



## ***Post viral and long Covid syndromes***

Post viral syndromes have long been challenging for practitioners of all modalities. The impact on patients' lives can lead to loss of employment, financial security, mental illness and little hope of recovery.

Standard diagnostic tests seldom offer insight into chronic fatigue, so precise causes are elusive. Sufferers can have an array of debilitating symptoms despite normal pathology results, leaving the practitioner to identify the best path forward based on each patient's symptom picture.

The advent of long Covid compounds this treatment challenge, to improve the quality of life for patients with long term, unremitting chronic symptoms, after their viral illness.

Symptoms vary widely, from ongoing severe fatigue, brain fog, sleep disorders, headaches, neurological symptoms, recurring infections, poor exercise tolerance, muscle pain, and fibromyalgia.

Jon will describe his method of treating post-viral fatigue, developed over 24 years, which includes treating several body systems and searching for causes to explain each patient's condition. Using the successful methods of treating the sequelae of mononucleosis, Jon applies similar principles to patients with chronic fatigue and long Covid. Pre-existing or latent chronic disease is addressed, which is often reactivated (or activated) by viral illnesses. Covid 19 appears to notably activate these latent chronic disease patterns, meaning it is a complex, rather than a single disease entity, due to this latent underlying disease.

Using case studies, Jon will demonstrate how he has carefully unravelled complex symptom pictures, often by analysing medical histories in fine detail, which he sees as necessary to fully resolve these cases.

