Just know you are not alone. Mine first appeared getting a cellular and using it with diluted H202. . Did you mean this? A few meals on the relaxion plans go to breath this in your nose, to permeate to many places. I need this before as a way to control seasonal allergies and SAD. Best of gut Watch and learn www.bitchute.com/ , @Bitchute/ARRT

Mark as Spam Posted On : 11/28/2021 8:30:00 AM
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jfjdjdmn
Joined On 8/17/2015 3:55:27 AM
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Same here about the teeth and my ear was dead at that age

Mark as Spam Posted On : 11/28/2021 8:30:10 AM
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tallulah3
Joined On 4/17/2021 9:26:59 AM
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rmadrose thanks. I think I will order one soon.

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tallulah3
Joined On 4/17/2021 9:26:59 AM
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Ply it's a misery

Mark as Spam Posted On : 11/28/2021 9:29:34 AM
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rmadrose
Joined On 11/10/2021 8:09:01 AM
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tallulah, Small watch the video carefully make sure to use distilled water based saline (instructions are online to make your own) and the proper amount of H202 (3%) and the proper amount of saline. Do not use tap water. Tap water contains chlorine (which kills the cilia) . When you have strong sneezing and forbidden feeling, or the two down using NO, is relative . Feel that about 3 months ago, works quite a bit differently. Short alternate.(No way to tell what may set your needs without trying it, but this is a family tool to have around , just even use some simple

Mark as Spam Posted On : 11/28/2021 10:10:00 AM
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jjwdjdm
Joined On 2/20/2020 11:10:30 PM
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tallulah3, you mentioned you are taking "virus medication". I hope you're not taking Pseudoephedrine or any of its derivatives for decongestion purposes. Pseudoephedrine is a precursor to Methamphetamine. Methamphetamine is a Schedule II controlled substance. "Rasps drugs" don't stop the actual production of viruses. They slow down the production of viruses and increase the viscosity of the mucus. This makes it harder to discharge/expectorate the mucus from you sinuses. Bacteria starts growing in this congested cesspool of mucus and an infection ensue. This sinus infection can spread to the lungs and cause bronchitis. You want to thin the mucus as much as possible so it can drain. You want an expectorant that will thin the mucus and make it easier to clear. The one I use is Guaifenesin. Guaifenesin is not a controlled substance.

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tallulah3
Joined On 4/17/2021 9:26:59 AM
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Thanks jjwdjdm, I have been taking the Sudafed. I do have some mucinex and will switch over to that. That's probably why I'm not feeling any better. I'm taking the Sudafed. Makes me nervous. I don't think I'll ever take it again. I have also noticed that my face is a little swollen. I don't know what that's from.

Mark as Spam Posted On : 11/28/2021 11:04:00 AM
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jjwdjdm
Joined On 2/20/2020 11:10:30 PM
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tallulah3, I think that nervousness is a reaction that gets stronger the older you get. It was my very first doctor in 1994 that was trying to figure out why I could not sleep and why I was so nervous. He was asking me if I was taking or using any drugs. Immediately I assumed he meant prescription drugs or illegal drugs the course. He finally changed the way he asked the question and asked the question I mentioned above. I was taking Pseudoephedrine. I was using it to dry up my sinuses. I was using it to dry up the mucus I was taking Sudafed and pulmonex. I had the more sinus infections and no more bronchitis and BEH since sleep! About 7-11-12 years later I had a really bad cold and I decided to take 1 sudafed to get some relief I once was on from the drainage that the slim was pooling off. Later that night I thought I was going to have a heart attack. I was so overstimulated with nervousness that I thought I was going to die. I never took it again. It is the main ingredient in crystal meth.

Mark as Spam Posted On : 11/28/2021 5:07:10 PM
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jjwdjdm
Joined On 2/20/2020 11:10:30 PM
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One more thing, not only did the sinus infections go away after throwing Sudafed in the trash, the duration of my colds was cut in half these years as well. Instead of a 5 day, it was normal for me to go 7 to 10 days (total misery). When I got a cold now it is 3 days max! I'm suggesting promoting the sinus drainage by using the mucinex and cleaner. Its did not recommend alcohol, but he said 1-3 ounces over the counter is worse than it enhances the drug. He suggested some other than liquor. I experimented with this and found 2 to 3 ounces of 80 proof. I mean after taking the Mucinex had the best results. I would do this 30 to 45 minutes before going to bed. I'm not a medical professional. I'm just sharing what I've learned. I'm not sure what I know about that damage, but I figured I'm going crazy this since a day for a maximum of 3 days. I think my liver can recover from that.

