

# Reboot

## Your Life After COVID

# 重启

## 新冠肺炎后的生活

By now, most of us would have recovered from or know someone who has recovered from a COVID infection. It sure is a great feeling to receive a negative COVID test result after many days of being self-quarantined. Knowing that you now have the freedom to go about your daily life without being restricted to the confines of your home or hospital room is a liberating experience to most.

However, many people who have had COVID-19 experience strange and sometimes exhausting symptoms lasting long past the original bout of infection. This is known as 'Long COVID', though experts often refer to it as post-COVID condition or PASC (for Post-Acute Sequelae of SARS-CoV-2 infection). According to the WHO's estimates, 10-20% of people experience new or lingering symptoms three months after infection. When we consider just how many people have been infected with COVID-19, this amounts to millions of people dealing with persistent symptoms.

### Long COVID Symptoms...What Are They?

The reality of Long COVID symptoms is that they do not look the same for everyone, which can be quite frustrating for a healthcare professional to manage. Symptoms can include almost anything, showing up and resolving themselves at any time. In October 2021, the WHO released the following definition of Long COVID:

"Post COVID-19 condition occurs in individuals with a history of probable or confirmed SARS-CoV-2 infection, usually 3 months from the onset of COVID-19 with symptoms that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, and cognitive dysfunction among others...which generally have an impact on everyday function. Symptoms may be new-onset, following initial recovery from an acute COVID-19 episode, or persist from the initial illness. Symptoms may also fluctuate or relapse over time."

Further research published in November 2021, in the journal *Frontiers in Medicine*, identified 100 possible symptoms that have been associated with Long COVID. The most common ones noted in the research are loss of taste and smell, respiratory symptoms, fever, headaches, brain fog, muscle pain, sleep disturbances, mobility issues, and psychological symptoms like anxiety and depression.

到目前为止，相信大多数人都有着自身或是身边的人从冠病中痊愈的经历。在多天的自我隔离后收获阴性冠病检测结果，是件多么美好的事。得知自己不在受限于卧室或医院病房，能重新自由活动，是个如此解放的感觉。

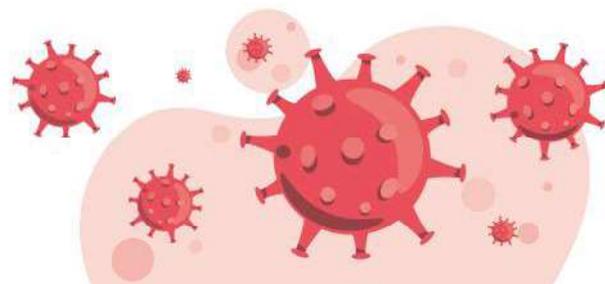
然而，许多人在感染新冠肺炎后，却不寻常地持续经历着比原有感染时间长的疲惫症状。统称为“长新冠”，专家称之为冠病后综合征，又或是新冠病毒2感染后遗症（PASC）。根据世界卫生组织目前的证据表明，大约10-20%的冠病患者在最初的病情痊愈后，会受到这类新发持续症状的影响长达3个月。当我们考虑到有多少人感染了冠病时，这相当于有数百万人在经历持续症状的困扰。

### 长新冠有哪些症状？

实际上，每位长新冠患者的症状看起来都不一样，这可能会让医疗专业人员感到非常懊恼。症状可以包括几乎所有状况，在任何时候出现，并可能自行解决。世界卫生组织于2021年10月发布了以下对长新冠的定义：

“新冠肺炎后症状发生在有可能或确诊的新冠肺炎感染史人群中。通常在新冠肺炎发病后三个月内发生，症状和影响持续至少两个月，不能用其他诊断来解释。最常见的症状包括乏力、呼吸急促及认知功能障碍等，这些症状通常会影响日常功能。这些症状可能在最初患病时就出现并持续存在，或在痊愈后出现。症状也可能随着时间推移而波动或复发。”

2021年11月发表在《医学前沿》杂志上的进一步研究确定了与长新冠有关联的100种可能症状。研究中常见的症状包括，味觉与嗅觉丧失、呼吸困难、发烧、头疼、脑雾、肌痛、睡眠障碍、行动问题及焦虑和抑郁等心理症状。



