Decrease your Long Covid
or Long Vax symptoms via

Fasting for Long COVID / Long Vax

v 1.41 Aug. 2026 Thomas Bunker PhD

DISCLAIMER

This is not medical advice and I am not a medical doctor. This protocol is loosely based on the 'Diet and Fasting for Long COVID' clinical trial. Although this is evidence based, it should be considered as preliminary evidence. We still have much to learn about Long COVID and how diet and intermittent fasting impact symptoms. If you have any medical issues or specific questions about how this protocol might affect them you should contact your doctor or other medical professional. While I strive to provide accurate information, be aware that information contained herein could be incorrect or dated.

CAUTION: If you have **DIABETES**, you are at increased risk for ketoacidosis while fasting or eating a low carb diet. Fasting may not be suitable if your BMI is < 20, you are pregnant or if you have a history of an eating disorder.

The Basics:

Why you should eat in a daily 10-hour window and try short fasts

Rather than trying endless supplements or other fads in the chronic illness community, try a holistic approach to helping your body fight inflammation and perhaps clear reservoirs of SARS-CoV-2 viral persistence. Our bodies know how to fast. Our hunter-gatherer ancestors often went though periods of food scarcity. What is unusual is the current super-abundance of food and calories. When we get sick, we often lose our appetite. Why is that? Perhaps, because food restriction triggers metabolic shifts that aid our immune system's clearance of pathogens and speed recovery.

What you are in for (with the protocol)

This is not a passive "take-a-pill" treatment. This requires motivation, dedication, and active engagement. This protocol puts you "in control" to improve your health. Having guided hundreds through daily time-restricted eating and once weekly or bi-weekly night-day-night fasts, I can confidently say this will be easier than you think. When we fast for a whole day, if our bodies are prepared with two or three weeks of a no-sugar diet and daily 10-hour eating, then most can successfully do a night-day fast of about 23 hours for their first fast. Surprisingly, hunger is rarely an issue. If you do get hungry at your usual mealtime, just drink a large glass of water and wait 5 minutes; soon the hunger "meal-reminder" has passed.

About 55% of long-haulers report fasting related flare-ups. Yes, that can be scary. But we are used to flare-ups; for 90% or more they are a part of our Long COVID experience. For good responders, flare-ups will gradually decrease in severity and length. In other words, this often gets easier after the first several fasts. Also, per our intermittent fasting clinical trial, half will see a noticeable decrease in symptoms just during the first two weeks of adopting a no-sugar diet and eating in a 10-hour daily window.

Evidence that fasting works

Per our 2025 clinical trial, "Intermittent Fasting and a no sugar diet for Long COVID symptoms", 70% of participants experience a 30% or greater decrease in their overall symptom severity scores. The top half of responders averaged an amazing decrease of 80% in their severity scores and had 70% of their symptoms go away entirely! Unfortunately, how individuals respond varies widely. Long Vaxers as a group did very well. Of course, other unknown factors are likely at play. Is this worth your time and effort? After running the clinical trial and talking with every participant, I definitely think so! Even more than a year of the completion of the trial, some participants sent me e-mails saying that the trial was "a game changer" for their health. I hope that this is a game changer for you as well.

Fasting for Long COVID/Long Vax

One Page Summary

Weeks 1,2,

Cut out foods with added sugar and alcohol. Eat more vegetables, salads and homemade soups. Eat a healthy, low "fast-carb" breakfast such as a vegetable omelet or steamed vegetables and a hard-boiled egg. Try to get 75% of your calories from plants and reduce your consumption of processed foods. Take an initial LC40 symptom survey so you can track your change in symptoms. *Note, in the Intermittent Fasting trial those that cut out dairy did not have better responses.* **Eat in a 9-10 hour window each day.** Do not eat breakfast later than 9 am and do not skip breakfast. For example, eat only between 9 am and 6 pm daily. Drink tea instead of coffee. If you want a sweetener use 100% Monk Fruit extract. **Stop all supplements** as many likely interfere with the protocol. *In the Intermittent Fasting trial, subgroup analysis showed that eating breakfast at 9 am or earlier correlated with better responses.*

Week 3

Try a **23-hour water fast** (night – day.) Do not eat after supper until supper the next day. Dissolve 1/3 teaspoon Morton Lite Salt in a 10 oz glass of water and drink that twice per fasting day for electrolytes. You may have a flare-up during the fast, or more likely after refeeding that may last for 12 to 48 hours, sometimes longer. You may experience worse fatigue for a few days after the fast.

Weeks 4-8 If your symptoms did not flare-up or if the flare-up was tolerable and resolved within 2-3 days, try about 38 hours (night-day-night) for your 2, 3, 4th, and 5th fasts. Aim to do four 38-hour fasts in five weeks. Women may opt to skip fasting before their menses.

