

A close-up photograph of a person's hand reaching upwards, with sunlight streaming through a window, casting long shadows on a light-colored wall. The hand is positioned on the left side of the frame, with fingers slightly spread. The background is a bright, overexposed area, likely a window, with a dark shadow of the hand cast onto the wall behind it. The overall mood is one of hope and reaching for light.

Sunlight In the Dark

A story on conquering Long Covid, and how to overcome pain and rebuild your life.

By
Alex Macfarlane

Acknowledgments



To my father, whose endless work ethic and love found a way to heal my body, to my mother who helped restore my spirit, to my coach who guided me through the dark, and to my partner who believed in me in the most painful of times.

Thank you.

Disclaimer

This book is for informational and educational purposes, and it is not intended to substitute for professional medical advice, diagnosis, and/or treatment. Please consult your medical professional before making changes to your diet, exercise routine, medical regimen, lifestyle, and/or mental health care.

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August 7th, 2021

“

The dust settled in the air around me as I lifted my eyelids off of my dry skin, feeling a warm ray of sunshine delicately kissing my forehead. I smiled, forgetting the days and weeks before, and for a brief moment, I felt happy. Then I turned over and felt it: stiffness in my neck, shooting pain in my shoulders, and numbness in my legs. Like a leaf blowing in a bitter fall wind, my happiness drifted away, icing over the warmth I felt. I sat up in a cold, dark room, put my aching feet on the floor, and stumbled to the bathroom while tears streamed down my face. One hour later, I was on my living room carpet, lying on my stomach unable to move or breathe, crawling towards my phone. I called the first person I could think of: my father.

“Alex, listen to me,” he cried when I got him on the line. “Don’t you die on me. Do you hear me?! DON’T YOU FUCKING DIE ON ME! Children aren’t supposed to die before their parents, that’s not the way it’s supposed to be. Don’t you die on me son!”

It was here, gasping for air while lying on my stained living room carpet when I felt death’s whisper. Creaking like a warped piece of rotting driftwood, it called out to me, offering its invitation to embrace it, to take me away to its deep, black sea. Then, out of the corner of my eye, I saw sunlight shining through my window, and with my last flicker of strength I reached my hand out to it feeling its warmth, and in that moment, I knew today wasn’t the day for death and I to meet.

July 9th, 2021

Four Weeks Prior

Man, was I feeling good. You know when life is in one of those seasons where you check your bank account and you've got more money than you thought, where you hop in your car with your favorite song randomly comes on your shuffle, there's no one on the road while you're hitting green light after green light, and everything seems to be **flowing**? That was me on this day. Life was good. In fact, *life was incredible*. I was in great shape, making money with a job I loved, and in a beautiful relationship with my girlfriend. How little did I know of the pain that was coming. How little did I realize what new existence waited for me. *How little did I appreciate the life I had.*

I define my life as two separate periods: before July 9th, 2021, and after July 9th, 2021. **Everything changed that day.** On this day I received my first Covid vaccine, and it led to a reaction in my body which left me completely disabled, eventually morphing into agonizing Covid symptoms that lasted for many, many months. Eventually, I was diagnosed with a new mysterious illness: Long Covid. As I reflect back on that defining day, I feel so grateful for surviving those next 12 months. What's perhaps most shocking is that I didn't just survive. I ended up *thriving*.

But of course, like all good tales, the pathway was anything but glamorous. With blood, sweat, puke, and tears, I crawled towards the hope of health everyday, mostly failing in my search, wanting so badly to give up and end my life of suffering. I didn't though, and instead, I kept crawling towards the sunlight shining through my window, fighting with all my strength to keep moving towards the light, one step at a time, only to stumble and fall, over and over again. Then one day, I found out how to walk once again.

*This is my story of crawling, stumbling, falling,
to walking, and how I did it.*

This is a story I write for you to do the same.

This is a guidebook to show you the way through.



July 9th, 2023

Two Years Later

With more twists, turns, ups, and downs than you can possibly imagine, I can confidently say that my full health has returned. What's more, I now feel healthier than I ever have before in my life. There are numerous reasons why I feel this way, which I'll discuss later, but for now, know that I found my sunlight.


As my physical health reaches new highs, my mental health has also drastically improved. I believe this is because I don't feel angry for what happened to me anymore. Instead, I feel immense gratitude for what transpired, for it formed me into the man I was meant to be.

However, it took nearly a year from that fateful July day to get to this place of appreciation. The journey here was like living inside a house made of quicksand. Whenever I tried pulling myself out of despair, I got sucked back down even deeper, and it wasn't until I learned how to live in the quicksand and be at peace with my new home for my healing to ultimately take place.

More often than not, I now feel a calmness which surrounds me and a softness that touches my soul every day, filling my eyes with compassion and tears of gratitude. The quicksand has turned into a garden, with soft earth now supporting me. Although I know this can change at any moment, I'm just thankful to be here.

If you're reading this and you have **Post COVID syndrome**, or "**Long Haul Covid**", I ache for you. You may not know me, but I deeply relate to you. I feel you, and sometimes I imagine my feelings - my aches - are part of a larger collective connection with those currently suffering. I believe those who have Long Covid and the ones who've moved through it will forever be connected, for the pain and stories we share are incredibly unique. Most people will never be able to understand the tortuous path we crawled, but if you're reading this, I bet you do.

WHY? MY INTENTIONS

A vertical photograph on the left side of the page shows the silhouette of a person from behind, wearing a dark hoodie and a baseball cap with the word 'DREAMERS' on it. They are standing on a beach, looking out at the ocean under a sunset sky. The colors transition from orange near the horizon to a deep blue at the top.

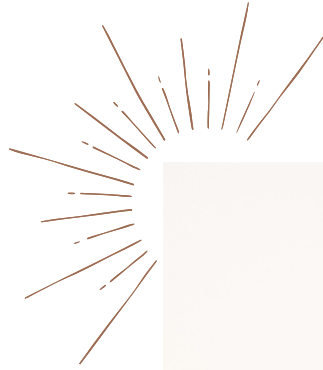
I am not a doctor, nor do I pretend to be. Much of this story is from my personal experience. I'm going to share with you in 30 minutes what took me a year to uncover through investigations, research, and implementation.

The tools and methods I found changed my life, and I hope that one person reading this – *just one* – benefits from this, recovers, and moves forward with their life. I hope this person is you.

May this information help you regain parts of your life you feel you've lost and give you a new understanding of how to manage your LC symptoms. It is my intention, above all else, to help those who were once sick like me. I don't know if I can, but I'm going to try. This is something that must be done, for there are too many still suffering without answers. **As I write this, there are an estimated 20 million Americans with Long Covid who don't have any answers.** Globally, it's much, much more.

My ask is that you take this journey with me, knowing that I am no savior, physician, or chieftain with all the answers. I am just a regular person who got very sick, recovered, and who wants to help others find relief too.

If I reflect a bit deeper, there's one clear reason why I've taken the time to write this and create a Long Covid Relief Program. There were months when I was suicidal while I was sick. Each day I was getting more and more physically and mentally ill, and it created an endless darkness where I felt deeply alone. No one had any answers for me on how to get better, and everywhere I turned I was met with more questions, more tests, and more confusion. I was lost and hopeless, and I felt like my life was pointless.