# Some Healthful Tips

## to Manage Long COVID

### 一些应对长新冠的健康提示

#### Be patient

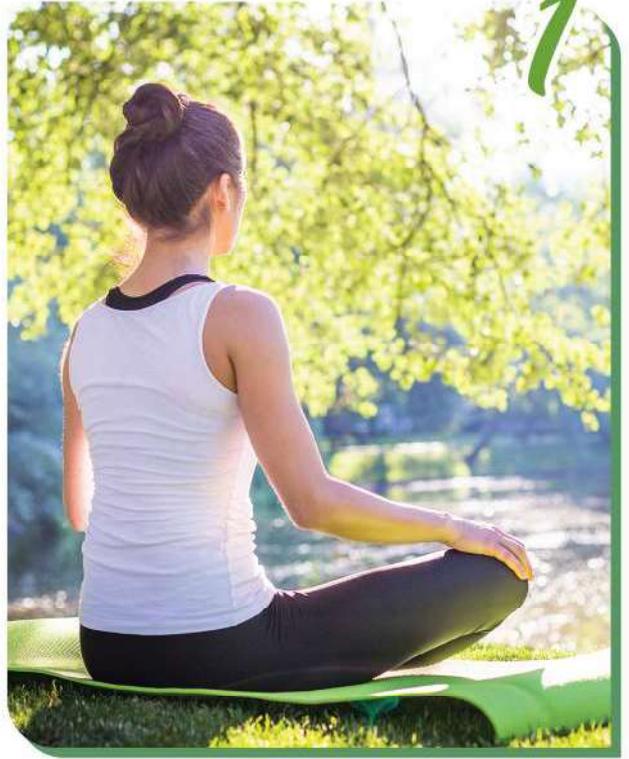
Being patient and allowing your body the chance to heal is by far the most crucial thing to do. Slow down. Do the right amount of activity every day that does not escalate your symptoms but still keeps you moving forward with life.

Granted, pacing yourself is easier said than done for most people, but learning to slow down and listen to your body will go a long way in your recovery. Pushing yourself beyond your limit both physically and mentally can worsen the symptoms and prevent recovery from taking place.

#### 耐心

耐心等待身体自行修复是非常重要的。放慢脚步。每天做适量的活动，这样不会加剧您的症状，但仍能继续日常生活。

当然，对于大多数人而言，调整自己的步伐的确是说起来容易，做起来难的；但学会放慢脚步，倾听自己身体发出的讯号，对于您的康复会有很大的帮助。无论是在物理或是心理方面强迫自己，都能加剧您的症状，更能使身体的康复停滞。



#### Get as much sleep as possible

Getting enough sleep is important when recovering from Long COVID. Here are a few tips to get the sleep that you need:

- Go to bed consistently at the same time every night and wake up without the usage of an alarm.
- Limit caffeine and alcohol consumption.
- Keep your room as dark, quiet, and cool as possible.
- Drink a cup of chamomile tea an hour before bed.

#### 尽可能拥有充足的睡眠

从长新冠中康复，拥有充足的睡眠是极其重要的。以下是一些获得所需睡眠的建议：

- 每晚同一时间上床睡觉，并且在没有使用闹钟的情况下起身。
- 限制咖啡因和酒精的摄取。
- 尽量保持房间处于一个黑暗、安静，且凉爽的环境。
- 睡前一小时喝一杯甘菊茶。



#### Manage your stress levels

Some symptoms of Long COVID are worsened by stress and anxiety. Hence, taking steps to manage your stress can help lessen those symptoms. Here are a few tips for reducing your stress levels:

- Get more physical activity.
- Spend time with friends and family.
- Create boundaries and learn to say no.
- Spend time in nature.
- Practise deep breathing.

