

Post-Covid & Post-Vac-Syndrom

„Therapie“ mit Orthomolekularia, Phytotherapeutika und Allopathika



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Pionierarbeit?

- Betrachtung der Symptome im Kontext möglicher Auslöser
- Einbeziehung von Reaktionsketten im Zusammenhang mit Sars-Cov-2 und mRNA-Vakzinierung
- Welche Laborparameter sind zielführend
- Überlegung welche Orthomolekularia und Phytotherapeutika für Behandlungskonzepte sinnvoll erscheinen
- Erstellung und Anwendung eines first-line Konzepts
- Abgleich und Integration ergänzender Therapieansätze

Sind mögliche Wirkstoffe bezahlbar?

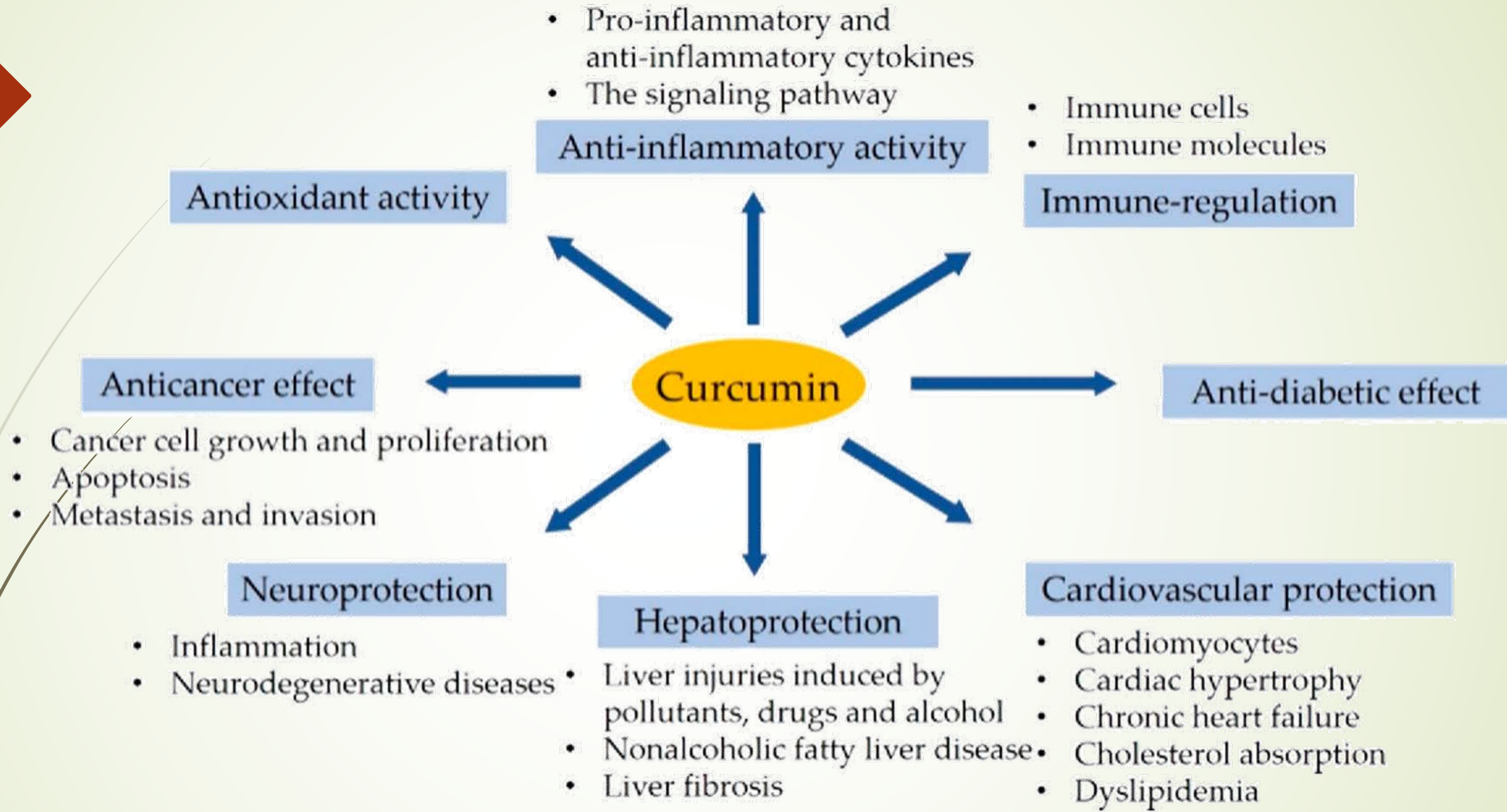
Glutathion
Curcumin
Quercetin
EGCG
Cinnarizin
Selen
Ambroxol
Vitamin C
NAC
Pycnogenol
Artemisia annua
Aspirin
Nattokinase
L-Arginin
Melatonin
Zink
EPA/DHA
Transferfaktoren
Ivermectin