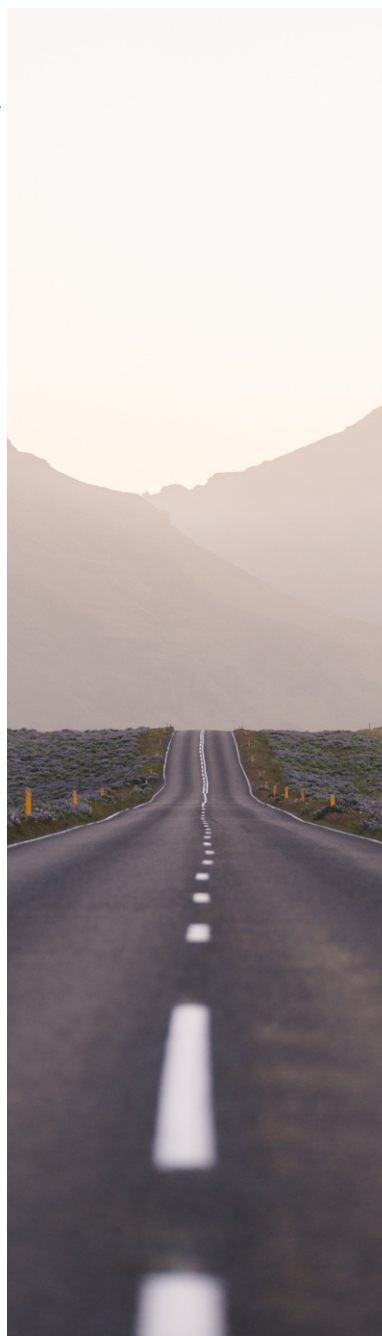


This pain was all-encompassing and so immense that I nearly lost everything I had built in my life. I wouldn't wish this type of pain on any living being and I'm unable to sit back and allow this to happen to others when I might have information that could help.

Last, in full transparency, I'm writing this book to also give you a glimpse into the content I've created on my video course: *Conquering Long Covid - A Step-by-Step Guide to Rebuilding Your Life*. This masterclass is more personalized and direct than this book, and it includes benefits - such as a community - that are not included here. I'll talk a bit more about this at the end of our time together.

MY ULTIMATE PURPOSE:

To do the best I can to help the Long Haulers, to heal the prevailing pain, and to bring light to a deep darkness that has drenched its blackness across so many lives.



WHAT YOU WILL LEARN IN THIS E-BOOK

In this short but detailed book, I'm going to tell you about the supplements, nutrients, and foods that helped me regain my energy and vitality, the bodywork techniques that helped ease my physical pain and mental fog, and the mindset hacks that allowed me to come out of my black cocoon and morph back into a happy and healthy being.



BOOK LAYOUT

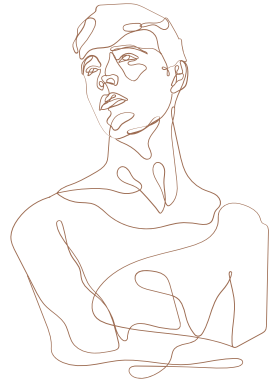
This book is structured in three parts

Sec. **1** The
Physical
Body



Sec. **3** The
Spirit

(or what I've also termed as "*faith, hope,*
and confidence")



Sec. **2** The
Mind





Each of these sections will be important to read if you have Long Covid, but some will be much more meaningful to you than others.

My recommendation is to read each section but keep in mind where you currently are in your healing process and dial in your focus on what you need help with the most.

I've laid this out in the above manner (physical – mental – spiritual) because this is the order of the healing I went through.

This book is interactive, and you'll see some sections have hyperlinks that will show you where to find the nutrients, supplements, and tools I used so that you can also explore them for yourself.

You'll also find an *AI assistant on the last page* to help you navigate information you want to quickly find in the book. Use it to look up information you may want to remember!



FINAL THOUGHTS

There are times in our lives when we are tested to see what we're capable of surviving. I don't know why we're given these tests, but I choose to believe we're given these trials to show us our true strength: *that we're capable of much more than we imagined, and that we're worthy of receiving more love, joy, and prosperity than we can comprehend.*

If we can get through the darkest days of our lives, treasure can lie waiting on the other side of our pain. I tend to think of this as finding jewels at the bottom of the ocean after surviving a drowning. It is only those who have been to the depths of the sea floor darkness and "drowned" who can see the forgotten jewels that lie in the dark. It is here in the darkness where we find extraordinary understandings to bring back to the surface to internalize, and when it's time, share with others.

If you are suffering, remember that you see and feel things many have never seen or will never be able to see. You have something unique to offer this world: a *different perspective, full of richness*. If you persist, maybe your suffering can turn into a gift of insight, and maybe this insight will change your life and everyone's life around you. It may not feel like that at this moment, but I am proof that this pathway is possible.

May the following information help you not only heal and grow, but also to alchemize your pain into power so that you may become a leader in your community, a beacon of light to those around you, and something the world needs above all else: a compassionate and loving being.

I may not know you, but I feel so much for what you have been through. This is for us: **the Long Haulers.**



Sec.

1

Managing the Physical Body



When I look back, the first 8 weeks of my journey were the most physically brutal. I had such immense pain in my neck and shoulders that I was unable to fall asleep, and as you'll find out a bit later, consistent sleep is critical for LC relief. When I was lacking consistent sleep, it left me feeling incredibly dazed and I was unsure if I was sick or if I just needed rest. As you likely know, one of the most confusing parts of LC is the uncertainty you have with how your body and mind can feel. Is it a lack of sleep, poor nutrition, exercise, or a mental state that's making you feel a certain way, or is there something more sinister going on beneath the surface? Is it LC or another health concern? It's beyond perplexing, especially when doctors don't know what to do. I've heard many stories of people with Long Covid who've described their doctors telling them that what they're feeling isn't real, that they're faking it somehow, and their mind is making their symptoms up. I can't imagine the feeling of anger and confusion one must feel in that position

And so there I was, in those first 8 weeks, feeling that anger and confusion, not knowing what was happening to me or why there were no answers. Each day was a struggle, and I felt my energy levels stay steady at 5% to 10%. I was so weak that I was unable to leave my bed and walk much more than 20 feet at a time, and the pain in my neck and shoulders was so severe that even lying down was painful. Each day was torturous.

Sec.

1

Managing the Physical Body



The first thought I had when I was in this state was the first many might have: change what you're drinking and eating and see if that helps. Alongside a nutritionist, research on my own, and my mother (a chiropractor who practices bodywork and alternative medicine), I received insights into changing my diet to shift my energy levels. After months of trying supplement after supplement, different nutrients and foods, I came across a combination of supplements and nutrients that gave me noticeable changes in my energy and mental clarity. Here they are, listed in daily amounts that I took and continue to take. Below this list, you'll find out why they helped me and the hyperlinks to find them online for yourself.