Begin fasting after supper, don't eat the next day, and resume eating with a small breakfast such as a vegetable omelet. Dissolve 1/3 teaspoon Morton Lite salt in a glass of water and drink that twice a day for electrolytes. Also take 400 mg of Magnesium Glycinate each fasting day.

If your symptoms flare-up strongly and the flare-up lasts 3 or more days….
Switch to every other week fasting and do not fast longer than 20-23 hours until your flare-ups are milder and resolve within 2-3 days.

Week 9, 10 Recovery weeks. Continue eating a healthy diet: avoiding foods with added fructose, corn syrup, sucrose and other sugars. Try to walk some each day, but do not push yourself. Avoid all strenuous exercise. Avoid emotional and physical stress, pace yourself. At the end of week 10, take another symptom survey to assess your progress (or lack of progress).

And beyond

If you are seeing definite improvements, **continue eating in a 9-10 hour daily window** and **if your BMI is still >20;** repeat the four weekly fasts. Alternatively, switch to longer-term metabolic maintenance; continue your time-restricted eating and fast for 38 hours once per month.

If you are not seeing improvements, can you improve your diet? Have you cut out all alcohol? Did you review your medications and supplements per Appendix A? Do you have too much stress in your life? Are you pacing yourself each day? Are you avoiding all strenuous exercise? Finally, as individuals are quite variable in how they respond, perhaps you should try some other treatment modality.

Tom's Keys to Recovery

In the big picture of Recovery from long covid I believe the most important factors are:

#1 Breakdown a percentage of viral proteins in our cells. To do this **induce cellular housecleaning (e.g. autophagy) ONLY one or two consecutive days per week.** Short bursts of autophagy "prime" our antiviral immune responses. Allow sufficient time between fasts for cellular rest and repairs.

#2 **Avoid "extra" supplements** that may constantly stress your cells and may interfere with periodic strong autophagy. Taking supplements linked to autophagy (see Appendix A) and some meds like statins or LDN on a daily basis might mildly suppress antiviral immune responses.

#3 **Daily time restricted eating** - choose a regular 9-10 hour window in which to eat your meals.

#4 **Follow a no added sugar, low processed carb diet** and eat lots of beans, nuts, and vegetables. Avoid all alcohol. Optionally, also avoid processed wheat. In general, try to avoid fried foods and processed foods. Preparing your own food is healthier!

#5 **Avoid all strenuous exercise** and major emotional stressors. **Pace yourself.** Avoiding relapses and stress-related flare-ups is key.

Autophagy is a basic cellular housecleaning process that happens in every cell in our bodies. It is especially important for the long-term health of nerve cells. There is normally a low level of evening/nightly autophagy. Intentionally triggering periodic strong autophagy is likely a way for our cells to clear out virus particles, viral protein aggregates, recycle damaged mitochondria, down-regulate inflammatory signaling and improve cellular health. SARS-CoV-2 produces several viral proteins that inhibit cellular cleanup/autophagy in infected cells. Blocking autophagy helps the virus to hide from our immune system and protects viral replication organelles (DMVs) that likely enable viral persistence. I believe that we can enhance our antiviral immune responses and encourage viral clearance by periodically triggering short bursts of moderate/strong autophagy. Short fasts may be beneficial in a number of other ways as well.

Phase I - How to get started

Just concentrate on diet and daily time-restricted eating for the first 2 to 3 weeks. This alone may improve or get rid of some of your symptoms. This helps to prepare your body for successful short fasts.

First, assess your symptoms via this 5 minute survey:
Long COVID 40 Symptom Assessment You will be emailed your completed survey.

a) Choose a window for daily time-restricted eating

I think most long-haulers should start with changes to their diet and limit their eating to an 8 to10 hr window per day. *The optimum eating window is likely earlier in the day... like 8 am to 5 pm*. But if it fits your schedule better 9 am to 6 pm is fine. Some women find that an 8 hr eating window causes evening symptoms flare-ups, in that case increase to a 9-10 hr eating window.

b) Cut out all foods with added sugars and processed carbs
Especially baked goods and sugary drinks. Avoid energy drinks such as Red Bull. Avoid fried foods. Eliminate all alcohol if possible. Eat lots of colorful vegetables. Cook your own meals as much as possible. Substitute tea for coffee. See Appendix B for "What can I eat?" Start with soup or salad or vegetables for every meal.

c) Review your medications and supplements
Not everyone experiences fasting or supplement related flare-ups. Perhaps because other supplements or medicines that are interfering with the induction of strong autophagy. Or perhaps because supplements or medicines are partially suppressing antiviral immune responses. As much as possible, *eliminate all supplements!*
See the list of foods, medications, and supplements to avoid in **Appendix A**.

e) Pace yourself and avoid strenuous exercise
When you are tired, rest. Try a daily 20 min mid-day rest with an airline eye mask. If you feel up to it, walking and body movement exercises may be helpful but *do not push yourself*. Better to go slow than to overdo it. **Avoid all strenuous exercise.** Also be very cautious with moderate exercise. Many recovering long haulers trigger flare-ups or even relapses by hiking too far, jogging, or lifting weights.