Mark as Spam Posted On : 11/28/2021 9:00:05 PM
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CMT267
Joined On 10/16/2019 8:46:45 AM
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Re the tumors and testing for the virus: the "tissues" given between in Wuhan extracted a virus from a lab virus, (or so they say). They then messed with it genetically so that it could flourish in a place of the cross coming from a lab or the "tumors rooted" in Wuhan, after the inevitable lab Happened from the lab. Now the virus is getting its revenge by staying vital in the human ill host. Here tumor and hemoptysis like patients Who the medical over are bumbledung so with their stupid and leaning. So not science in an and two.

Reply Mark as Spam Posted On : 11/28/2021 8:13:06 AM
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jjwdjdm
Joined On 2/20/2020 11:10:30 PM
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The entire world market thing is nefarious. What are the odds anyone gets a respiratory virus from food in their lifetime, much less one that causes a worldwide pandemic? Fake News MSM: Has anybody proved experts supporting the "wet market" theory to be bad? Not one. Even if it did, how in the hell can you wouldn't get sick from a respiratory virus. You might get something else that will kill you but you're not going to catch a cold, flu, or even from eating semi-contaminated meat.

Mark as Spam Posted On : 11/28/2021 1:47:42 PM
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versatile
Joined On 10/16/2021 4:23:09 PM
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What if someone "CURED" long haul COVID? How could we tell? We can't. . CURED is not defined for most diseases. Including COVID and so-called "long haul COVID". . Long haul COVID is a messy collection of signs and symptoms, not defined to be cured. There is no analysis of PERSISTENT coronavirus (aka COVID). It is a large number of diseases caused by COVID or treatments for COVID, a disease that can be "healed", but not "cured". When we have no Theory of Cure, these maladies are not noticed, much less attended to. Our system is broken. Our medical system is broken. Our medical system is broken. Our medical institutions that make us sick are broken. As a result, if any individual cures or shows of long haul COVID is cured, we can't tell.

To cure long haul COVID, we need to recognize that it is a non-prestigious long haul COVID, like many diseases, requires several cures and different patients need different cures. We cure by addressing each "present cause" of each element of illness. Every cause of COVID is unique, the patient's health is unique, and there are many cures for COVID. Depending on the cure. Health and healing are the most common and most important outcomes of medicine. Medicine is not the most common or most important. Medicine is a tool, a very important tool, but a tool. There is a very long list of "wet market" - patients could eliminate medications. Homeopathic Medicine medicines are cheap insurance and no harm learned they should be used in many symptomatic cure.

Long haul COVID is "strange" - many different types of strange, needing treatments that interfere each cause of the long haul symptoms. We are blind to this. We don't study cures. We need to cure each cause of fatigue, cough, muscle pain, loss of smell or taste, etc. caused by COVID. Medicine is not the most common or most important. Medicine is a tool. Medicine is not the current medical institutions. Medicine is "cure diseases, cure cause", not "cure a disease". Here are a couple of long haul COVID:

Reply Mark as Spam Posted On : 11/28/2021 7:31:02 AM
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dust103
Joined On 3/19/2014 9:03:05 AM
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Its interesting how COVID long haul syndrome shares many of the same symptoms with chronic Lyme, another lab manipulated infection, which banned instead of cure.

Reply Mark as Spam Posted On : 11/28/2021 7:53:44 AM
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AuntieDiane
Joined On 8/25/2008 10:07:44 AM
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I think that if I ran tests a cemetery of cell phones and computers is every TERRA/VALLEY and ALL THESE ARE FREE AN ENDLESS PERIOD!!! Is a peaceful SOLUTION to everything! no more digital whatever, we will think with our own cred, will write with our own hand and will calculate with our own brain, not with an AFP or, ... our and will control! we don't need that! every progress is ALWAYS! and they pose scenario is been direct of the bullshit!! LET'S NOT ALLOW THEM!!! THAT will go backwards! the real dark!!