Vielfältige Symptome

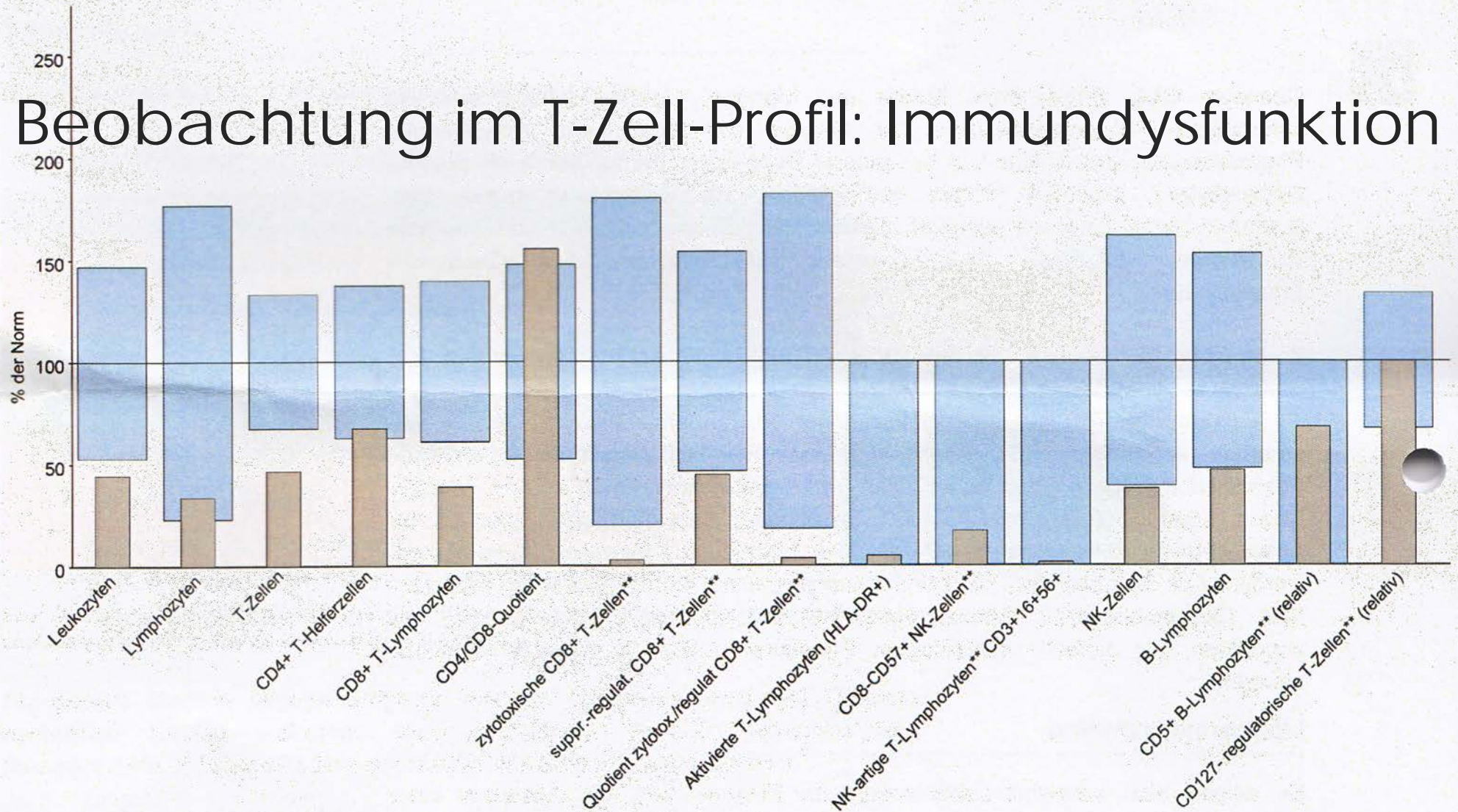


Chronische Entzündung und Immundysfunktion ^(1,2,3)

- ▶ Labor zeigt erhöhte proinflammatorische Enzyme IL-1-beta, IL-6, TNF-alpha (IMD Labor Berlin / Ganzimmun Diagnostics, Mainz)
- ▶ Idee: Hemmung von IL-1-beta, IL-6, TNF-alpha, NF-kappa-B
- ▶ Antiinflammatorische Orthomolekularia & Phytotherapeutika: EPA/DHA ^(4,5,6), N-Acetylcystein ^(7,8), Ubiquinol ⁽⁹⁾, Pycnogenol ^(10,11,12), Astaxanthin ^(13,14), Lactoferrin ⁽¹⁷⁾, Quercetin ^(18,7,19), EGCG ^(20,21), Vitamin C ⁽⁷⁾, Curcumin ^(15,16)



Beobachtung im T-Zell-Profil: Immundysfunktion



- Ortho/Phyto zur Immunregulation: Curcumin (22), EGCG (23,24), Pycnogenol (11), Vitamin C (25), PEA (7), EPA/DHA (4), Vitamin-A (26), Zink (27), Vitamin D (28)

Empfehlung Chronische Entzündung und Immundysfunktion

- EPA/DHA (4,5,6)
- N-Acetylcystein (7,8)
- Pycnogenol (10,11,12)
- Quercetin (7,18,19)
- Lactoferrin (31)
- Vitamin C (7)