Phase II - Periodic Fasting: 1 day per week

After 2 weeks of eating in a 9- to 10-hour window you may be ready for your first **23-hour fast**. For example, stop eating Friday evening, just drink water or tea (and electrolytes) on Saturday during your day of fasting. If you experience hunger pangs at breakfast or lunch time, just drink a large glass of water and wait 5-10 min. Resume eating with a smaller supper at your normal meal time.

CAUTION: About 10% of long-haulers experience a major flare-up of their symptoms after their first short fast. Old symptoms can reappear and existing symptoms can get worse for one, two, three days or even longer. Be patient, and know that your immune system is likely taking appropriate action against virally infected cells that the fast has suddenly "made visible" via the internal cellular housecleaning of autophagy.

Once your 23-hour fast goes well, you may opt to try a night-day-night fast of about 38 hours. When you are ready to try a 38-hour fast, stop eating after supper, fast all the next day, then resume eating in the morning with a small breakfast of say some steamed vegetables and an egg. This fast duration likely triggers a burst of strong autophagy. For about a third of long haulers this results in increased long covid symptoms during the afternoon or evening of their first fasting day. Interestingly, 50% of long-haulers experience their increased symptoms only *after* they resume eating. Most long-haulers find they feel *better* during the fast as it puts the body in a mild anti-inflammatory state.

2 weeks after your 5th or last short-duration water fast assess your symptoms again via this link: Long COVID 40 Symptom Assessment You will be emailed your completed survey.

Expectations

Some people responded very well during the 'Diet and Fasting for Long COVID' trial and saw symptoms begin to disappear at the rate of about one per week. Others unfortunately, did not seem to respond at all. On average, participant **Long COVID symptom severity scores decreased 52%** over the 10-week trial. The trial included 4 short duration weekly water fasts in addition to a no-sugar diet and daily time-restricted eating. Meanwhile, the average number of patient-reported symptoms decreased 40%. **The top-half of responders** saw an average **81% reduction** in their severity scores and a **70.8% reduction** in the number of their symptoms. Interestingly, it appears that your chances of being a good responder are not influenced by being male or female, or beginning with more severe Long COVID.

Note, it may be easier to get to 80-90% recovered than it is to get to 100% recovered. A few fortunate long-haulers may fully recover. However, many seem to plateau at 80 to 90% of normal function. For a true cure, I personally believe that we await the development of new combination antiviral therapies for SARS-CoV-2. Another RNA virus caused disease, Hepatitis C, is curable with combinations of antivirals taken for 90 or 180 days.

The End Game

If you are fortunate enough to recover 90 to 100%… YEAH! If you no longer feel Long Covid symptoms during fasting or other autophagy induction your level of virus/viral debris is likely very low. DO NOT ASSUME that you can now do strenuous exercise or start drinking alcohol or eating sweet treats. **This virus can be very persistent; DO NOT give it an opening**. I have talked to several long-haulers that thought they were fully recovered… YET they suffered a Long Covid relapse after a night out drinking, a few easy runs, or an episode of emotional stress. Unfortunately, this can happen after 4 weeks, 8 weeks, or even 12 weeks. Please error on the side of caution and do not underestimate this virus! Fasting once every 1-2 months or so might be a good idea to help maintain your gains.

Diet

Please follow a strict no added sugars, low processed carb diet. This means avoid baked goods, candy, bread, wheat flour, and fried foods. This Fasting Protocol restricts foods that spike your blood sugar. This means avoiding foods that have a high glycemic load. Avoid all foods with more than 5 or 6 g of sugars. This means no ripe bananas, dates, or figs.

Other fruits such as apples and kiwis are good to eat**. Avoid wheat flour, white rice,** potatoes, and other starchy foods that are rapidly digested. Boiled and cooled sweet potatoes and squash are good. Quinoa, pearl barley and steel-cut oats are fine. Some meat and fish are fine, but avoid highly processed meats. Do try to avoid eating meat every day. *Strive to have at least half your plate at each meal covered with vegetables*. Hearty soups are great with lots of beans, split peas, and vegetables. Salads with walnuts, feta cheese and lemon/lime juice or balsamic vinegar are good. Nourish healthy gut bacteria by adding some resistant starch, such as in green banana flour, to your daily diet.

