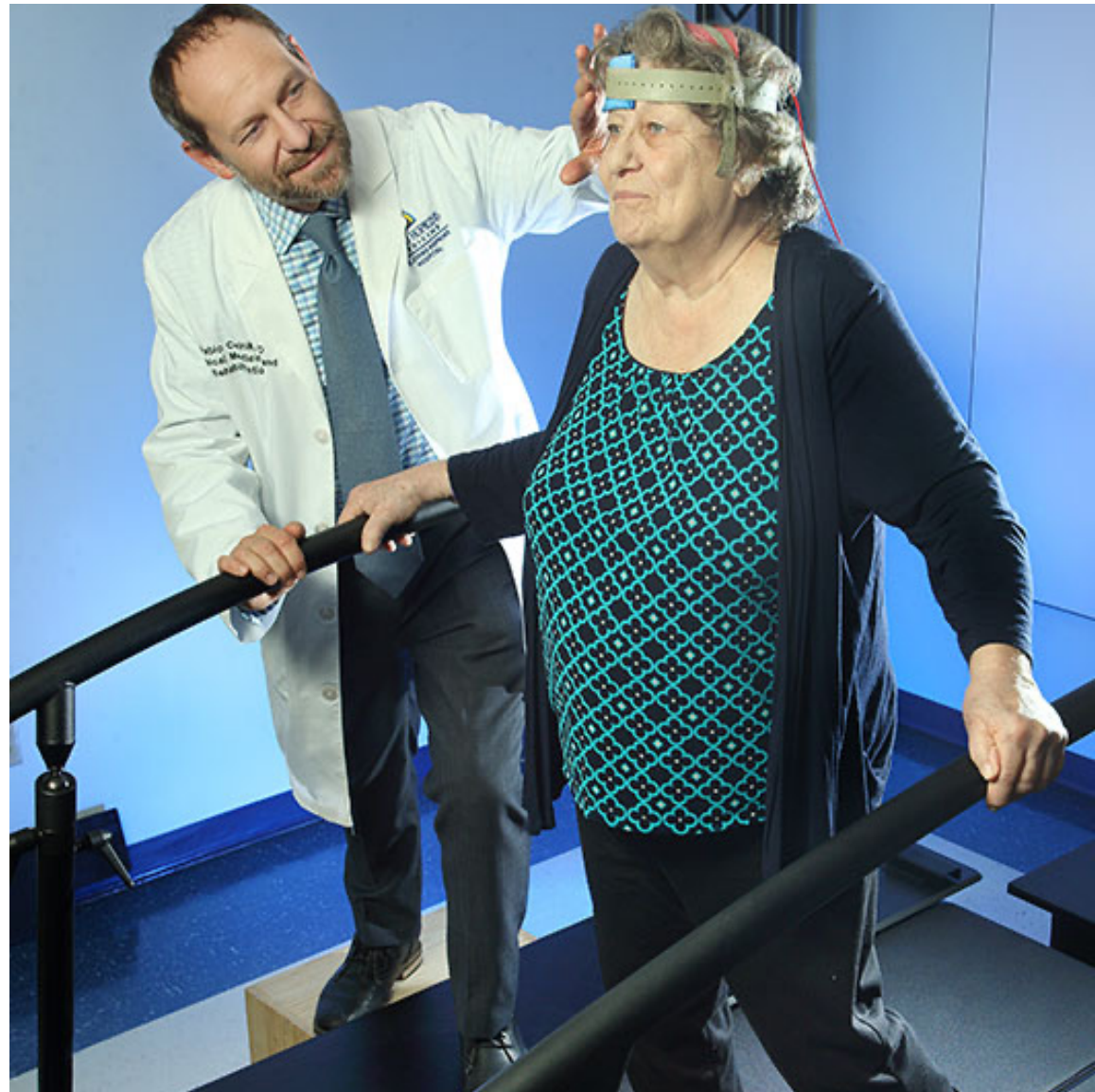


# Changes to the post-vax protocol

- New to second line therapies
  - Non-invasive brain stimulation
  - Yoga
- New to third line therapies
  - Whole body vibration therapy
- New to other potential treatments
  - Dandelion
- New to disease-specific strategies
  - Depression
  - Alopecia
  - Herpes virus reactivation syndrome

# Noninvasive brain stimulation (NIBS)



- Safe and painless
- Demonstrated to improve cognitive function in patients with long COVID and other neurological diseases
- FDA indicated to treat depression, anxiety and insomnia
- Is offered at physical medicine and rehabilitation centers
- Home device also available ~\$500:  
[fisherwallace.com](https://fisherwallace.com)

# Yoga



- Ancient mind-body practice
- Has effects on immune system functioning
- May be beneficial to vaccine-injured patients and others suffering from diseases with an inflammatory component
- Patients can experience severe post-exertional fatigue and/or worsening of symptoms
- Should moderate exertion, increasing slowly only as tolerated