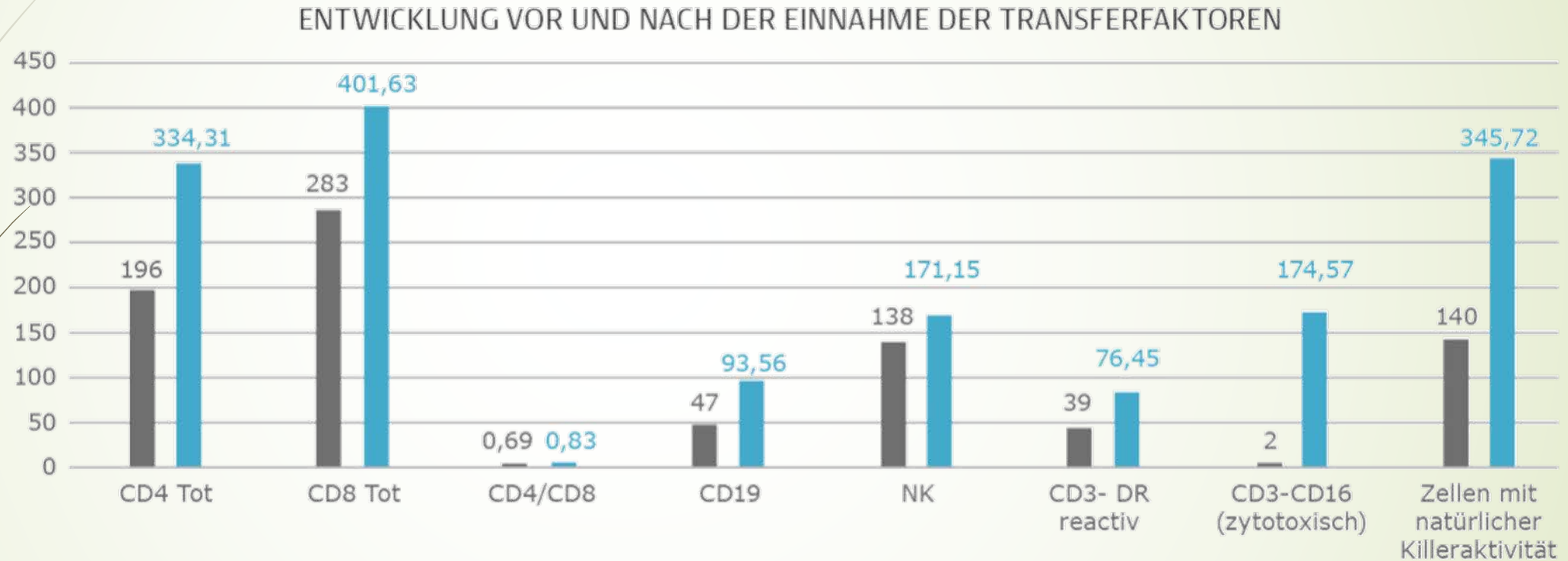
- Evtl. Infusionen
 - Curcumin (22)
 - EGCG (20,21,23,24)
 - Artesunat

- Evtl. Transferfaktoren (29,32)



Transferfaktoren

Aminosäuresequenz Ilyaqdl/ vedn (leu-leu-tyr-ala-gln-asp-leu/val-glu-asp-asn)