Increasing Energy and Managing Pain: The 9 Secret Nutrients

Daily Intakes



Sunlight or Vitamin D

125 mcg



Trace Mineral Drops

2 to 3 drops per 8oz of water



Electrolytes

1 packet per 8oz of water



Protein

*At least 2 meals per day with protein
(can be whatever type of protein you enjoy)*



Vitamin C

1,000 to 2,000 mg per day



Organic Spinach and Arugula

*1 to 2 handfuls. I add vinaigrette dressing with
avocado and toast*

**Note I have heard that histamine, which can be
inflammatory to some body types and which
spinach has high quantities of, could be
damaging to those with Long Covid. There is no
clear study on this I've found yet, but it is
important to be aware of. Please remember that
each body is different, and this just what helped
me.*

Increasing Energy and Managing Pain:

The 9 Secret Nutrients

Daily Intakes



Organic Celery Juice

10 oz to 16oz, before you eat in the morning



CBD (for pain relief)

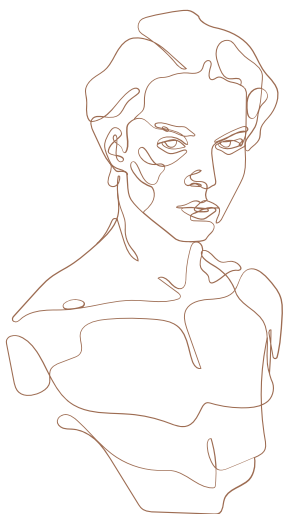
Depending on the body, 1-25mg. The higher the dosage the more sleepy you'll get.



Ibuprofen or Tylenol (for pain relief)

Dependent on pain level. 200-600mg every 4 hours or take Tylenol (500-1,000mg every 4 hours)

**Important Note: taking too much ibuprofen can cause stomach bleeding. Only take recommended dosages that doctors recommend and alternate between ibuprofen and Tylenol each day*



“With each of these, I found that consistency is key when ingesting supplements and nutrients to help the body and mind. There's what I've referred to as a "buildup" which allows the supplements and nutrients to fully take effect on the body after a certain period, usually around 10-14 days after first starting to take them. That's the sweet spot I've found to see if they're helping me or not.

Although all have been influential in my healing, if I had to pick the top 3, I'd pick celery juice, trace mineral drops, and sunlight (or vitamin D).

Reasons why:

1 *Celery juice*

is a known anti-inflammatory that is used by many people to fight chronic illness. I felt the effects of celery juice very quickly - specifically how it helps my mental clarity and achiness levels. The studies and effects of celery juice on the body and mind can be found here:

2 As listed online, **trace mineral drops** contain

"naturally occurring ionic trace minerals. It's impossible to underestimate the importance of minerals and trace minerals for the human body. They are the catalysts for vitamins and other nutrients your body uses for promoting and maintaining good health." This supplement base formula was very significant in changing my energy levels. After taking these for 8 days in a row, I began to find focus and the ability to move my body more than 20 feet at a time. It was not just this that helped, but it was a catalyst for moving in the right direction.



(Clickable image)

3 Consistent sunlight was one of those things that I knew could be helpful, but I didn't start implementing it until months after I first got sick. What I found was a profound shift in my mental health and energy levels. On the tough days, I realized that several things were important for me to implement (more on how to deal with the tough days later), and a major part of getting through them was allowing myself to just sit in the sun for 10-15 minutes. If I didn't have sunlight, I would take vitamin D which also helped considerably. Read the benefits of sunlight and vitamin D here:



(Clickable image)



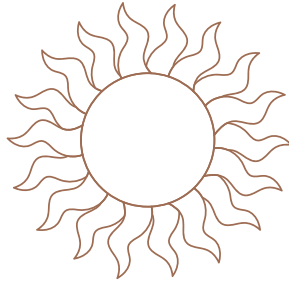
If you'd like to purchase any of these online, here are the links with the brands I take.

Live links (to purchase online, click on the words)

- [Vitamin D](#)
- [Trace Mineral Drops](#)
- [Electrolytes](#)
- [CBD / Hemp Gummies](#)
- [Vitamin C](#)

While each of the 9 nutrients listed was helpful for me, there was of course more to my body and mind's healing process. Perhaps the most profound change in my physical health was from what I've termed The Miracle Massage.

Increasing Energy and Managing Pain: The Miracle Massage Technique



It was in month 8 that I found out about this technique, and it had profound implications for my recovery process. Before this, I was having mild success in not having Long Covid spells each week. “Long Covid spells” were times when I would get hit very hard with my symptoms. For the months before I found out about the miracle massage, I would feel better for a week or so and then my symptoms would return and I’d get very ill for a week or two. This process repeated for months. Every couple of weeks the physical pain, brain fog, and exhaustion would come back, and I thought that I might never get better. Then it all shifted, thanks to my father.

My dad is a chiropractor who works alongside medical doctors in Colorado for a large national medical provider, and after numerous patients came into his office and told him about their mysterious chronic health issues after getting sick from Covid, and then eventually being diagnosed with Long Covid, my dad and his team started noticing techniques that seemed to be helping these new patients.

Increasing Energy and Managing Pain:
The Miracle Massage Technique

The first technique that seemed to make huge differences in the health of these people was what I've termed the "miracle massage" because of how much it affected me. It allowed me to feel better at a quicker pace than most of the things I was doing to help heal myself and I felt an immediate shift in my mind and body 24 hours after the technique was done.

For you to understand more about this technique, I've uploaded a video on YouTube that goes into this process and allows you to see me introducing it, explaining what it does to the body, and then myself being worked on by my father. Go ahead and take a look at this 8-minute video to see the how, what, and why this technique can be so beneficial.

[The Long Covid Miracle Massage - Relieve Your Mind Fog, Body Aches, and Free Up Your Breathing.](#)

Next on the list to help manage the body's pain and discomfort we're going to talk about one thing that's often overlooked but very important: posture.



Managing Pain Posture



One of the more frustrating symptoms that continued to affect my body were the aches and pains that pulsed throughout my shoulders and neck. It was frustrating, to say the least, that I couldn't seem to maintain an ache-free body, even when I was taking so many different positive actions for my health. Then, I had an interaction with a doctor who reminded me about the importance of posture in relieving my pain. It was a simple and memorable experience where she said:

"By keeping your shoulders and your neck upright and pulled back while you're on your computer or at your desk working, you allow blood flow to move through your body in healthy and magnanimous ways."

It was something I had heard before, but it didn't click for me until this interaction. I started following her advice, and soon I found myself being able to sit at a computer or in a chair for longer periods than before without pain.

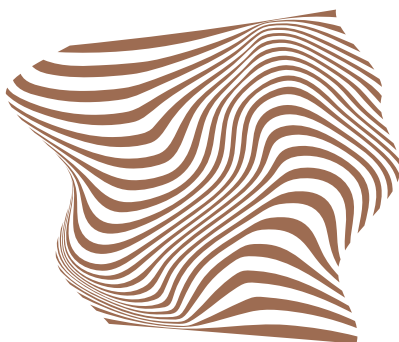
Now, I'm constantly aware of my shoulders, head, and neck, and I keep them pulled back and upright while working, rather than hunched over and bending my head downward. My computer is also at eye level, allowing me to uphold this posture throughout my work day.

Managing Pain:
Posture

After feeling the energy and ache-free differences in my day-to-day life, I can say that I found some of the most beneficial healing processes with the body through simple techniques I had heard of before but started implementing and repeating often. One idea that I had heard many times and was life-changing for my health was my sleep patterns.



The Nervous System, Sleep, and Long Covid



We've all heard that 8 hours of sleep a night is beneficial for the mind and body, but I hadn't followed this advice for a while. Before I got sick, most evenings during the week I was getting around 6-7 hours of solid sleep, and for most of my life, this was acceptable for my mind and body. That changed dramatically when I got Long Covid.

During the first 3 months of being ill, I slept a tremendous amount, many nights averaging 12-15 hours. But after that time, I started having difficulty sleeping, probably averaging 4-7 hours a night.