Supplements

These are not needed but are OK to try:

- 1 tablet of Centrum minis daily **multivitamin**. (1/2 dose) We want to avoid excess folate (Vitamin B9) so get most of your nutrients from a healthy diet.

- 600 mg **NAC**. It is a good mucolytic and boosts glutathione; our cell's main antioxidant.
  STOP NAC a full day before you plan to fast.

- **Optional for MCAS symptoms:**
  500 mg **Quercetin**. To minimize activation of Mast Cells and block histamine release. May also help take cells out of a pro-viral growth mode. ***Like NAC, stop for fasting.*** Avoid Quercetin Phytosome

It is likely fine to take most medicines when doing 38-hour water fasts. If you need to take your medication with food, it is OK to take your pills with a 100-150 calorie low protein, low carb snack.
Stop ALL your vitamins and supplements during a fast.
Beware of brain fog! Use a day-of-the-week pill box to help organize your supplements.

Resources for Tom's Fasting Protocol

Facebook group:
Long Covid – Improve via Fasting
https://www.facebook.com/groups/2559838777474649/

Supporting research:
Intermittent Fasting and a No-sugar Diet for Long COVID Symptoms: A Randomized Crossover Trial
And a 40 min overview of the trial on YouTube.

Website: Intermittent Fasting for Long COVID.
https://dietandfasting4health.com/intermittent-fasting-for-long-covid-long-vax/

Track your Long COVID or Long Vax symptoms:
I recommend taking the survey at least twice: when you begin the Fasting protocol and again two weeks after your last short fast. Long COVID 40 Symptom Assessment

Appendix A

Supplements, medications, and foods that may interfere with the Autophagy Protocol

Health supplements to avoid:
Fish oils, Omega 3s, Krill Oil, Cod liver Oil, Astaxanthin, MCT Oil >1 Tbsp, Coconut Oil, powdered coconut oil, PEA, PQQ, Taurine. Take no more than 30 mg of Zinc daily as higher doses may trigger autophagy. High amounts of CoQ10 (200 mg as Ubiquinol) and L-Carnitine >300 mg may also trigger autophagy. Arginine, Leucine, Methionine, Serine and Glutamine are all pro-growth amino acids so avoid those. Lactobacillus probiotics can trigger long and strong flare-ups, best to avoid with Long COVID.

Herbal supplements to avoid:
Many herbal and spice extracts have compounds known to induce autophagy, so **PLEASE avoid ALL additional supplements** including:
Tumeric/Cucurmin, Luteolin, Urolithin A, Lions Mane, Reishi Mushrooms, St. John's Wort, Wormwood, Knotweed or Resveratrol, Licorice root, Boswellic acids, Moringa oleifera, Epigallocatechin-3-Gallate (EGCG), Pterostilbene, French Marine Bark extract or Pycnogenol, Diindolylmethane (DIM), Ashwaganda, Rhodiola, Schisandrin, Bromelain, Sulphoraphane, Oregano oil, Rosemary Oil, MACA, Ginko biloba, Danshen or Red sage, Spirulina, Stinging Nettle, Gota Kola, Black Seed Oil, Apigenin, Berberine, etc., etc., etc.

Longevity supplements to avoid:
ResveraCel, NMN, Nicotinamide Riboside (NR), Niacin or Niacinamide (more than 100 mg), Spermidine, Fisetin, Resveratrol, etc.

Medicines to potentially avoid or limit:
Inducers of autophagy:
Statins such as Simvastatin and Atorvastatin
Atorvastatin at 5 mg/daily is OK but avoid higher doses as it can cause flare-ups.

Metformin, Rapamycin (Sirolimus), LDN,
Pantoprazole (aka Protonix), Valaciclovir and Memantine. Carbamazepine, Doxycycline, Ivabradine, Methylene Blue, MRI Scans with contrast dye, Sulodexide, Pregabalin (Lyrica), Montelukast (Singular).

Potential blockers of autophagy:
Colchicine, hydroxychloroquine, quinone, amitriptyline, and nortriptyline. The antibiotic Azithromycin. The tricyclic antidepressant Anafranil (generic clomipramine).

Foods to avoid as they often trigger flare-ups
Olive Oil more than 1-2 teaspoons (5 -10 ml)
Broccoli sprouts
> 1/4 fresh pineapple
> Salmon and sardines
> 1/2 oz 85% Dark Chocolate
> 1/8 Cup red lentils
> 15 Cherries
> 1 cup Coffee (caffeinated or decaf)
> 1/2 clove garlic
> Superfood Red and Green powders
> 1/2 clove garlic
Some fermented foods such as Kefir 1

Appendix B What can I eat?