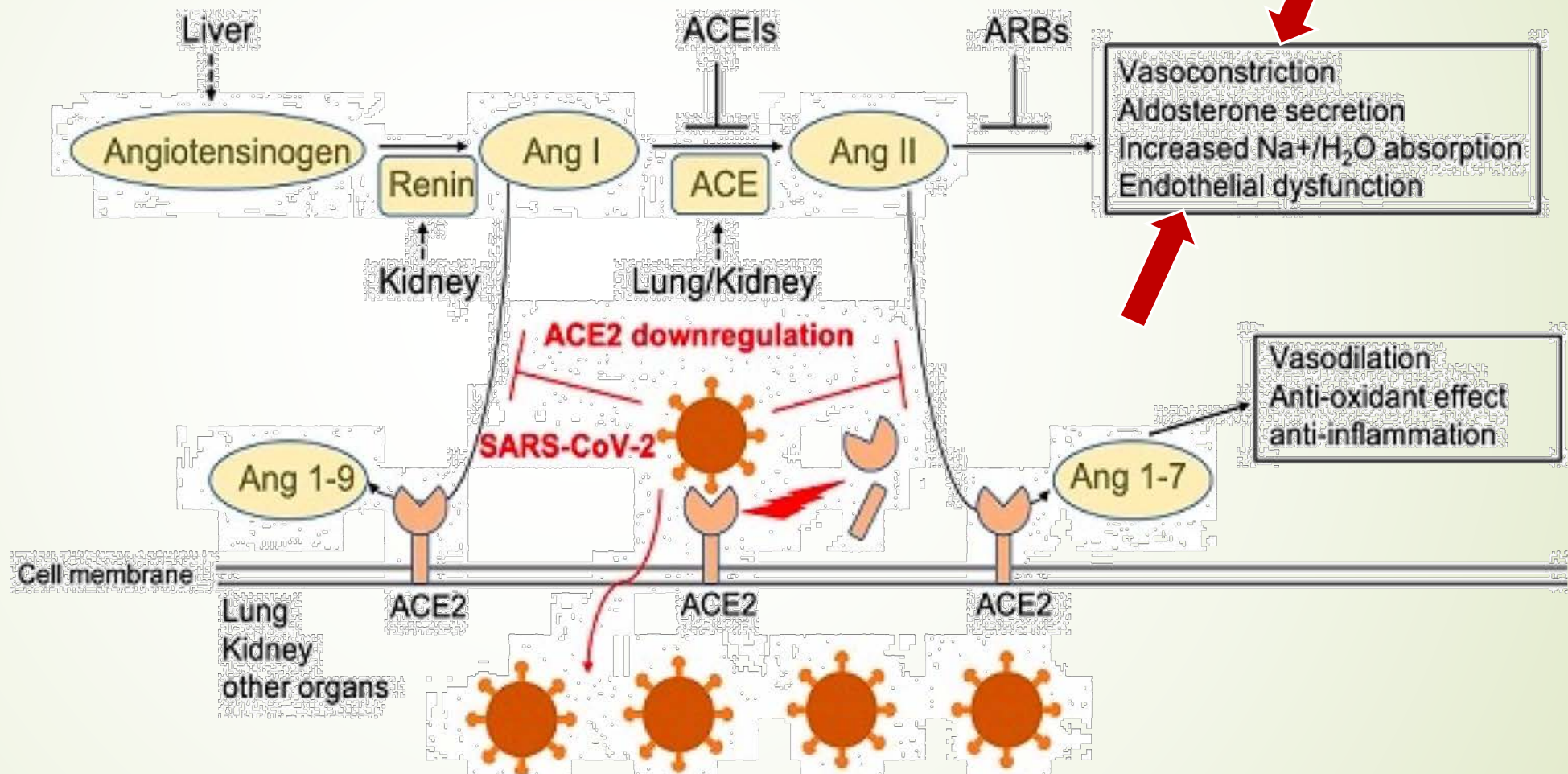
Testimonial Dr. med Ramon Simon-Lopez: Sportler J.V. mit Immundefizit
Natural Immune Booster (29,31)

Endotheliale Dysfunktion (10,33,34,35,36,37)

- Labor: 08/21 nennt Ong SW et al erhöhte Zytokine MIP-1-beta, BDNF, VEGF-A welche auf Endothelschädigung/ endotheliale Dysfunktion hinweisen könnten (3)
- Mögliche Auslöser/ Förderfaktoren (38-42):
 - Endothelschädigung durch
 - Spikebindung an ACE2
 - Monozyten (mit überlanger Lebenszeit), gefüllt mit „unverdauten“ Spikes
 - Vasokonstriktion (Angiotensin II)
 - Oxidativer Stress, freie Radikale
 - Eisenakkumulation und Ferroptose (38,43)

Folgen der endothelialen Dysfunktion

- Mangelnde Gewebedurchblutung/ Hypoxie/ (Mikro-)Thrombosen



Endotheliale Dysfunktion & Gerinnselformung

- Natürliche Reaktion auf Spike-tragende Endothelzellen
- Direkte Aktivierung der Gerinnungskaskade (44)
- Aktivierung der Blutplättchen über das Komplementsystem (45)
- Ausschaltung der körpereigenen Gerinnungshemmung (Heparan/Heparin) (46)
- Labor: D-Dimere, Thrombozyten, Fibrinogen
- „Klassische“ Therapie bei Verdacht auf Mikrogerinnselformung: ASS 75-100 mg
- Bei positivem D-Dimere: Eliquis 2 x 2,5 mg/d
- Wenn $O^2 < 93\%$ Klassische Gerinnungshemmung mit Eliquis oder Heparin
- Erreichen wir damit alle Gerinnselformung?

Amyloide-“Knäuel“, die atypischen Gerinnsel


- Kommt Spike in Kontakt mit Fibrinogen, wandelt sich letzteres in Amyloide (fehlgefaltete Proteine) um. Diese können Amyloide-Knäuel bilden. (47,48)
- (Die Entstehung vom β -Amyloide wurde per PET-Scan in lokalen Lymphknoten nach der Impfung nachgewiesen)
- Zusätzliche Gefahr: β -Amyloide können Prionen bilden (Omikron besitzt keine Prioneneigenschaften mehr, aber die Impfstoffe)
- Labor: Thromboelastographie (TEG) theoretisch möglich (in Transplantationszentren)
- Therapie: Nattokinase kann auch Amyloide auflösen! (49,50)

Wirkstoffe bei Endothelialer Dysfunktion & Gerinnselbildung

- ▶ Endothelfunktion, (Mikro-)zirkulation:
EPA/DHA (4), L-Carnitin (51), Pycnogenol (10,11,12,52), L-Argenin (53,54), Vitamin C (7,55), Selen (56), Ginkgo biloba (57)
- ▶ (Mikro-)Thrombosen:
N-Acetylcystein (58,59), EPA/DHA (4,60), Vitamin K (26,61), B-Vitamine (56,26,62), Pycnogenol (11,52), Quercetin (63), EGCG (20), Curcumin (15), Magnesium (64), Vitamin D (65)
- ▶ NAC kann Thromben auflösen! (58,59)
- ▶ Nattokinase kann auch Amyloide auflösen! (49,50)