I noticed the effect this was having on my mind and body numerous times, and I found that **a lack of a consistent (or averaged) 8 hours of sleep per night was one of the major causes of my consistent flare-ups.** My healing was directly correlated to my sleep patterns and is likely for you as well because a lack of sleep can cause stress and anxiety to build up, which will trigger your body to over-respond to the illness which can make your symptoms worse.

I will get deeper into this when we go into part two with the mind, but I've included the following information taken from Dr. Gupta and the [Gupta Program](#), which has helped people with Long Covid:



"Over millions of years of evolution, our bodies have evolved so we can survive in our environment. Our body's number one priority is survival! And there are threats that we face that can compromise our survival, and these can be of many different types.

In biology, it is called the sympathetic nervous system response. And the opposite of the stress or sympathetic system is called the parasympathetic nervous system, often mediated by the vagus nerve. This is when the body calms down and heals, rests, and repairs itself.

However, in the event of COVID-19, even once the virus has been fought off, the immune system and nervous system may have become traumatized, still stuck in hyper-response mode because it still believes it is in danger.

The body creates a unique pattern of defense response. The nervous system and the immune system stay traumatized, in a conditioned state. Therefore, any mild triggers, for instance, opportunistic infections in the body, related or unrelated anxious experiences that the patient is going through, or even the symptoms of an overstimulated immune system themselves, become triggers for their immune system to keep overspending, to keep still defending against potential pathogens, just in case.

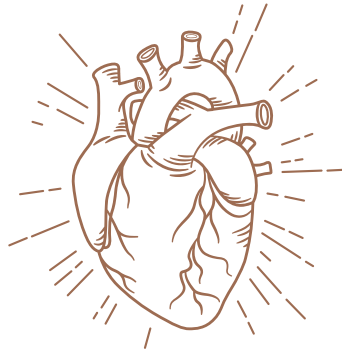
And it is this hyper-responsive and hyper-primed state of the nervous system and immune system, that creates the ongoing symptoms themselves. The immune system always errs on the side of caution. Because its priority is survival, it prioritizes that over feeling healthy and strong."

- The Gupta Program



When I first read the above from Dr. Gupta, a lot clicked mentally for me. I had felt like my body was over-protecting itself during certain stages of my illness and it made sense why consistent sleep was so important for me: I needed it for my body not to trigger an autoimmune response. Then I started learning about the Vagus nerve and even more began to click.

The Vagus Nerve



While I started to understand that my nervous system was over-responding to mild triggers and experiences and my sympathetic nervous system may be where to look for answers as to why, I found myself with information (led by my father's research) related to the parasympathetic nervous system and specifically, the Vagus nerve.

As said above by Gupta, while the sympathetic nervous system is the “fight or flight” response, the parasympathetic nervous system controls “rest and digest” functions. These two nervous systems make up your autonomic nervous system and control involuntary body activities – such as heart rate and blood pressure.

As I dug deeper, I realized that one of my core symptoms, faintness, could be because Covid had done some type of damage to my vagus nerve. More so, when I would get my blood pressure taken at doctor's visits, it was usually lower than normal, and low blood pressure and faintness combine to create vasovagal syncope, which is described below.

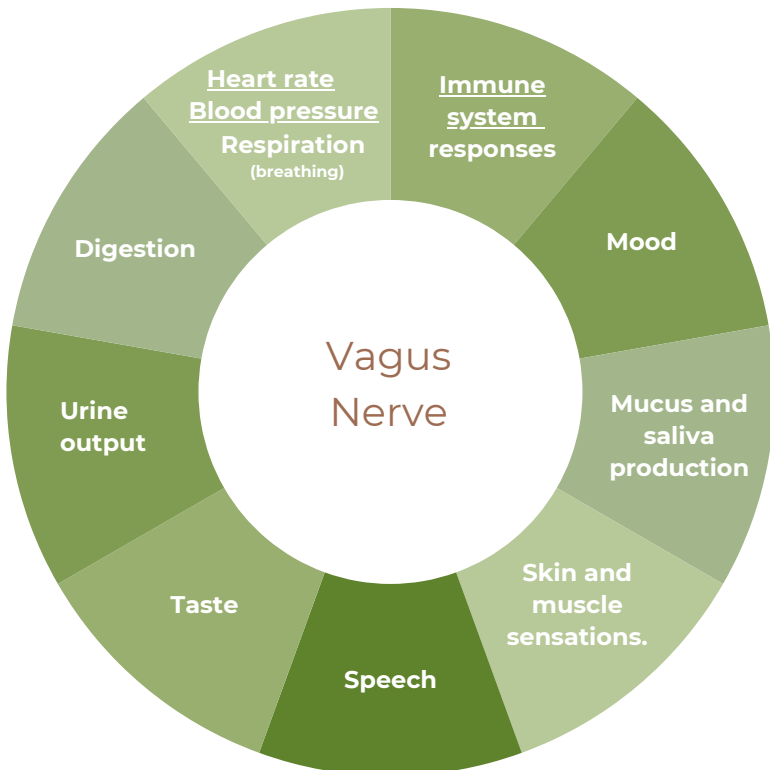
- **Vasovagal syncope:** Syncope is another word for fainting. Vasovagal syncope occurs when a vagus nerve to your heart overreacts to certain situations like extreme heat, anxiety, hunger, pain, or stress. Blood pressure drops very quickly (orthostatic hypotension), making you feel dizzy or faint.

The Vagus Nerve

After reading about syncope, the vagus nerve, and the sympathetic nervous system, I began to put more of the puzzle pieces together. While this is still being studied and needs to have data to back it, I encourage anyone who is reading this to look into these ideas further and find more evidence that may back this hypothesis. Here is some more info on the vagus nerve.

What is the function of the vagus nerve?

Your vagal nerves are part of your body's nervous system. They play important roles in involuntary sensory and motor (movement) functions, including:





With all this information coming to me, I still didn't understand how to regulate a part of my body that was on "auto-pilot". That's when my dad stepped in and started doing chiropractic adjustments on my cranial (the part of the skull that leads into the neck). These adjustments "loosened the grip" as my dad would say of the muscles around the vagus nerve and gave it room to "breathe". After receiving these adjustments weekly, I began to find my footing again, feeling like I could walk, talk, and function without feeling faint or needing to sit down. My dad and I were on to something. Now, after working on dozens of other patients with Long Covid and adjusting their cranial and relaxing their vagus nerve, he's found incredible success in helping LC patients with their recovery process.

Notably, my father has continued his work with Long Covid patients and is working alongside the head of Covid research at his clinic to find out if his techniques can be shared on the national stage for Long Covid relief.

At the end of this book, I'll include a section titled "resources" where I will list my father's work contact information where you can make an appointment to see him, as well as other helpful links to explore.

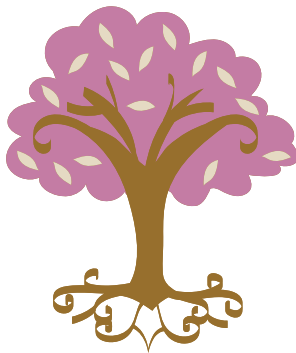
The Vagus Nerve

If you don't have access to someone to help you with the Miracle Massage or to work on your cranial, here are additional ways to help stimulate your Vagus nerve at home and relax your nervous system:

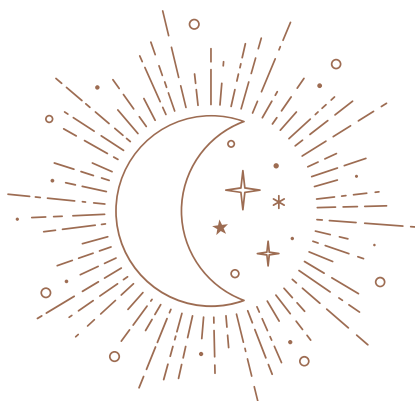
- 1.) Meditation
- 2.) Exercise
- 3.) Massage
- 4.) Music
- 5.) Cold Water Immersion

[Read more about ways to help your Vagus nerve here.](#)

[And here.](#)



Sleep



Once I understood more about my nervous system and how it could be a core part of my recovery focus, my mission became clear with how I treated my body, specifically with sleep. I then dove into research around sleep and how to get the best sleep possible.