I believe that keeping our cells out of a rapid growth mode may be helpful for fighting our long-haul infections. The virus wants 'full-speed ahead' cell metabolism so it can create the maximum number of new virions. To slow our metabolism, it is important to avoid added sugars and refined carbohydrates. Basically, anything that promotes growth is potentially good for the virus. By avoiding sugars, we avoid spikes in insulin and insulin-like growth factor, hormones that promote cell growth and proliferation. Also, avoid big meals, evening snacks and excess protein. The latest diet research suggests that a "plant-based" diet where you get about 75% of your calories from plants is best for long-term health.

Food order – To minimize blood sugar spikes, start your meals with vegetables, a salad or soup. End your meals with any carbs or a piece of fruit.

Foods to avoid and healthy substitutes:

Pop or Soda with added sugars
Candy
Fruit Juices
As much as possible, limit all alcoholic beverages. Especially avoid sweetened drinks.
Instead drink green or black tea or water

Wheat breads, tortillas, buns and crackers
Pastries, pies, donuts and cookies
Fried foods such as French fries, fried chicken and fried fish
Corn chips, potato chips and tortilla chips
Instead snack on baby carrots and sliced vegetables dipped in hummus or nuts

Boxed breakfast cereals
Instant flavored oatmeal packets
Instead prepare steel-cut oats – perhaps with blueberries and a tsp of green banana flour
Hard boiled eggs or vegetable omelets in moderation.
To minimize blood sugar spikes, eat some veges or an egg 5-10 min before eating your steel-cut oats.

Figs and ripe bananas
Instead eat avocados, apples and kiwi fruits

Raisins and other dried fruits
Instead eat fresh nectarines, peaches and mandarin oranges

Hotdogs, cold-cuts and other processed meats in sandwiches
Instead eat pork tenderloin, lean cuts of beef and lower fat hamburger
Also try natural peanut butter on Wasa Lite rye-crisps

Big steaks and grilled chicken
Instead roast or boil your chicken or beef and add the cooked meats into vegetable stews and soups. Try pearl barley or quinoa or riced cauliflower instead of pasta.

Burritos and tortillas
Instead make a "taco salad" without the wheat tortilla.

Sweetened Yogurt or Custard
Instead buy unsweetened Greek yogurt and add your own berries or add a dollop to your steel-cut oats.

Glycemic index and glycemic load

To minimize blood sugar spikes, eat like a diabetic. We want lower glycemic index and lower glycemic load foods

https://lpi.oregonstate.edu/mic/food-beverages/glycemic-index-glycemic-load.

For example, let's compare eating rice to eating quinoa.

- Quinoa has a glycemic index of 53 and a glycemic load of 13.
- Rice has a glycemic index of 73 and a glycemic load of 30.

Quinoa has a much lower glycemic index and glycemic load (GL) so it is the better choice. It also wins nutritionally since it has all the essential amino acids. I would say that some quinoa with steamed vegetables is very healthy, but it is at the upper limit of what is acceptable when trying to limit SARS-CoV-2 replication in your cells. While most fruits are OK in season, bananas are above the cutoff point with a glycemic index of 62 and a glycemic load of 11 for a very small *banana* to 22 for a very large *banana*. So, OK to eat **half a banana** now and then, but not an entire banana. It is better to eat quinoa and bananas with other lower glycemic load foods such as nuts and whole vegetables.

A **boiled sweet potato** has a low GI of 44 and a medium **GL** of 11. But if baked for 45 minutes, the same sweet potato has a GI of 94 and a **GL** of 42, both extremely high. Baking has essentially turned the sweet potato into candy. **Non-starchy vegetables, most whole fresh fruits, beans and legumes, whole grains and nuts** are low to moderate GL and they are packed with vitamins, minerals, and phytochemicals. **Wasa light rye crispbreads** are a good bread substitute. Also **pumpernickel bread** has the lowest GL of any bread at 7.

https://extension.oregonstate.edu/sites/default/files/documents/1/glycemicindex.pdf

Tom's long covid favorites –

Breakfast:

Steel-cut oats with walnuts and berries I make this ahead of time with 3 C water and 1 1/4 C oats. I boil the water then add the oats and turn off the heat and let sit 20 min. This lightly cooks the steel-cut oats to lower the Glycemic Index and Glycemic Load (GL=9). I then cool and add a few walnuts, frozen wild blueberries, and 1 tsp green banana flour for gut health. Store in small containers for a quick, easy, healthy breakfast. I first eat a hard-boiled egg (or two) to effectively lower the glycemic load of the entire breakfast.