Nachweis von SARS-COV-2 RNA/ SARS-COV-2 Spike-Proteine/ IMPF-MRNA



	Leistung/Material/Versandart	Parameter		Preis in € (brutto)
2.1	Material: 1x Heparin- oder Citratblut (mind. 4ml) oder Serum (mind. 2ml) Versand: innerhalb von 24-48h ohne Kühlung *1) *3)	Quantitative Bestimmung des SARS-CoV-2 Spikeproteins in Plasma/Serum	<input type="checkbox"/>	87,44
2.2	Material: 1x Heparin- oder Citratblut (8ml) Versand: innerhalb von 24-48h ohne Kühlung *1)*3)	Quantitative Bestimmung des SARS-CoV-2 Spikeproteins in Immunzellen (PBMC)	<input type="checkbox"/>	112,26
3.1	Material: 1x Heparinblut (8ml) Versand: innerhalb von 24-48h ohne Kühlung *1)*4)*5)	Nachweis von Impf-mRNA in Immunzellen (PBMC) 	<input type="checkbox"/>	174,30
3.2	Material: 1x Heparinblut (8ml) Versand: innerhalb von 24-48h ohne Kühlung *1)*4)*5)	Quantitativer Nachweis von LINE-1 in PBMC (dieses Enzym ist die Voraussetzung für den Einbau von Impf-mRNA in das menschliche Genom) in Immunzellen (PBMC)	<input type="checkbox"/>	174,30
4.1	Material: 1x Stuhlprobe (1 g) Versand: innerhalb von 24-48h ohne Kühlung *1)	Nachweis von SARS-CoV-2 RNA im Stuhl (Persistenz)	<input type="checkbox"/>	147,48
4.2	Material: 1x Heparinblut (8ml) Versand: innerhalb von 24-48h ohne Kühlung *1)*4)*6)	Nachweis von SARS-CoV-2 RNA in Immunzellen (PBMC) (Persistenz)	<input type="checkbox"/>	174,30

Hyperaktive Mastzellen

- „Schwere Covid-19-Krankheitsverläufe, Long Covid und Impfreaktionen beruhen vor allem auf einer Überreaktion der Mastzellen“ (Raymond, Ching-A-Sue und Van Hecke, 2020)
- Mastzellen
 - Histamin
 - Serin-Proteinasen (-> Entzündungskaskade)
 - Prostaglandine (Schleimhautproduktion, Kontraktion der Atemwegsmuskulatur)
 - Leukotriene (Kontraktion der Atemwegsmuskulatur)
 - Zytokine (Entzündungsbotenstoffe)
- Hyperaktive Mastzellen können Lunge, Herz und andere Organe schädigen

Hyperaktive Mastzellen

- ▶ Diagnostik:
Labor Blut: Serumtryptasewert dauerhaft über 20 ng/ml
Labor im gekühlten Urin: Histamin, Prostaglandin, Leukotriene (LTB4, LTC4, LTD4, LTE4) -> siehe auch mastzellenhilfe.de
- ▶ Allopathika bei MACS
 - ▶ Kortikosteroide (Dexamethason)
 - ▶ Antiallergische Medikamente (Ketotifen)
 - ▶ Antibiotika (Clarithromycin)
- ▶ Unterstützung des Histaminabbaus
 - ▶ SAM (85)

Hemmen der Mastzellaktivierung

- Quercetin (-Phospholipid), stabilisiert Mastzellen, hemmt die Freisetzung von Histamin, Zytokinen, Interleukinen (siehe auch Studien zur Gabe von 2 x 200mg, bzw. 3 x 200mg Quercetin bei Covid-19-Patienten; Di Pierro et al., 2021a und 2021b). Quercetin (senkt auch H1-Histaminrezeptoren) (86,87)
- PEA (reguliert auch hyperaktive Mastzellen herab) (88,89)
- EPA/DHA (90)
- Vitamin C (unterdrückt unter anderem Interleukin-6 und hemmt Histaminsynthese in Mastzellen) (86,90)
- Vitamin D (86)
Vit.-D-Mangel führt zur Mastzellaktivierung (Liu et al., 2017)
Vit.-K normalisiert Calcium-Haushalt, wie ein milder Mastzellstabilisator (Klimura et al., 1975)

Hemmen der Mastzellstabilisatoren

Antiallergisch, indirekt antihistamin und entzündungshemmend

- Quercetin (86,90,91)
- PEA (89)
- Vitamin E (86)
- Pycnogenol (92)
- Vitamin D (86)
- EGCG (91,93)
- Curcumin (86)
- L-Theanin (93)
- Magnesium (64,94)
- Selen (95)