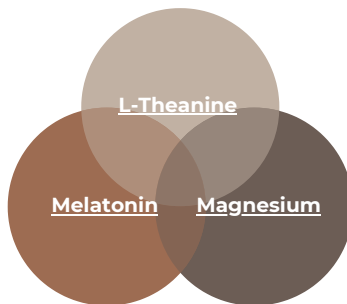
Here are several different scientific ways I stayed consistent with falling asleep and stayed in a deep sleep pattern. If you have trouble falling asleep or wake up often during the night, these are powerful tools and supplements you can use that can give you that much-needed rest. DO NOT underestimate the power of sleep with Long Covid and how it affects the response of your nervous system to the illness.

- **The 321 sleep technique:**

- 3 hours before bed: no food or alcohol.
- 2 hours before sleep: no work.
- 1 hour before sleep: no screens (or use blue light-blocking glasses or “night shift mode” to ease eye strain).

Sleep

- 4-7-8 breathing technique: you can use this for a variety of health benefits, not just to sleep.
 - Breathe in for 4 seconds, hold your breath for 7 seconds, and breathe out for 8 seconds. Do this 5-10 times and you will activate what cardiologists call the "relaxation response" which will reduce your anxiety, lower your blood pressure, improve your sleep, and relieve pain. Sound too good to be true? Try it.
 - - [Read more](#)
- **Natural supplements that have been proven to help with sleep (make sure to follow directions as listed):**



- **Others to note (for emergencies):**
 - Advil PM (only take if necessary and make sure to follow directions)

Now that we've gone over ways to helpfully manage the body with Long Covid, we're going to shift the focus to the mind and brain. What I found through the year of doctors' visits, research, and experimentation on my body with different supplements and bodywork techniques was that there was no solution to Long Covid by just focusing on my body. I had to help heal my brain and, also importantly, improve my mindset on my well-being. What we'll be touching on next was life-changing for me. I hope it is for you as well.

Sec.

2

Aiding and Restoring the Mind

After my body began showing more consistent improvements and I started to regain my energy levels, the next step for my healing process was focused on my brain and mind. At first, I mostly focused on trying to clear up my mind fog, which was a constant worry of mine. My brain was consistently unable to function at normal levels and I was frequently forgetting information. I had trouble communicating and I was struggling with pretty much anything that required me to complete tasks out of the house. As a financial professional, where my work focused on numbers, data, and speaking on complex topics, I began to believe that I might not ever be able to do my work again. It was terrifying to think that I would have a life-long disability that would impact my ability to think critically and leave me without a job.

In the first 8 weeks of my journey, I wasn't thinking about my mind as much as wanting to be able to walk again, but after that 8-week period ended and I started to become more physically mobile, my mind fog became the primary focus of what I wanted to heal. It wasn't until 6 months later that I found the combination of tools and techniques that helped heal the confusion and haziness in my mind. Those 6 months felt like an eternity, and it was the most harrowing time of my life. I wish I had found these solutions much sooner, but looking back, I'm just grateful I eventually found them at all. They saved my life.



Sec.

2

Clearing Up the Mind Fog

The most consistent mistake I made with my mental healing process was thinking there was a "cure-all" solution I could find. *Where was the pill, the nutrient, the bodywork, the medical practice that could save me?* I was so focused on finding **the one thing** that could help that I missed the forest for the trees.

What I found, was while there were certainly supplements and treatments that improved my body and mind, there was no one solution that completely ended my mental and physical pain. Instead, **it was a combination of tools** I fell back on to heal, specifically when working on improving my mind fog and memory loss. There was also one very important lesson I needed to remember which I'll also mention.

The reason why it took me months to figure out how to heal my mind was because I wasn't "stacking" my health habits on top of each other. Instead, I would occasionally do a couple of my regimens, then stop for a day or so, while putting most of my focus on on trying to find the one way through. I imagine you've probably felt something similar, and why wouldn't you?

Wanting to find the fastest way to travel through hell makes sense. We all want the magic pill, the magic money-making machine, the magic person, but in reality, no one thing can give you what you want. **Growth and healing are about finding a multitude of habits and actions that build you toward your ideal self.** Of course, this takes time, but here is the fastest way I can break down my mental recovery process for you.



Top nutrients/techniques for Clearing the Mind Fog



Sunlight

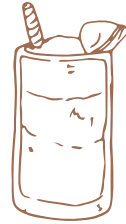
Sunlight (or vitamin D) created a bass level of healing for me to build off. It was essential for my mental health and happiness levels, which allowed me to alleviate my stress and anxiety. Remember in Section 1 where I mentioned the words from Dr. Gupta about calming the nervous system? It's essential to find how you can create peace for yourself to calm the nervous system and for the body to not attack itself any further. When I was in the sun, I became happier, and more peaceful (as well as full of Vitamin D), and it gave me patience in my healing process.



Trace Mineral Drops

The mineral drops gave me more energy and clarity after consistently taking them for 3 weeks, and they began to form another base for me to work off. When I started getting more energy because I was becoming more hydrated from my tap water when I added the nutrients to it, I felt like I was gaining momentum. This momentum shift got me excited about the possibility of getting better and calmed my nervous system down.

Top nutrients//techniques for Clearing the Mind Fog



Celery Juice

Perhaps the most directly related nutrient I'm listing to help with the inflammation of the brain and body is celery juice, and although I can't say it for sure, it felt like my brain was inflamed for months. The pulsations in the skull, the fogginess, the headaches, all of it felt like something negative was occurring inside my brain. But after one week of having celery juice each morning before I ate breakfast, I felt revitalized and more mentally clear than I had in months. This habit is now a staple in my day-to-day routines.

Miracle Massage Technique



Remember in my YouTube video where I shared how I felt my blood flow come back into my body when I first had this done? Well, the blood flow didn't just go to my body, it also flowed to my brain. The day after I had this done, I felt the mental sharpness seep back into my mind, and it was most likely related to the lack of blood flow that I was getting to my brain due to the constriction of my diaphragm muscles.



The Vagus nerve adjustment

Along with the miracle massage, getting the back of my skull lightly massaged and adjusted by a chiropractor (or massage therapist) brought me incredible amounts of pain relief and clarity.



The Caveat

While these tools helped me build a strong baseline toward coming back online mentally, there was one major issue I ran into repeatedly. Whenever I pushed myself too hard with work, being social, or physically active, my symptoms would come back, oftentimes even worse than before. Slowly, I started realizing that in the days where I felt good, I would try to do what I was accustomed to doing before getting sick, but if I reverted back to my old routines too quickly, I would spin out of control and circle back down the Long Covid drain. For my healing to fully cement, I had to intentionally do one thing: *permit myself to do nothing*.