#### 控制您的压力水平

压力和焦虑会加剧一些长新冠症状。因此，采取一些措施管理压力，可以帮助减轻这些症状。以下是一些减压建议：

- 多做体能活动。
- 花时间与家人朋友在一起。
- 设立界限及学会拒绝。
- 多接触大自然。
- 练习深呼吸。

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### Reduce inflammation in the body through diet and supplements

COVID-19 infection has been known to cause an inflammatory response of the immune system. The previously mentioned tips help to reduce the inflammation in the body to a certain degree, but to cause a direct reduction of inflammation in the body, the consumption of the right diet and supplements is highly recommended.

If you have recovered from a COVID-19 infection but still have lingering symptoms, you will benefit greatly by doing the following:

- Go through the 7-Days **Dr. Lynn's Detoxification & Rejuvenation Programme (DRP)**.
- Follow the **NewLife™ Health Building Programme (NHBP)**, found on page 25 of the DRP Booklet, for at least 3 weeks. While on the NHBP, please make sure that you follow a no-salt, no-cooking oil vegetarian diet.

Depending on how you feel at the end of the NHBP, you have the option to continue with it or gradually make changes to your diet by introducing the following (in order of sequence) every week:

- Salt, sauces, etc
- Animal products
- Foods cooked in cooking oil
- Foods containing gluten and added sugar

Let your body tell you if you are ready to start adding these foods to your diet, or reach out to our Health Concierge team for advice.

It is highly recommended to avoid the following as much as possible:

- Alcoholic beverages
- Artificial sweeteners
- Trans-fats

The following is a list of additional supplements that can help to support the immune system and reduce inflammation:

- **C Complex** – 2-3 tablets daily.
- **B Complex** – 1 tablet 3 times daily, with meals.
- **Propolplus** – 1 capsule 3 times daily.
- **Niacin** – ½ tablet 3 times daily, with meals.
- **Essiac Tea** – 4 oz. 3 times daily on empty stomach.
- **Garlic & Parsley** – 1 softgel 3 times daily.
- **CoQ10 Plus** – 1 capsule daily.
- **Spirulina** – 1 teaspoon powder (in a glass of water) 3 times daily. Add some raw honey for taste.
- **Kelp** – 5 tablets daily.
- **N. Zimes PA Plus™** – 1 teaspoon with each meal and before sleep.
- **Liverin** – 1 capsule 3 times daily, with meals.

### 通过饮食及补充品减轻体内炎症

我们都知道新冠病毒感染会引起免疫系统的炎症，前面提到的建议在一定程度上有助减轻体内的炎症。想要直接减少体内炎症，强烈建议正确的饮食及补充品的摄取。

如果您已从新冠肺炎中痊愈，却又反复经历着滞留不去的症状，您将会从以下提及的建议中收益：

- 进行**陈林希珠博士的排毒与复健计划 (DRP)**。
- 遵循DRP手册中第25页上说明的**新生命重建健康计划 (NHBP)**至少3周。进行NHBP的过程中，请确保遵循无盐、无油的素食饮食。

根据您在NHBP结束后的感觉，您可选择继续遵循它，或按以下顺序，每周逐步将它们加入您的饮食中：

- 食盐、酱料等
- 动物制品
- 食用油烹煮的食物
- 含有麸质和糖类的食物

让您的身体告诉您，您是否已经能够重新摄取这些食物，又或是联系我们的健康顾问团队获取更多建议。

强烈建议尽量避免以下食物：

- 酒精饮料
- 人工甜味剂
- 反式脂肪

以下是一些有助支持免疫系统和减少炎症的补充剂：

- **维他命C综合丸** – 每日两到三片。
- **维他命B综合丸** – 每日三次，每次一片，随餐服用。
- **蜂胶** – 每日三次。每次一颗。
- **血液循环补充丸** – 每日三次，每次半片，随餐服用。
- **布鲁士医生草药茶** – 每天三次，每次四盎司，空腹服用。
- **蒜与欧芹油** – 每日三次。每次一颗。
- **生物吸收性辅酵素Q10** – 每日一颗。
- **螺旋藻** – 将1茶匙螺旋藻粉和一些生蜂蜜混合在一杯水中。每天三次。
- **海藻宝** – 每天五颗。
- **胰酶 (植物) 添加剂** – 每餐及睡前各一茶匙。
- **肝脏宝**：每日三次，每次一颗，随餐服用。