Lunch/ Dinner

Tempeh with broccoli slaw steamed to soften the vegetables. Add some peanut butter and chili powder or other seasonings.

Natural peanut butter with avocado or tomato slices on a rye crisp. Eat with some plain yogurt.

Greek salad with 1 tsp canola or safflower oil and balsamic vinegar, diced cucumber, garbanzo beans, dill, and sunflower seeds with crumbled feta cheese.

Split pea soup with onions and carrots. Make a big pot.

Homemade chili with ground beef, onions, navy beans, black beans, diced tomatoes. Go light on the beef, heavy on the beans and tomatoes.

Zucchini and Summer Squash Italian soup. Add diced tomatoes, navy beans, and Italian seasonings.

Chicken soup with carrots, celery, substituting riced cauliflower or pearl barley for noodles.

Cubed and boiled acorn or butternut squash.

Brown lentil soup with diced yellow onion and carrots. Season with salt and cumin. Perhaps add some shredded chicken.

Afternoon snacks:

Whole small apple, kiwi, nectarine, or mandarin orange.

Cauliflower, carrots, or snap beans with hummus

Greek yogurt (unsweetened) with added blueberries or raspberries or strawberries with added nuts

Feta Cheese or Mozzarella Cheese sticks

Peanuts or Cashews or Pistachios

Risks / Informed Consent

Much of this Intermittent Fasting Protocol is evidence based but it is still experimental. Daily time-restricted eating, periodic short fasts, and other methods of inducing putative autophagy are not proven methods to treat Long COVID or any other medical condition. Also, the trial did not directly measure the effect of eating a healthy diet.

A few cautions from WebMD or SelfDecode (this is NOT a complete list):

Fasting: Fasting for a few days probably won't hurt most people who are healthy, provided they don't get dehydrated. Your body needs vitamins, minerals, and other nutrients from food to stay healthy. If you don't get enough, you can have symptoms such as fatigue, dizziness, constipation, dehydration, and not being able to tolerate cold temperatures. If you have diabetes **your blood sugar levels could go dangerously low** (this is called hypoglycemia). That's especially true if you take medication like insulin to control your diabetes.

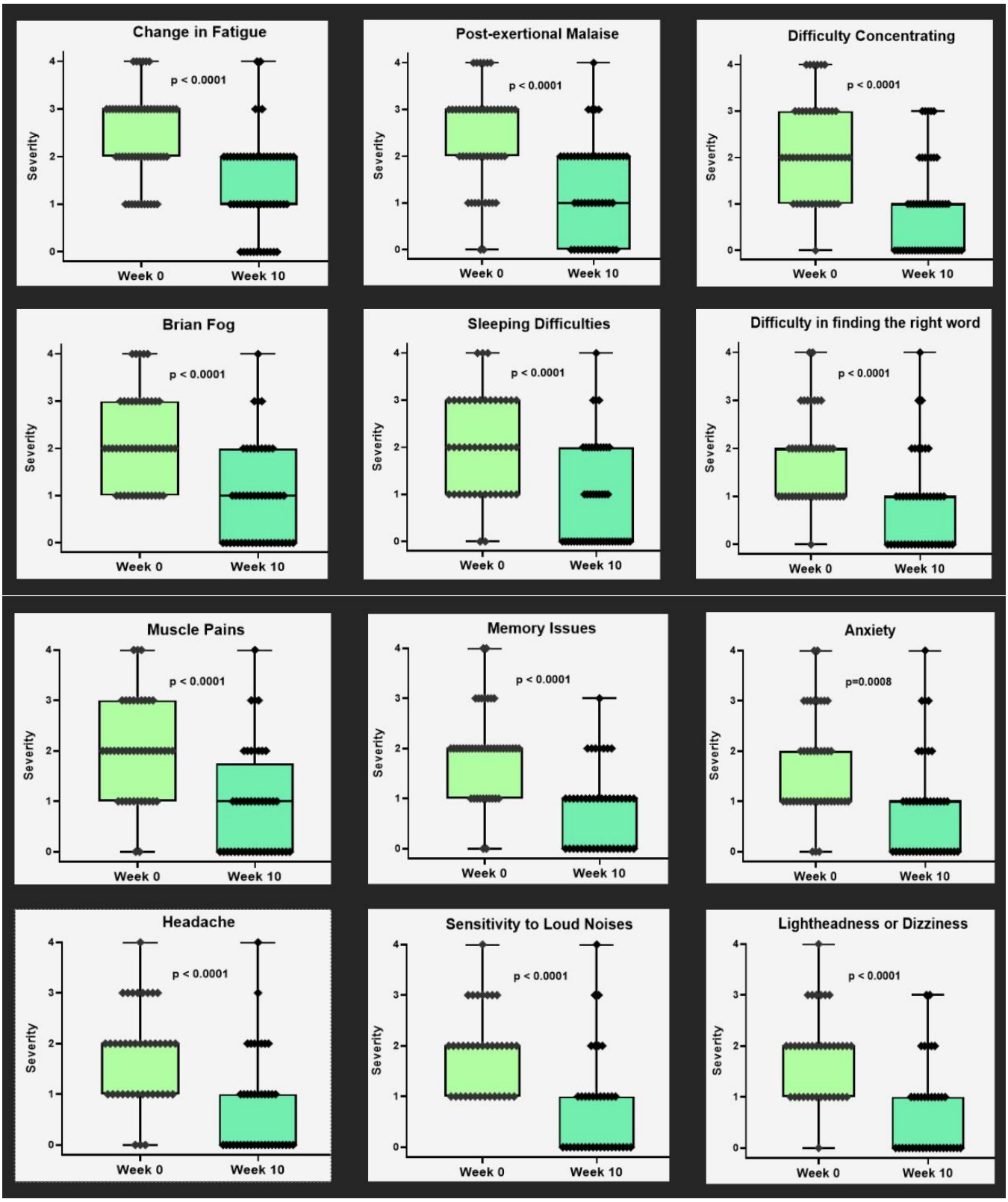
Longer fasts, > 4 days, should only be done under medical supervision as there is a risk of a life-threatening condition called "**refeeding syndrome**".

