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TREATMENT PLAN FOR :

Kevin Dykes

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Health Goals	1. Regulation of immune system 2. Elimination of any substance that can produce any further immune responses.
Diet	There are different levels at which you can approach this, from moderately challenging to extremely challenging dietary adjustments. I'll list them below and it is for you to choose which you try, and to modify as you go. Here's a breakdown of the diet variations, organised from least to most challenging: - - 1. Basic Elimination Diet: - Eliminate all wheat products - Reduce overall grain consumption - Eliminate dairy intake - - 2. Advanced Elimination Diet: - Completely eliminate all grains + wheat - Eliminate all dairy products - - 3. Intermittent Fasting + Elimination Diet: - Follow the Advanced Elimination Diet (no grains/wheat/dairy). - Implement intermittent fasting (e.g., 16/8 method: 16 hours fasting, 8-hour eating window) - - 4. Carnivore Diet: - Consume only animal products (meat, fish, eggs) - Eliminate all plant-based foods - Focus on 100% grass-fed animal products - - 5. Intermittent Fasting + Carnivore Diet (Most Challenging): - Follow the 100% grass-fed Carnivore Diet - Implement intermittent fasting (e.g., 16/8 method or more advanced fasting protocols)

	- Eliminate alcohol – it is proinflammatory. If you reeeeeeally want to drink, make sure it is not beer. Have gin and soda water.
Lifestyle	- Aim to get as much time as possible outside in the sun. Even if there is cloud cover. “We suggest that patients expose themselves to about 30 mins of midday sunshine whenever possible (at least 3 times a week). A midday walk (below fatiguability level) is a viable alternative.”- FLCCC guidelines. See attachement. - Continue to exercise gently.
Barriers	- Time, trial and error.
Referral/Investigations	-
Prescription	- Liquid Herbs- 6 weeks Ginkgo biloba 120ml Echinacea blend 170ml Cats claw 90ml = 380ml 4.5ml twice per day Info on the herbs: Ginkgo: Primary actions - Nootropic, Vasoprotective, Venotonic - All actions - Anti-inflammatory, Antioxidant, Antiplatelet, Cytoprotective, Nootropic, PAF inhibitor, Vasodilator, Venotonic - Indications - Alzheimer's disease, Arteriosclerosis, Atherosclerosis, Benign breast disease, Cataract and diabetic complications, Catarrhal deafness, Cerebrovascular disease, Circulation; peripheral; impaired, Dementia, Depression, Diabetes, Diabetic neuropathy, Diabetic retinopathy, DVT prophylaxis, Dysmenorrhoea, Dysmenorrhoea; congestive, Intermittent claudication, Mastalgia, Memory and concentration; poor, Mental exhaustion, Psoriasis, Raynaud's syndrome, Retinal blood flow disorders, Retinal damage, Senile macular degeneration, Stroke; recovery after, Tinnitus, Venous insufficiency, Vertigo ESCAP Symptomatic treatment of mild to moderate dementia syndromes, cerebral insufficiency and peripheral arterial occlusive disease. For the treatment of neurosensory disturbances such as dizziness, vertigo and tinnitus. Used to enhance cognitive performance. WHO

Symptomatic treatment of mild to moderate cerebrovascular insufficiency (demential syndromes in primary degenerative dementia, vascular dementia, and mixed forms of both) with the following symptoms: memory deficit, disturbance in concentration, depressive emotional condition, dizziness, **tinnitus**, and headache. To improve pain-free walking distance in people with peripheral arterial occlusive disease such as intermittent claudication, Raynaud disease, acrocyanosis, and post-phlebitis syndrome. To treat inner ear disorders such as **tinnitus** and vertigo of vascular and involutive origin.

Echinacea:

Primary actions

Anti-inflammatory, Chemoprotective, **Immunomodulator**

All actions

Antidiarrhoeal, Anti-inflammatory, Antimicrobial, Antiseptic (GIT), Antiseptic (respiratory tract), Antiseptic (topically), Antiseptic (urinary), Chemoprotective, Immunomodulator, Lymphatic, Sialogogue, Vasodilator, Wound healing / Vulnerary

Indications

Acne, Acne (topically), Boils, Bronchitis, Cancer; including prevention/supportive treatment, Candidiasis, Catarrh; nasopharyngeal congestion, Chemotherapy; to minimise the side-effects of, Chronic fatigue syndrome, Circulation; peripheral; impaired, Common cold, Connective tissue disorders, Cystitis, Diarrhoea, Dysentery, Eczema, Fever, Furunculosis, Gingivitis, Glands; swollen, Hayfever, Herpes simplex, Immune deficiency, Infection; fungal, Infection; gastrointestinal system, Infection; protozoal, Infection; respiratory tract, Infection; skin, Infection; systemic, Infection; throat, Infection; to improve resistance to, Infection; viral, Inflammation; oral cavity, Influenza, Intestinal worms, Irritable bowel syndrome, Pertussis, Pharyngitis, Post-viral syndromes, Psoriasis, Shingles, Sinusitis, Tonsillitis, Tracheitis, Ulcer; gastrointestinal, Ulcer; mouth, Ulcer (topically), Urethritis, Warts, Wounds, Wounds (topically)