# Low-magnitude, high-frequency mechanical stimulation



- Whole body vibration
- 10 minutes a day
- Demonstrated to increase bone density
- Improves general wellbeing in patients with a variety of medical disorders
- Improves small fiber neuropathy
- Also offered at physical medicine and rehabilitation centers
- Home device available: [juvent.com](http://juvent.com)

# Dandelion Extract



- Root, flower and leaves contain an array of phytochemicals
- Anti-inflammatory, antioxidant, hypolipidemic, antimicrobial and anticoagulant properties
- Widely reported to be effective for ‘detoxifying’ spike protein

# Depression



- Serious problem for long COVID and post-vaccine patients
- Best managed by mental health providers with expertise in this area
- Long term SSRI medications generally not recommended
- Short term fluvoxamine may have a role
- Zinc deficiency associated with an increased risk of depression
- Non-invasive brain stimulation, Nigella Sativa, probiotics can be effective

# Alopecia



- Three types of alopecia (hair loss) described in connection with COVID-19 infection, long COVID and post-vaccine syndrome
  1. Worsening of male pattern baldness
  2. Alopecia areata (autoimmune)
    - Quercetin or topical minoxidil may promote hair growth
  3. Telogen effluvium (temporary thinning)
    - No specific treatment required
    - Hair will usually grow back

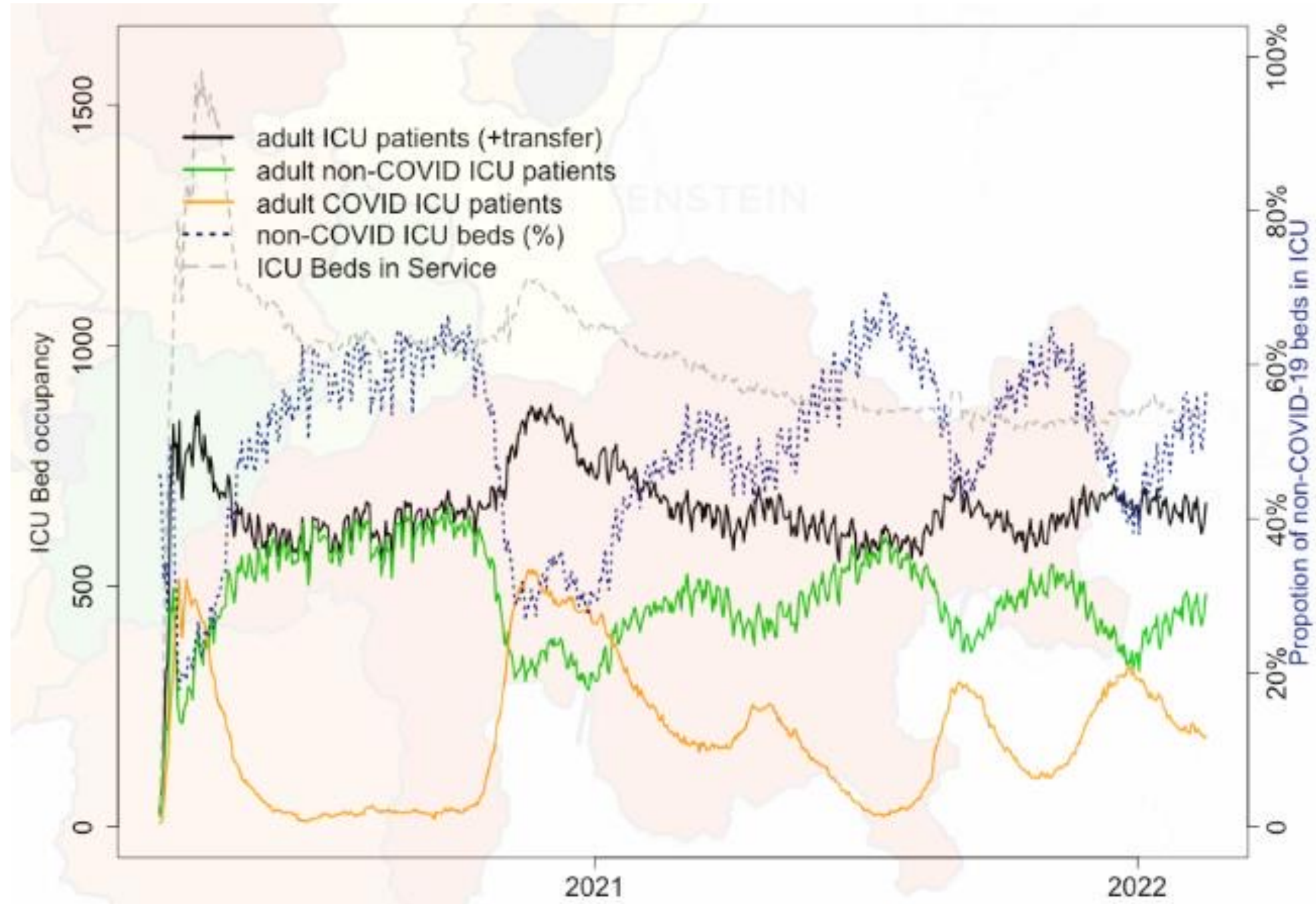
# Herpes Virus Reactivation

- L-Lysine
- Valtrex (acyclovir is an alternative)
- Spironolactone
- Zinc
- Quercetin