The caveat: if you push your healing process too quickly by doing what you used to do (exercise, socialize, etc.), you will risk reverting to your illness. It is essential to take time to heal yourself before you push your body and mind too much with your work, exercise, or social interactions.

It was this part of my healing which took me the longest to master. I'm an active, social person and have competed in sports my whole life, so when I felt good, I would immediately want to exercise and be out and about. But if I wasn't careful, the Long Covid would come back around even stronger, and I'd be lost in a frenzy of feeling healthy, then feeling awful. Eventually, I figured out what to do:


Learn how to let go.

How to be patient with your healing



In order for myself to let go of the anger and frustration of not getting better, *I had to give myself permission to do nothing.* I've termed this process "having a mental health day." On these angry and frustrating days, I would soothe myself without pushing myself to do anything challenging.

- Here is my specific routine for when I would wake up feeling ill and needing a mental health day:
 1. Wake up. Feel sick? Ok, no problem.
 2. Follow the routine:
 3. Drink celery juice.
 4. Eat protein.
 5. Take ibuprofen / CBD.
 6. Drink two to three 12oz glasses of water with electrolytes or trace mineral drops.
 7. Stretch
 8. Sit down and feel my body. What am I feeling today? Pain in my neck, pain in my legs, brain fog? What do I need to attend to? Tap into how I feel.
 9. Get in sunlight (or if no sunlight, take vitamin D).
 10. Pull up my list of TV shows and movies to watch.
 11. Watch something funny.
 12. Take breaks from tv and sit in sunlight for 10-20 minutes every hour or two.
 13. Check my phone sparingly (tell others I'm taking a personal health day).
 14. Repeat above.



As the mind restores itself and comes back into equilibrium, it can be challenging to wait and be patient for things to balance out. However, it became crucial for my healing process. But even when I went through the above process and had my game plan for the tough days, I still found myself experiencing feelings of depression and hopelessness, dreading over not ever fully healing.

Indeed, the nutrients and health techniques were slowly helping me, but I carried around a deep fear, believing that I would someday return to the darkness and pain I so desperately wanted to avoid. Many people with Long Covid (and other chronic illnesses) whom I've spoken to have felt a similar feeling of hopelessness. For one to not move deeper into the darkness and overstimulate your nervous system further, it's critical to work on your emotional fortitude. Here's how I did it.



Working with Heavy Emotions & the 4 Happiness Chemicals

In month 8 of my journey, I entered a phase of deep depression. I had feelings of depression pop up here and there before this point, but in this month, things got much worse for me mentally. I had improved, but my symptoms would still flare up every couple of weeks, leaving me debilitated, angry, and extremely sad. My journey had moved from a place of "what to do" to a place of lostness, and I felt like I had to accept that I might be sick for my entire life. It was during this time that I tapped into prayer, meditation, and therapy. I went through many different types of ideologies, but I landed on Zen Buddhist techniques for freeing my mind from the suffering that swirled inside of me.

Although the techniques and readings are a bit too detailed to include here, I'll go into parts of this work in our next section "The Spirit", and I've included the books that helped me on the "Resources Page". Also, in my Long Covid Relief Program I go into two meditations that guide you through the process of letting go and working with your shadowy dark emotions. For now, let's talk about the 4 happiness chemicals and how to access these when you're feeling down.

There are 4 key chemicals associated with happiness. They are:

1. [Dopamine](#)
2. [Serotonin](#)
3. [Endorphins](#)
4. [Oxytocin](#)

You can impact each of these by implementing daily habits. These are:

- 30+ minutes of daily exercise. Walking or stretching is appropriate here (remember: be careful not to push your body too hard)
- Direct morning sunlight
- Proper Nutrition (9 secret nutrients, or your own combination)
- Positive Human Interaction. Find others that can make you smile.


Simple is beautiful.



Sec.

3

The Spirit



There are a lot of terms associated with what I call the spirit. Some might call it the soul, while others might call it the inner self, the heart, or energy. Each of these terms are synonyms with each other, and it's in the spirit - in the heart - where I found my ultimate healing.

The easier part of managing Long Covid is finding the different chemicals, nutrients, and techniques that help the mind and body with daily symptoms. The more challenging part is building the mental strength to continue moving forward with Long Covid, especially after surviving the traumatic experiences you may have gone through.

The constant fear and anger that can arise from being sick with an illness that has little understanding from the medical community can make you feel hopeless, depressed, and like life lacks meaning. If you're here, know that there is a way through it, and I, among other LC and chronic illness *thrivers*, are proof of that.

In my opinion, the biggest hurdles to conquer along the LC path are the feelings of hopelessness and depression. To change these feelings you have to dig deep within your emotions and your current mindset. You must tap into your spirit.

This next section of the book will address how to do that, and we're also going to talk about how to focus and train the mind to find the positivity that exists in the state of illness, and how to rebuild your faith, hope, and confidence.

Regaining Confidence



Until LC, it felt like many years since I felt so unconfident. Once I got LC, I felt scared, and going outside the house and into public areas was something I dreaded - which was a completely new feeling for me. I hated people looking at me while I was sick. In my mind, it felt embarrassing and ashaming to be around so many healthy and functioning people while my body language showed how I was really feeling. With my shoulders hunched over and my gaze lowered to the ground, I didn't want people to notice me or my suffering. It was strange, but the feeling of wanting to completely remove myself from the outside world swam inside me like a sea snake, consuming my extroverted tendencies and turning them into agoraphobia.

It took months for me to once again feel confident with strangers and excited to be out, and a lot of this rebuilding had to do with how I conditioned my immediate environment around me.

Here are the ways I rebuilt my confidence while feeling sick

1. *I was VERY specific about who my outside influences were (family, friends, news, etc.).*

If one or two of them were consistently making me feel worse after interacting with them, then that was a sign I became aware of. I wasn't able to heal on my journey if others around me were bringing me down.

- Similar to the above, *I became specific about who I was hanging out with.* Instead of friends who often complained, I started only being around the ones with growth mindsets and the ones who were open with me expressing my vulnerability.

Regaining Confidence

2. *I became aware of who and what I listened to.*

Was I listening to people who were positive or who were negative? Who complained all the time or who expressed gratitude? I began to search for environments that fed me growth and positivity. Summed up, I avoided:

- o The news.
- o The complainers.

3. *I did things that made me feel confident and did less of the things that made me feel unconfident.*

Sounds simple right? For me this is what it looked like:

- o Taking a stroll around the block
- o Sitting down and breathing and feeling my emotions
- o Talking to my family, friends, and girlfriend and letting them know how I'm doing. I wasn't good at this right away, by the way. It was tough to share my pain. Eventually though, I opened myself to being more vulnerable and it helped me quite a bit.

4. *Find a community that understands.*

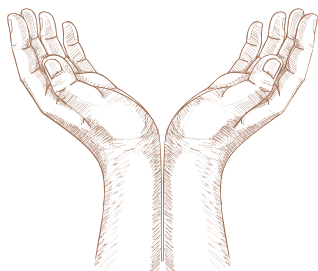
One of the most important parts of regaining my confidence was realizing I wasn't alone and understanding others were feeling just like me. I'll specifically touch on Long Covid communities here shortly.

When I started improving my confidence, my mindset naturally become healthier and more vibrant. I believe this is essential in the healing process of LC. Remember that improving confidence isn't an on-and-off switch and it might take some time to develop. If you're having challenges here, borrow and learn how someone with illness stays confident.

If you're having difficulty finding the right people here, that's ok! Get into the community of Long Covid survivors and find strength within us.