Empfehlung bei hyperaktiven Mastzellen

- Quercetin
 - EPA/DHA
 - Vitamin-C
 - SAM
-
- zusätzlich H1-Rezeptor-Antagonist Cinnarizin ein Calcium-Kanal-Blocker (siehe auch Hou et al., 2021; Qu et al., 2021)
 - *Bemerkung am Rande, auch bei neu aufgetretenem Bluthochdruck mit RR-Schwankungen nach mRNA-Impfung scheinen blutdrucksenkende Calciumkanalblocker wie Amlodipin oder Verapamil (bei Clusterkopfschmerz) geeignete Allopathika zu sein.*

Autoimmunität

- Autoimmunerkrankungen können verstärkt werden (33,96)
- Hyperinflammation -> erschöpftes Immunsystem -> Dysregulation des Immunsystems -> Bildung von Autoantikörper gegen Autoantigene (33,96)
- Paleo-Auto-Immun-Protokoll
- Quercetin (97), EGCG (98), Resveratrol (99), Berberin (100), Vitamin C (101), EPA/DHA (102), Vitamin D (103), Vitamin E (104), Selen (56), Zink (27), Alpha-Liponsäure (105)
- Autoimmunreaktionen durch Störung des Eisenstoffwechsels und Ferroptose (106)

Eisenstoffwechsel/ Ferroptose

- ▶ Covidin „das Spike-Peptid“ - der Doppelgänger des Hormon Hepcidin? (107)
- ▶ Intrazelluläre Eisenakkumulation
- ▶ Reaktivierung opportunistischer (eisenliebender) Viren
- ▶ Oxidativer Stress -> Zellschäden -> Ferroptose (108,109)
- ▶ Ferroptose = Eiseninduzierte proinflammatorische Nekrose mit Glutathionabbau und Lipidperoxidation der Membranlipide
- ▶ Die Entzündungen aktivieren wiederum NF-kappa-B, IL-1-beta, IL-6, und TNF-alpha (110,111)
- ▶ Ferroptose kann zahlreiche Krankheiten begünstigen, darunter neurodegenerative Erkrankungen, Lungenerkrankungen, Krebs, Herzrhythmusstörungen, Muskelerkrankungen, Typ-2-Diabetes, Endometriose, entzündliche Darmerkrankungen, Nierenschäden, Schlaganfall und Hirnblutungen (84,106,108,111-120)

Eisenstoffwechsel regulieren

- Erhöhung des intrazellulären Glutathionspiegels
- Schutz vor oxidativem Stress/ Abbau der Lipidperoxidation
- Eisenchelatabbildung (Einfangen freier Eisenionen) durch Lactoferrin
- Quercetin, Zink und Vitamin E können Ferroptose hemmen (40,84,116,117)
- Opportunistische Viren abbauen
- Regulation der Eisenhomöostase und Eisenchelatabbildung:
Lactoferrin (121,122), Curcumin (18), Quercetin (18,123,124) Alpha-Liponsäure (18), EGCG (20,125), Berberin (126)
- Hemmung der Ferroptose:
Ubiquinol (84,115,117), Vitamin E (26,40,84,109,127), Zink (116), Quercetin (124), DHA (128), Vitamin K (129), Astaxanthin (84,130), Curcumin (124,125,131), Selen (109)
- Glutathionkonzentration erhöhen: N-Acetylcystein (115,132), Glutathion, Curcumin, Quercetin (133)

Mitochondriale Dysfunktion & Oxidativer Stress

- Covid, PC & PV kann als erworbene Mitochondriopathie gedeutet werden (35,67,68,69-79)
- Chronische Müdigkeit, Immundysfunktion, Muskelschwäche, allgemeine Schmerzen, Schlafprobleme, Depression, vaskuläre Probleme, mentale und neurologische Beschwerden (9,35,63,70-74,81,82)
- Störung der mitochondrialen Funktionen
 - Energieproduktion, Kalzium- und Eisenhomöostase
 - Freisetzung reaktiver Sauerstoffradikale (oxidativer Stress)
- Labor: Oxidativen Stress und intrazelluläres ATP

IMD Labor Berlin		Ärztlicher Befundbericht	
Untersuchung	Ergebnis	Einheit	Referenzbereich
ATP intrazellulär	1.56	µM	> 2.5
Vermindertes intrazelluläres ATP als Hinweis auf eine sekundär gestörte Mitochondrienfunktion der Leukozyten.			

PGC-1-alpha & Nrf2

- ▶ Die „mitochondriale Qualitätskontrolle“ erfolgt durch den Transkriptions-Kofaktor PGC-1-alpha (peroxisome proliferator-activated receptor gamma coactivator 1-alpha) (72,83)
- ▶ Oxidativer Stress lässt sich durch Antioxidantien verringern. NAC scheint als Vorläufer vom intrazellulären Antioxidans Glutathion am wichtigsten.
- ▶ Die Regulation des antioxidativen Systems erfolgt durch den Transkriptionsfaktor Nrf2 (Nuclear Factor Erythroid 2-Related Factor 2) (5)
 - ▶ Nrf2 hilft Zellschäden zu reparieren (schaltet Gene, die über Glutathion, antioxidative Enzyme und Proteine zur Reparatur führen)
 - ▶ Nrf2 reguliert NF-kappa-B runter
 - ▶ Nrf2 aktiviert Phase-II-Entgiftungsenzyme
 - ▶ Nrf2 hemmt die Ferroptose (84)

