

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND FOR

CHRONIC VIRUSES, EBV, HIV, COVID LONG HAULER'S SYNDROME AND VACCINATION SYMPTOMS

There are many formulas to help you recover. Part of healing from chronic conditions is to not push yourself, especially when you start feeling better! Many people completely over do it as they feel better. Then they feel much worse and get hopeless about ever getting better. Under do it. Trust me. Do way less than you think you can do. Pace yourself. Really check in with your energy each day and adjust your activities accordingly . And get Acupuncture . Restorative Yoga is very healing. Other types of yoga are often too much. Gentle movement is important. Baths can help too. If you have other symptoms that are not necessarily related to the chronic illness, see other protocols. You may take 2 formulas at once.



**BE PREPARED THE
NATURAL WAY**

You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](#) under recommendations/Protocols/Chronic viruses, EBV, HIV, Covid long hauler's syndrome and vaccination symptoms when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

You do not have to get ALL of these formulas.

Please see which applies to your symptoms and chose accordingly.

EASE 2



- **This is a variation of Minor Bupleurum/ Xiao Chai Hu Tang, a very famous formula to treat chronic and acute illnesses that don't go away, or come and go. It has been successful treating chronic Epstein Barr Virus, HIV, and other viruses, Long Hauler's Syndrome from Covid, and Vaccination reactions such as body aches, headaches, fatigue and digestion issues. This is not generally used for simple, acute viruses, like a common cold.**
- Take 1-3 tablets, 2-4 times a day. Doses are based on 120lb adult, so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

ENHANCE



- **This is a strong formula for chronic viral inflammatory disorders such as HIV, Chronic Fatigue Dysfunction Syndrome, Chronic fatigue syndrome and Herpes. Other symptoms include fatigue, weight loss, night sweats, spontaneous sweating, fevers, diarrhea, digestive disorders, muscle aches, inability to concentrate and swollen lymph nodes.** This is a long term formula.
- Dose is 5-20 pills a day, divided into 3-4 doses. If you do not have the concurrent symptoms listed, choose another formula.

ASTRA ISATIS



- **Immune system formula for chronic and acute viral infections and inflammation with fatigue, facial flushing and lymphatic swelling. Can help chronic gum and throat infections. Is helpful for Herpes IF taken at the first sign of outbreak at high doses. helps chronic fatigue, EBV and HIV.**
- Take 1-3 tablets, 2-4 times a day. Doses are based on 120lb adult, so adjust accordingly.
- For **herpes outbreak**, take 3-6 tablets every 2-4 hours for the first 3 days.
- Safe for pregnancy, breastfeeding & kids.

ASTRA ESSENCE



- **Speeds recovery from illness, strengthens the immune system. Increases energy. Helps with the effects from chemo and radiotherapies. Helps balance blood glucose. Increases brain function and memory. Treats vertigo, dizziness and hearing and hair loss.** Long term use is fine. It can take a few months to have full recovery for many people.
- Take 1-3 tablets, 2-4 times a day. Doses are based on 120lb adult, so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.