Cats Claw

Primary actions

Anticancer, Anti-inflammatory, Immunomodulator

All actions

Anticancer, Anti-inflammatory, Antioxidant, Antiviral (systemically), Immunomodulator, Wound healing / Vulnerary

Indications

Arthritis, Asthma, Autoimmune disease, Cancer; including prevention/supportive treatment, Chronic fatigue syndrome, Convalescence, Crohn's disease, Debility, Depression, Diverticulitis, Gastritis, Haemorrhoids (topically), Hayfever, Herpes (topically), Immune

	deficiency, Infection; fungal, Infection; systemic, Ulcer; gastrointestinal, Wounds (topically) - Hab Shifa Ultra Strength Black Seed Oil 60c 1 per day - Orthoplex White Liposomal Ultra C 200g Half a scoop twice per day with Arginine - HealthWise Arginine Take a half a teaspoon twice per day - at the same time as Vit C. *See "Other" below, for mechanisms of how these supplements work for C19 vaccine recovery
Recipes:	-
Other	Return for follow up appt in 6 weeks. The following mechanisms are from the attached document from the FLCCC. Nigella Sativa (Black Seed Oil) Mechanisms: The most important active component is thymohydroquinone. Nigella sativa has antibacterial, antifungal, antiviral (SARS-CoV-2), anti-inflammatory, antioxidant, and immunomodulatory properties. (159, 160) Arginine & Vit C Mechanisms In a single-blind randomized, placebo-controlled trial, participants were randomized 1:1 to receive twice-daily orally either a combination of 1.66 g L-arginine plus 500 mg vitamin C or a placebo for 28 days. The primary outcome was the distance walked on the 6-minute walk test. (101) At 28 days, L-arginine plus vitamin C increased the 6-minute walk distance (+30 (40.5) m; placebo: +0 (75) m, p = 0.001) and induced a greater improvement in handgrip strength (+3.4 (7.5) kg) compared with the placebo (+1 (6.6) kg, p = 0.03). At 28 days, fatigue was reported by two participants in the active group (8.7%) and 21 in the placebo group (80.1%; p < 0.0001). The results of this study are supported by a survey study investigating the role of combined L-arginine and vitamin C. (102) L-Arginine is the substrate used for nitric oxide (NO) production by nitric oxide synthetase (NOS). (103- 105) Patients with acute COVID-19 infection have been demonstrated to have low plasma L-arginine levels. (106, 107) In addition, COVID-19 syndromes are characterized by suppressed endothelial nitric oxide synthase (eNOS) activity compounding the deficiency of NO. (104) The spike protein itself may play a major role in inhibiting eNOS activity.(108) The NO deficiency is a major factor causing endothelial dysfunction and thrombotic events. Furthermore, activation of the NO-cyclic GMP pathway has antiinflammatory effects modulating activated T cells, reducing cytokine release, and stimulating vascular repair. (109) In addition, L-arginine itself is important for normal T cell function and macrophage M1-toM2 switch. (103-105) It is likely that an L-arginine/L-citrulline supplement

will have additive or synergistic effects when combined with a phosphodiesterase-5 inhibitor (see below). Vitamin C has important anti-inflammatory, antioxidant, and immune-enhancing properties, including increased synthesis of type I interferons. (110-114) Oral vitamin C helps promote the growth of protective bacterial populations in the microbiome.

Some other information..

- MTHFR gene + B12 levels.

Your body has enough of the 'active' form of B12, which means you're able to convert B12 properly. This tells us that your MTHFR gene variation isn't causing problems with B12 activation. While your B12 levels are high, it's unlikely because of the MTHFR gene mutation and issues processing folate. There could be other reasons for the high B12, but it's not something we need to worry about right now. The important thing is to avoid taking any B12 supplements, as you clearly don't need them. Your body has plenty of B12 available, so adding more is unnecessary

Here's some general insights based on understanding of immune responses and vaccine effects. Possible mechanisms for vaccine injury long term effects.

1. Persistent immune activation:

- The vaccine is designed to stimulate the immune system. In some individuals, this could potentially lead to a state of prolonged immune activation.
- Chronic inflammation resulting from this could theoretically contribute to fatigue and joint pain.

2. Autoimmune reactions:

- In rare cases, vaccines might trigger autoimmune responses where the immune system mistakenly attacks the body's own tissues.
- This could potentially explain symptoms like joint pain or, if cardiac tissue is affected, chest palpitations.

3. Dysregulation of the autonomic nervous system:

- Some researchers have proposed that immune responses could affect the autonomic nervous system.
- This might explain symptoms like fatigue and heart palpitations.

4. Microclots or vascular issues:

- Some hypotheses suggest that spike proteins could affect blood vessels or coagulation in some individuals.
- This could potentially contribute to fatigue or chest symptoms.

5. Reactivation of latent viruses:

	- The immune response to vaccination might temporarily suppress overall immune function, potentially allowing for reactivation of latent viruses like Epstein-Barr. - This could contribute to ongoing fatigue. 6. Individual genetic or physiological factors: - As mentioned in the text, genetic factors can influence immune responses. These could potentially contribute to prolonged effects in some individuals.

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.