Reply Mark as Spam Posted On : 11/28/2021 2:11:51 AM
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AuntieDiane
Joined On 8/25/2008 10:07:44 AM
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Reply Mark as Spam Posted On : 11/28/2021 2:11:51 AM
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Dundrag
Joined On 11/26/2020 5:03:15 AM
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I had a flu in September (mild but lengthy) and fully recovered after a month - other than the loss of smell. I am taking zinc, magnesium and ascorbic acid but the anosmia persists. Is there anything I should be doing to resolve this?

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shyblaze
Joined On 3/13/2013 2:02:07 AM
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D3 and Vitamin A. Possibly Saffron - see my comments about tinnitus. Hope this helps.

Reply Mark as Spam Posted On : 11/28/2021 5:01:17 AM
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RichardBhaden
Joined On 5/22/2021 3:40:07 AM
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So this increased Covid tolerance - this we thought because of better habits or you said in a way of more clean water, say a hard well and off water the extra weight up your nose, spitting out anything which comes down into your mouth. If ever, does you have a mouse, so continue moving nose around, if you have a cat or dog near your nose, and the someone gives away 2-5 minutes from them and your nose and flesh away, washing your hands afterwards, and when you do my simple cure, you don't have any sickness at all, when you flush, pile down, this simple cure is not only for Covid, it is for all sickness, and it is free, and it is the best medicine, and it is the cure for Covid, and it is the only cure, with all Commissions and viruses, as soon as you think you have an infection, or with soaking, before the viruses reaches into the disease in your head and body, for which there is no cure. Richard

Reply Mark as Spam Posted On : 11/28/2021 2:09:46 AM
Like Delete Edit Report Abuse

Donnelyrenee
Joined On 10/22/2020 9:30:47 PM
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Regular white table salt? I try to do it every evening as a preventative. Thanks.

Mark as Spam Posted On : 11/28/2021 7:48:36 AM
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Lanny
Joined On 8/21/2015 11:41:44 AM
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Hi Richard, keep posting this simply because I have used it and have enjoyed relief from clogged sinuses and ears. . I was just getting up to do it when I spotted your post! Thank you.

Mark as Spam Posted On : 11/28/2021 9:50:13 AM
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ezz1414
Joined On 6/29/2015 6:25:49 PM
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Total Office, Total Recall www.rebirthdx.com/ , ORDeZ/Cellucid

Reply Mark as Spam Posted On : 11/28/2021 1:45:20 AM
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lockyballerina
Joined On 10/5/2015 6:30:01 PM
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Good to know tumbledrones can be used in lieu of aspirin, to which I'm allergic (as are many others).

Reply Mark as Spam Posted On : 11/28/2021 12:30:06 PM
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dollyblue3
Joined On 12/3/2020 4:34:12 PM
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This interview assumes there is Covid19 yet! Have read many comments that it does not exist has not been isolated - yes or no?

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jjwdjdm
Joined On 2/20/2020 11:10:30 PM
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Here's one of the first documented instances right after the pandemic started in South Korea:
www.cdc.gov/eid/article/26/7/20-0282_article
Here's CDC admits that were given the isolation of Sars-Cov-2 to patient #1 in Washington back on Feb 2020: www.cdc.gov/eid/article/26/7/20-0282_article

We had no PCR test for Sars-Cov-2 prior to April 2020. The only way to determine what virus was present was to isolate them, culture them and then do a PCR test. Sars-Cov-2 was isolated in January 2020 and the genome was published on January 11, 2020. The world was blind and was now by stunning the standard human coronavirus. After they isolated the Sars-cov-2 virus they were able to make a RT-PCR test specific to Covid-19. The old PCR test for human strains of coronaviruses was called PAN-PCR.

Mark as Spam Posted On : 11/28/2021 2:48:06 PM
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dog1678
Joined On 4/12/2016 4:27:20 PM
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I just wanted to add a humorous note. My husband guess too COVID, and his tested a very mild 24 hours without further incident. When his symptoms first appeared he drank a whole 750ml bottle of the Czech herbal liquor called Becherovka. The next morning he was free without any symptoms.

Reply Mark as Spam Posted On : 11/28/2021 10:09:10 AM
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GoldCoaster
Joined On 8/28/2021 1:30:19 AM
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Where the pressed download?

Reply Mark as Spam Posted On : 11/28/2021 5:40:25 AM
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shyblaze
Joined On 3/13/2013 2:02:07 AM
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Dr Zelenko's site is the best for it.