Empfehlung bei Mitochondriale Dysfunktion & Oxydativem Stress

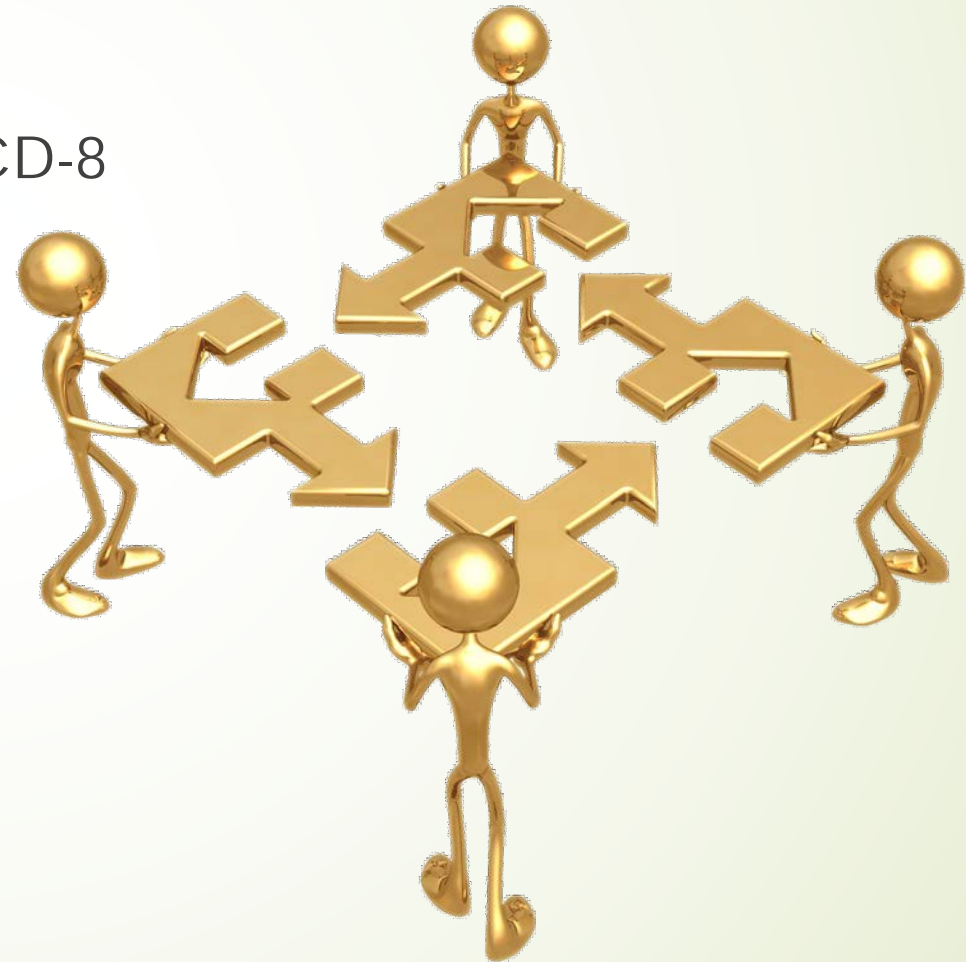
- ▶ Ubiquinol (9,74,78), Alpha-Liponsäure (auch Eisenchelatbildung) (69,78,134), L-Carnitin/Acetyl-L-Carnitin (auch Eisenchelatbildung) (78,51), NAC (78,135), Vitamin C (78), Vitamin E (78), EGCG (136), Lactoferrin (17)
- ▶ **Hochregulation von PGC-1-alpha:** Quercetin (137), Resveratrol (138), Ubiquinol, Alpha-Liponsäure, L-Carnitin/Acetyl-L-Carnitin, Curcumin (139,140), EGCG (136), Vitamin C (78), Vitamin E (78), Taurin (kann auch Muskelabbau hemmen) (141,142)
- ▶ **Hochregulation von Nrf2:** Alfa-Liponsäure (144), Quercetin (145), Curcumin (146), Vitamin E (147), Resveratrol (148), EGCG (20,149), Boswellia-Extrakt (150,151), EPA/DHA (4,5), Vitamin D (152,153), N-Acetylcystein (8), Taurin (8), Ashwagandha (154), Astaxanthin (14,84,155), Berberin (156,157), Ginkgo biloba (57)
- ▶ **Mitochondriale Nährstoffe** (143): Alle B-Vitamine, C, D, E und K2, Eisen, Kupfer, Magnesium, Mangan, Selen, Zink, EPA/DHA

First line Post-Covid & Post-Vac (Stoßtherapie 8-14 Tage hoch dosiert)