Action item: Join the Facebook group now and connect with other Long Haulers. [The Long Covid Relief Group](#).

Rebuilding Hope



Similar to feelings of unconfidence, hopelessness can also eat away at your life while you're feeling ill. I had to dig deep while having feelings of hopelessness and depression, and there were several tools I used to help me get out of that funk. Not only are these tools directly related to empowering your mindset, but they also can give you feelings of inner strength. If you're feeling down, frustrated, or have feelings of depression, I highly recommend exploring these. A short description is listed for each technique.

1. **Priming**

- o A 15-minute video and guided meditation from Tony Robbins that walks you through visualizing feelings of gratitude, peace, and goals you are looking to achieve.
- o Learn more and PRIME here: [PRIME](#)

2. **The Greatest Salesman in the World**, by Og Mandino

- o A powerful book that has nothing really to do with sales, but rather with sharing short passages to read aloud when you want to improve your mindset. Here's an excerpt:
- o *"I will persist until I succeed. I was not delivered unto this world in defeat, nor does failure course in my veins. I am not a sheep waiting to be prodded by my shepherd. I am a lion and I refuse to talk, to walk, to sleep with the sheep. I will hear not those who weep and complain, for their disease is contagious. Let them join the sheep. The slaughterhouse of failure is not my destiny. I will persist until I succeed."*

Rebuilding Hope

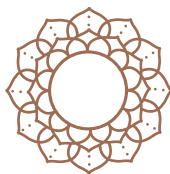
3. **The Magic Rock - A Gratitude Practice**

- Find a stone, trinket, or gem that you feel a connection to. Each evening, before you go to sleep, close your eyes, place the stone on your chest, and think of the BEST thing that happened today. Put yourself in that place and see, feel, and experience it happening again. Next, give thanks for it, and honor and acknowledge what happened.
 - For a bonus (recommended) think of one thing that you want to have happen tomorrow that will lighten you up and make you feel happy, excited, or grateful. See yourself there, feeling those emotions. Stay there for as long as you'd like.

4. **Meditation.**

Sit in silence and breathe in through your nose and out through your mouth for a couple of minutes. Meditation has been proven to relax the nervous system and calm the body. There are many different ways to learn to meditate, but one of the more popular ways is through a meditation app called "Waking Up" by Sam Harris.

Right now, try at least one of these techniques. If it feels good, implement it into your daily habits. These habits drastically changed my mindset from one of hopelessness to one of hope and allowed me to believe I was going to get better. They completely changed my life and they might change yours as well. *If I had to choose just one to start with, I'd start with priming.*



"Belief is half of healing."

Finding the Faith



One day during my LC struggle I experienced something incredibly powerful. I was in month 3 of my illness with one of the hottest summers I can remember, and I was deeply depressed. I was constantly in pain, and could barely make it out of the house without feeling like I was going to collapse. Moreso, I had such limited mental capacity that going grocery shopping, texting, and calling - everything that had always been simple for me to do in the past - was nearly impossible to complete.

Around 11 a.m. I called my mom, bursting into tears on the phone, searching for answers for what to do. Her words were clear: "Get into nature. Find a river. Find a beautiful stone, crystal, or something you can hold, and just relax." At first, I was skeptical.

"Surreee, getting into nature is going to heal me," I thought sarcastically.

Alongside that doubt, another passenger was riding with me: my mindfog. I was so foggy and in so much physical pain that driving was especially difficult for me. *How was I supposed to get into nature when I couldn't even get out of my own damn house?*

However, I was feeling so sad and lost that I had hit an emotional rock bottom. I was desperate and willing to try **anything**, no matter how much I didn't want to. Each day my symptoms were getting worse, and I honestly felt that I might not have much more time to live. Life took on an urgency I had never felt before. I thought *this day or tomorrow could be my last*. So, with nothing to lose, I decided to pull my strength together and drive to a small park near where I grew up in Evergreen, Colorado.

Finding the Faith

Thirty minutes later I got to the park. My body ached so badly that it took me 5 minutes to get out of the car, wheezing in pain, and another 15 minutes to walk to the river, which was only about 100 feet from the parking lot. Eventually, I hobbled over to the river bend, sat down on the ground to journal, and placed a pink rose quartz crystal in my lap. After 10 minutes of journaling, my hands started to ache, my mind started getting confused, and I began crying at the edge of the park. *If I can't even sit down and journal for 10 minutes, what am I capable of doing?* I sat in my self-pity for a couple of minutes longer and then stood up.

Screw this. I was going back home to watch tv.

As I walked back towards the car, I noticed something I hadn't seen before while entering the park: a labyrinth made of crystals and stones. I walked up to the labyrinth, amused at myself for not noticing it before, and suddenly, a very clear message came to me. Almost like an old memory that pops up out of the blue, a strong, visceral feeling arose in me, making me feel deeply emotional. This message came to me as words and said: *walk the labyrinth*. Perplexed by how powerful this message and feeling was, I decided to trust it, and I moved my aching legs to the beginning of the labyrinth.

The labyrinth was about 75 feet in diameter with beautiful river rocks lining the outside with red crystal clay underlying it. If you wanted to, you could easily walk over the stones and into the center of the labyrinth, but to properly walk the entire labyrinth, you had to walk for about 15 minutes and follow the circular pathway to get to the center.

I stood there at the edge of the entrance and took a deep breath. I heard the voice again: **walk the labyrinth**.

"Okay, something or someone is telling me to do this. I don't know why, but it feels right. Well... shit. Why not just see how far I can go?"

So I began walking.

The first 5 steps into the labyrinth I cringed. *"Why am I doing this?"*, I kept thinking over and over again. My body was throbbing, I was mentally exhausted, and I desperately wanted to lie down. But deep down, there was that voice, telling me to walk the labyrinth.

Finding the Faith

While walking, I had to keep myself focused and motivated. *One more step. Just one more step*, I kept saying to myself. *One more step. You can do this*. Painstakingly slow, I moved my feet, one after the other, through the crystal pathway.

Each step forward felt like running a marathon. My knees were buckling, and my back was throbbing, but I kept hearing that inner voice, pushing me. *One more step, just one more step*. After 10 minutes of walking, my body started having trouble moving.

Ok, you've walked far enough. Why not just step over the stones and go straight into the center of the labyrinth rather than follow the pathway?

But some part of me said that wouldn't be what I needed to do. I had to walk the entire way. I had to finish what I started.

Once the thought of "*finish what you started*" entered my brain, I felt something take over my body. A strength emerged from somewhere deep down, and all at once, an empowering energy coursed through me, almost pulling me along the pathway. With every step forward I took, I felt more and more power surge through me.

I was doing this.

Abruptly, a new thought came to me. This was a lesson, and it became clear what it was. **This wasn't just about walking the labyrinth. This was about walking forward when I didn't want to; walking forward even when I wanted it all to end.** The parallel between this and my LC struggle became immediately clear:

I was walking the labyrinth not only to show myself I could physically do it, but to also reveal a deeper truth: I had the strength to make it through my illness.

If I could do something I thought would've been impossible to do earlier in the day, I had the mental fortitude and strength to get through anything.

I was proving it to myself.

Finding the Faith

After 20 minutes of taking deep breaths and moving along the pathway, I finally entered the center of the labyrinth. Right as I moved my right foot into the center I burst into tears. I had done it. I had shown myself I could do what I initially thought was impossible. Not only that, but I hadn't taken the shortcut by stepping over the pathway and walking directly to the center. I had walked the whole damn thing.