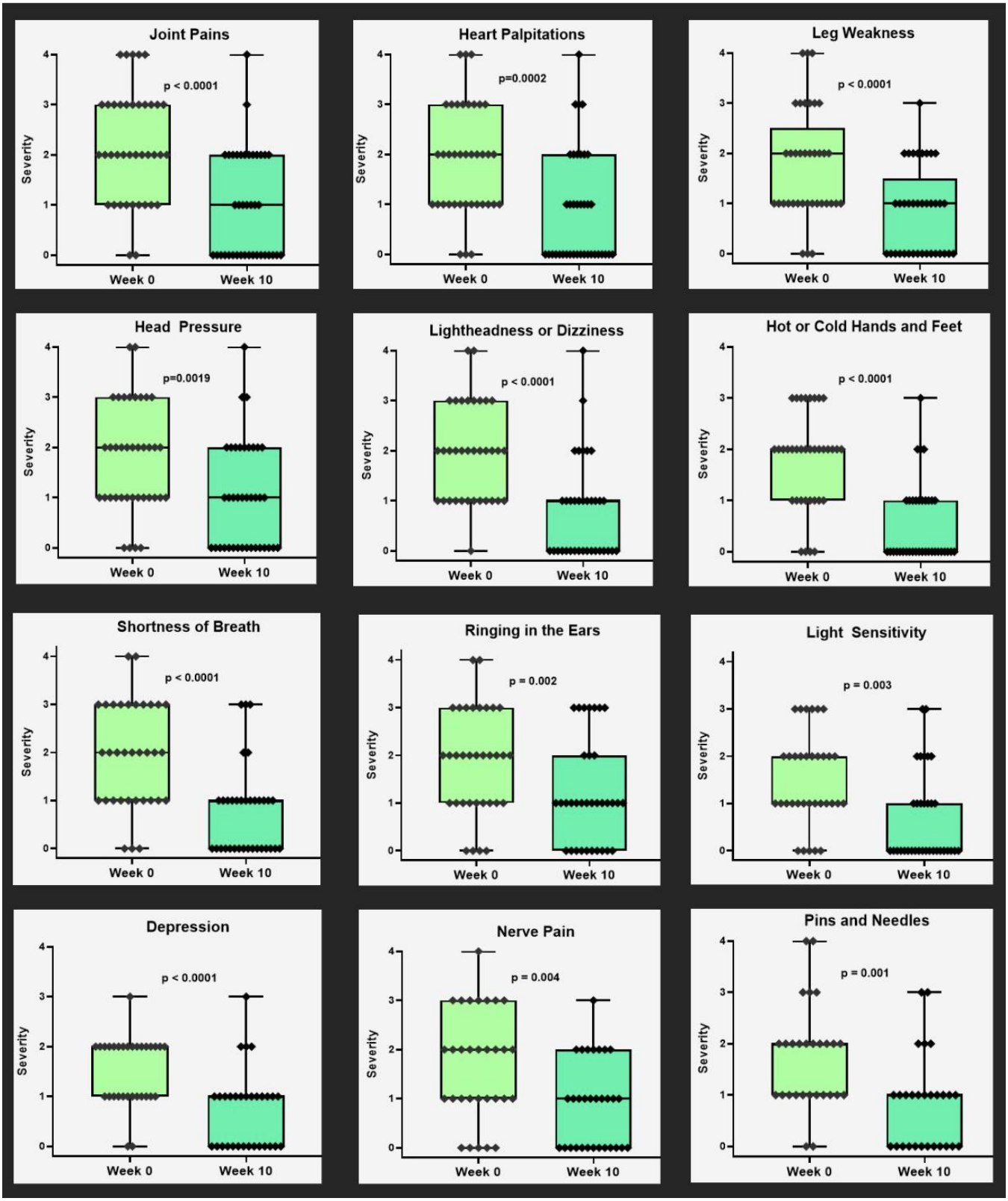
Quercetin might make kidney problems worse. Don't use quercetin if you have kidney problems. Quercetin can slow the breakdown of certain medications via the liver cytochrome C450 pathway.