- EPA/DHA tägl. 4 x 1g
- Vitamin C tägl. 4 x 1g
- N-Acetylcystein tägl. 60mg/kg -> Cave Histamin -> DAO
- Quercetin tägl. 2 x 300-400mg
- Pycnogenol tägl. 2 x 200-300mg
- Selen tägl. 10µg/kg
- Zink tägl. 1mg/1kg
- Ggf. Ambroxol (66) tägl. 3 x 5 ml (wenn pulmonal)
- Ggf. Aspirin tägl. 1mg/kg
- Ggf. Nattokinase tägl. 30-100 FU/kg -> Cave Quickwert

Labor 1

- Der „preiswerte“ Anfang
 - Gr. BB/ LDH/ GOT
 - wrCRP/ Ferritin/ IL-6/ CD-8
 - D-Dimer
 - Troponin I
 - SARS-CoV-2 AK



Second line

- Das selbe Programm mit $\frac{1}{2}$ Dosierung für ca. 4-6 Wochen
- Zusätzlich Ernährungsberatung (Antientzündlich, Ketogen, Paleo Auto-Immun-Protokoll,...)
- Zusätzlich Trifaktoren und Polyphenole hochdosiert

- Eventuell Oxyvenierung oder Ozon-Hochdosis-Therapie
- Eventuell Infusionen
 - Curcumin, EGCG, Artesunat
 - Alpha-Liponsäure, Glutathione

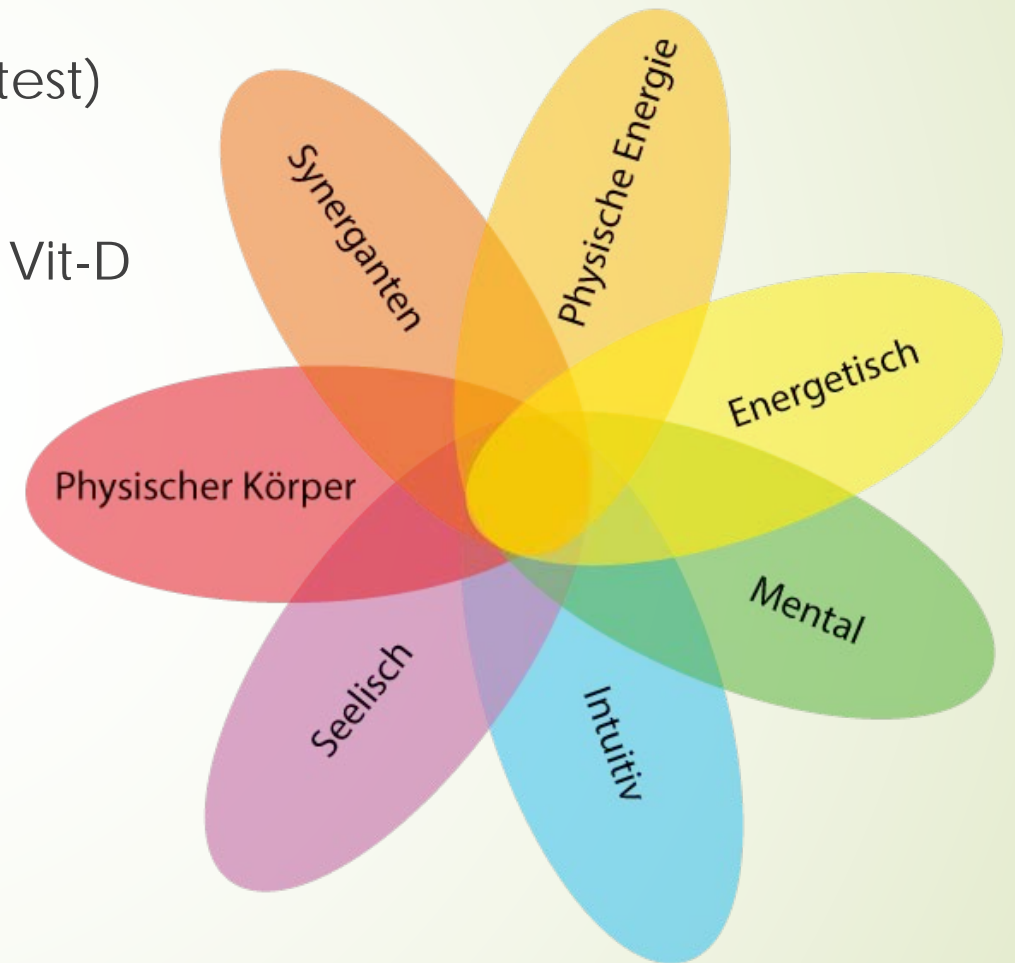
...und dann?

➤ Labor 2

- Dünndarm-Analyse (Chromatest)
- T-Zell-Profil, Zytokin-Profil
- Mineralien i.V., AntiOx, PerOx, Vit-D
- ...

➤ ...und

iHiT
individual Holistic
integrative Therapy



Weitere Hilfsmittel

- Oxyvenierung, Ozon-Therapie
- Höhenttraining
- Infrarot, Biophotonen, Magnetfeld
- Apharese, Plasmapherese, Inuspherese



Höhentraining



Infrarot & Co



Inuspherese



Oxyvenierung

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Effect of Angiotensin II on Bone Erosion and Systemic Bone Loss in Mice with Tumor Necrosis Factor-Mediated Arthritis

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Beispiel Spike-Protein