While I sat down in the center of the labyrinth crying, feeling pain, triumph, and exhaustion, I took a moment to myself and looked up at the sky. It was such a beautiful sunny day. The wind lightly brushed my hair and the birds chirped in the trees. As my gaze settled back down toward the ground, I looked at my car to see how far away the parking lot was, and I'll never forget what I saw next.

Behind my car was a church, with a huge cross on the front of the building. I don't necessarily identify with being Christian or Catholic, but at this moment, I knew I was experiencing something deeply spiritual. The cross beamed at me like the sun, illuminating my aura and filling me with love. I crumpled over overwhelmed, feeling how monumental this moment was for me. I had shown myself I could do something I thought was impossible, and here it was, a sign of confirmation that what I had done was exactly what I was supposed to do.

After crying in the center of the labyrinth for a couple of minutes, I got up and walked to my car, put the keys in the ignition, and drove home. Two thoughts presented themselves to me on that drive home and they've stayed with me ever since.

- **I am capable of much more than I thought.**
- **I am always being watched over and protected.**

I'll never forget that day.



The "Transfiguration Labyrinth" in Evergreen, CO

I told you this story because for each of us, at some point in life, we will reach a crossroads. Some might even call it a point of no return. Many times, it's presented as a barrier in front of you, and you must decide on which direction to take. Do you keep moving forward and try to find a way around it, or do you stop and turn around?

If you decide to keep moving forward, there's another question you must answer: **do I walk the long way, or take the shortcut?**

Finding the Faith

Before you make your decision, remember the two lessons:

You are capable of much more than you think you are, and you are being watched over.

You might not realize it at this moment, but **you are capable** of doing things you never thought you could do. I know this because it happened to me. Even though I may be of a different gender, race, or have a different medical situation than you, at the end of the day, I am not so different from you. We are both humans. We both struggle with emotional, mental, and physical pain. We both love, cry, laugh, and, eventually, we both die. But alongside these similarities lies something that might separate us.

As you walk through your labyrinth and begin to understand more about your body and mind, ask yourself this question: **is this happening to me or for me?** As incredibly difficult as it may be to accept that pain and anguish can be working for your higher good, know that the way you think about your present situation has profound implications on your direction in life. This isn't something that just clicks in the mind and happens overnight. God knows it didn't for me. In fact, I would find myself angry at anyone who would tell me that my illness was purposeful and it was for my higher self. So trust me, I get it. It takes time - sometimes a lot of time - to find meaning in suffering.

Whenever I start to think about this, I remember the phenomenal book, *Man's Search for Meaning*. In the book, the author describes his journey living in concentration camps during WWII, and how he and other prisoners found meaning and peace in the horrible devastation around them. The book is a reminder of the power our minds hold and the ability to alchemize our pain into purpose. One of my favorite quotes from the book:

"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way"





Community

As we spend our final moments together for now, I'm going to talk about the last cementation of my healing process: finding a community.

When you can find a community that understands what you're going through, you can lean on each other in times of need.

If you haven't already, check out the Facebook groups online that are Long Covid Support Groups. Many of them are great sounding boards for expressing your struggles and seeing that you're not alone.

I have also created a Facebook group. In this community I have further insights, research, and care for those who are interested. In this group, you'll find up-to-date info on LC as well as insights from healthcare practitioners, other LC patients, and more. Join by clicking the image below.





Community

Also, suppose you want to find videos, resources, and a community that is much more personalized and direct to your experience. In that case, you can enroll into my Long Covid *Video Relief Program* here: [Conquering Long COVID: A Step-by-Step Guide to Overcoming Pain and Rebuilding Your Life.](#)

I created this video program to share the information in this book in a livelier, more encompassing way, with direct access to myself and the experts who helped me with my recovery process. There are also a number of pieces of content that I do not have here, such as guided meditations and mindset work. **But most importantly**, *it's here where you'll actually have the opportunity to meet others like yourself in our "mastermind meetings", and where a community of Long Covid patients (recovered and non-recovered) will build relationships with others across the globe to assist in the LC healing process.*

Included in the program:

- Weekly live videos sharing insights, inspiration, and updates
- Monthly deep dives with Long Covid experts
- Monthly Masterminds with community members
- Access to our Long-Hauler community events

For most of you, I believe this community will be a great option to consider. It was built and created from my heart as a way to positively impact those who are ill. I don't know if it will give you everything you want and need, but I do know that it will get you closer to where you want to go.

“In life, realize there are no silver bullets, but there are some things that can move you closer to your goals. When those rare acceleration moments come in life, take them, because you either win or you learn, and both of those get you closer to where you want to go.”

-Alex Hermozi



Community

Important note: at this time, I'm only able to take on 10 people full-time.

Since I'm only taking on 10 people, I can give these folks all the attention they need to get positive results, and I'll give it to each of them for free, so long as they promise to:

- 1.) Use it.
- 2.) Give me feedback.
- 3.) Give a great review if it deserves one.

If that sounds fair, click the link below and enter the code **healing111** for full free access.

If you're too late for the above access code, or you'd like to try out the program first, you can still access parts of the course free of charge. Use this code for free limited access: **recoveryispossible**

[Conquering Long COVID: A Step-by-Step Guide to Overcoming Pain and Rebuilding Your Life.](#)

BY ALEX MACFARLANE

Conquering Long COVID: A Step-by-Step Guide to Overcoming Pain and Rebuilding Your Life

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Conclusion

I hope that this book has given you tools for your mind, body, and soul that you can use to greatly improve your Long Covid symptoms. The pathway to healing can be long and arduous, but with the above roadmap available from someone who's been there and with the right people around you, the walk through your labyrinth can be possible.

I'm writing this to you 24 months since everything changed in my life. I still have LC in my system, but it's been 7 months since my last LC flare-up, and another 4 months since the one before. I've accepted that this illness might stay with me for many years, but I have peace with it now, knowing that I have the toolkit available to help me if I trip and fall.

What's perhaps the most incredible part of my story is that I now feel healthier than at any point before in my life. My physical body is back to normal, and I've put in the discipline to consistently eat nourishing and healthy meals. My mental and emotional strength is also at a different level than before I got sick. Now, I look at hardships in my life as if they are just checkpoints to pass and complete, *knowing that if I went through a year of torture and got through it, the hardships I encounter will pale in comparison to what I endured.*

I give so much credit to my dedicated family, friends, doctors, community, loved ones, and the teachers in my life who helped me find the information in the previous 3 chapters of this book.

May you find peace, revitalization, and health. I hope to see you soon!

If this book has impacted you, please leave a REVIEW! It's my mission to help people with LC and I spent quite a bit of time and love on this book. Leaving a review would mean the world to me.

Leave a review here: [CLICK](#)

With love,

Alex



RESOURCES

Professionals Experienced With Helping Long Covid Patients

Greater Denver, CO area

Borden Smith and Team

Chiropractor

Kaiser Permanente

[Website](#)

Eileen Macfarlane

Chiropractor / Energetic Healer

Two Rivers Chiropractic

<https://www.bytheriverhealing.com/>

Online / Virtual

Janet Redford

Mindset / Personal Performance Coach

www.JanetRedford.com

Further Readings

- [Awareness by Anthony De Mello \(Spirit\)](#)
- [The Things You Can Only See When You Slow Down by Haemin Sunim \(Spirit\)](#)
- [The Greatest Salesman in the World by OG Mandino \(Mind\)](#)

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