Consult with your medical provider about the advisability of fasting or using specific supplements to treat your medical symptoms.

Appendix C

How did symptoms respond during the 10-week Intermittent Fasting clinical trial?

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Head Pressure
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Lightheadness or Dizziness
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Hot or Cold Hands and Feet
p < 0.0001
Shortness of Breath
p < 0.0001
Ringing in the Ears
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Light Sensitivity
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Depression
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Nerve Pain
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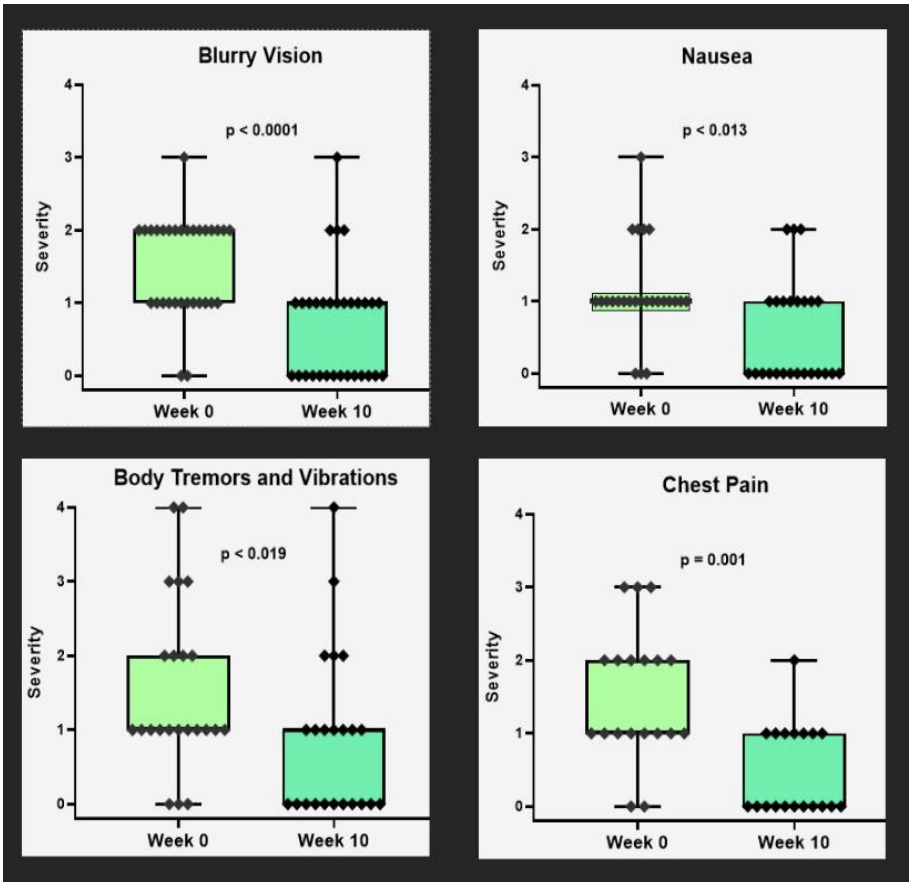
Pins and Needles
p = 0.001
Severity
Week 0
Week 10



The 28 Long COVID / Long Vax symptoms above in order of the most frequent (Fatigue) to the less frequent (Chest pain). These are **Box and Whisker Plots**. Each diamond represents a participant's initial score or final score after 10 weeks. Scale: 4 = Severe, 2 = Moderate, 0 = Not present Middle 50% severity ranges are shaded in green. You can see that overall, every symptom decreased in average severity and frequency. A score of zero means that the symptom was not present on the last 2 days of trial participation. Fatigue and PEM had the highest average severity and thus were the least likely to go away completely.

Of the other 32 symptoms tracked (not shown), they also went away completely about 40% of the time.