# Near-real time monitoring of intensive care occupancy, ETH Zürich [www.icumonitoring.ch](http://www.icumonitoring.ch) ('National Trends')

State: February 16th

Dr. med. Thomas Binder ([www.thomasbinder.ch](http://www.thomasbinder.ch))

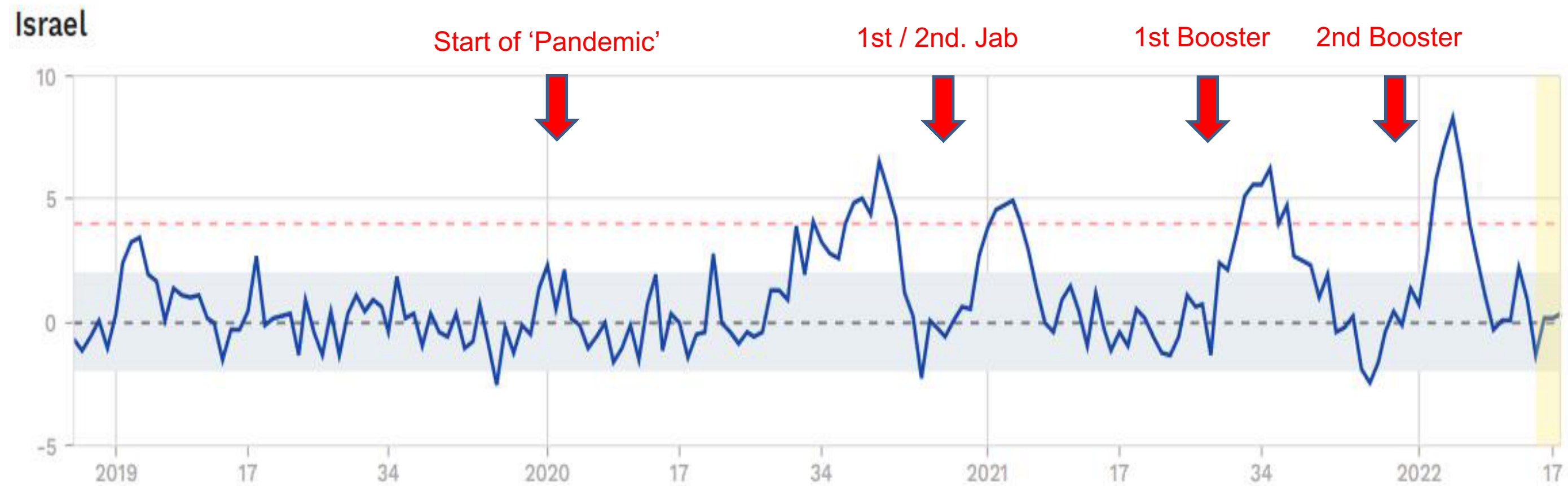


# EuroMoMo, European Mortality Monitoring, aiming to detect and measure excess deaths related to seasonal influenza, pandemics and other public health threats

[www.euromomo.eu](http://www.euromomo.eu)

Dr. med. Thomas Binder ([www.thomasbinder.ch](http://www.thomasbinder.ch))

— Z-score    - - - - Baseline    ■ Normal range    - - - - Substantial increase    ■ Corrected for delay in registration



## AMERICAN BOARD OF INTERNAL MEDICINE POLICY

"In October, we issued a policy statement making clear that "Providing false or inaccurate information to patients or the public is unprofessional and unethical and violates the trust that the profession of medicine and the public have in ABIM Board Certification. Therefore, such conduct constitutes grounds for disciplinary sanctions." After we made this statement, we received a number of reports alleging violations of this policy by specific physicians."

## BUT—A SORT OF "OLIVE BRANCH" FROM THE ABIM

"As the ABIM confronts the danger of medical misinformation, we recognize that there are many clinical issues on which physicians legitimately hold a spectrum of opinions, all supported by evidence; such justifiable positions would not make it as "dis- tractors" on our exam, nor would they meet our definition of "false information," as determined by experts consulting the literature. A whole range of statements with which many — or even most — physicians might disagree would therefore not trigger our disciplinary process."

## THEN—THE BRANCH IS WITHDRAWN

"On the other hand, when someone certified by the ABIM says something like **"the origin of all coronary heart disease is a clearly reversible arterial scurvy"** or **"children can't spread COVID"** or **"vaccines don't prevent COVID deaths or hospitalizations,"** we are not dealing with valid professional disagreement; we are dealing with wrong answers."