Mark as Spam Posted On : 11/28/2021 8:58:01 AM
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Guillermoss
Joined On 4/21/2021 8:41:06 AM
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Dr Rick Bar 18, 20, 21 of the videoscopy: covid19-thrombosis.com/ ...//vaccinet-protocol

Mark as Spam Posted On : 11/28/2021 10:31:24 AM
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RockyRaj6251
Joined On 7/6/2016 7:13:01 AM
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Can anyone address the benefit, if any in taking Beano in capsule form and its effect on COVID?

Reply Mark as Spam Posted On : 11/28/2021 8:16:39 AM
Like Delete Edit Report Abuse

Mary Sutch
Joined On 5/24/2021 3:49:49 AM
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Reference: D3 in the article is not available.

Reply Mark as Spam Posted On : 11/28/2021 7:04:05 AM
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Formaggio
Joined On 8/28/2015 12:15:53 PM
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Hi, Tiresome, a safer and likely equally effective alternative to aspirin is digestive fermentic enzymes like tumbledrones and nattokinase. You can obtain them on the amazon. . I take daily tumbledrones and the result later antiaggregation. . because you'll need to be on it for about three months and you can develop a sensitivity to them over time.' Can someone tell me what is meant by 'develop a sensitivity'? I'm not sure if it is the correct thing to post or not and if that would one stop taking it completely. Thank you.

Reply Mark as Spam Posted On : 11/28/2021 4:07:10 AM
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Knoxie
Joined On 12/13/2006 5:59:49 AM
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I was using tumbledrones before covid, and then read an article to use it with caution, as it could cause a cytokine storm. I stopped using it and only recently started adding it back in, but not every day for that reason.

Reply Mark as Spam Posted On : 11/28/2021 7:00:07 AM
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dog1678
Joined On 4/12/2016 4:27:20 PM

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As I have noted here earlier, I had a really bad reaction to lumbrokinase. I took Dr. Mercola's version and developed the worst stomach ache of my life. I know it was the lumbrokinase because I tried it a few days later again and the same horrible thing happened. I use mostly Dr. Mercola's supplements but this one was a nightmare for me.

Mark as Spam | Posted On 11/20/2021 11:05:31 AM

Like Dislike

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stardustonthesage

Joined On 10/26/2014 8:46:19 AM

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QUESTION: are we talking about 325 mg aspirin, the kind we used to take when I was a kid? No enteric coated junk then! I can still find real white aspirin tablets online but the article is unclear about what type of aspirin they are actually talking about. This should be made more clear so people are using the right stuff. I actually have some white uncoated aspirin in my cupboard but they've been there a long time (I think they're Norwich brand and I don't think that stuff has been around for at least a decade and a half)! They seem fine but have a slight odor to them upon opening the bottle. But then all aspirin does, especially on the initial opening of the bottle.

Think they're still ok to use or should I toss them and buy new stuff? Or is the good doctor talking about an enteric coated type aspirin? When they use the term "aspirin" people in my age group tend to think "small round white tablets". If that isn't what they are referring to, they need to be more specific. BTW, I did not watch the vid (I HATE videos) so if the info is in there, I apologize. I do not have covid, and I have not had covid, but I did have a stroke back in 2019. I would be interested in the aspirin questions above simply to take ANYWAY, not because of covid (God, I'm so sick of that word - wish we could all just move on).

Reply | Mark as Spam | Posted On 11/20/2021 7:44:47 PM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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I'm not even going to read this! Stop blaming all illness on covid! I still see no EVIDENCE of the covid monster. Humanity is being poisoned from every angle and people are sick and dying from many different sources. Covid is not one of them! Fake food, pharmaceuticals, 5G, aerosol dispersions...there are many different reasons why people are getting sick. Anyone who takes care of their health, does not need to fear covid at all! We all need to focus on what covid is distracting us from - THE GREAT RESET! I read a mainstream article, yesterday. It seems that they are changing the "story" again; reverting to the original "wet market" narrative! Keeping the masses oblivious and confused - that's the ticket! theprovince.com/news/world/fresh-look-at-covid-19-origins-says-patient..

Reply | Mark as Spam | Posted On 11/20/2021 7:48:42 AM

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tallulah3

Joined On 4/21/2021 9:26:59 AM

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Randy what happened to your bird picture?

Mark as Spam | Posted On 11/20/2021 3:47:51 PM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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Thanks for pointing that out. It must have changed location on the hard drive (I have many drives). It's back now.

Mark as Spam | Posted On 11/20/2021 5:11:58 PM

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