

# How Organic Acids Testing Can Help with Post-COVID Syndrome

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**C**ongratulations! You survived the initial corona virus infection, but COVID continues to kick your butt. You used to run 5 miles per day before COVID, now you can barely walk 1 mile. You used to be able to swim laps around the kids, now you can barely swim the length of the pool. Some people who have had COVID, even those who only experienced mild symptoms, continue to suffer with a variety of symptoms even after their recovery and negative COVID test. This condition has been dubbed post-COVID syndrome or long COVID-19. There does not seem to be consensus about the percentage of people who will deal with lingering symptoms, but for those who do, it can be life altering.

• Symptoms of post-COVID Syndrome:

- Tremendous fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain
- Muscle pain
- Headache
- Fast or pounding heartbeat
- Memory issues
- Difficulty concentrating
- Sleep issues
- Skin rash
- Hair loss
- Loss of taste or smell

The country's focus today is getting the population vaccinated and stopping the spread of the novel coronavirus. There is not much attention on how to help people suffering with post-COVID syndrome reclaim their pre-COVID lives. This is where the functional medicine organic acids testing and Acupuncture and Natural Health Solutions come into play.

For years, I have been participating in a worldwide functional medicine practitioner group that meets weekly to discuss lab testing, treatment strategies and patient outcomes. With over 94.7 million cases of COVID worldwide, we are starting to see a lot of post COVID cases in this group and the corresponding lab data.

It is becoming clear that COVID has a detrimental effect on the mitochondria, the brain and nervous system. Sometimes, the damage can be so severe that symptoms may persist months after the acute



illness. These people go from doctor to doctor, not really getting any answers while perpetually feeling lousy and dreaming about their pre-COVID health and lifestyle. If this is you, be sure to keep reading.

The mitochondria are tiny organelles in every cell of the body that are responsible for making ATP. You can think of ATP as energy or as the fuel that drives all chemical reactions that occur in the body. When you are healthy, life is good. Your mitochondria makes energy from the food that you eat and you go about your business feeling healthy, happy and energized. When the mitochondria suffer, you start to suffer.

One major cause for the mitochondria to struggle is lack of oxygen. We all know that COVID causes lung fibrosis, difficulty breathing, cough and dangerously low oxygen levels, sometimes requiring mechanical ventilation. When deprived of oxygen for any length of time, the mitochondria numbers start to decline. If your mitochondria are not working properly, or worse, if you have diminishing numbers of mitochondria, you will not have enough energy to function properly and you may experience grand fatigue, brain fog and metabolism issues.

The good news is that there is an easy to perform, at home, urine organic acids test that tells us, in great detail, the health of your mitochondria. Based on your results, we know exactly how to treat. We can see if the mitochondria are working hard, but holding their own or if they have totally collapsed and numbers are dwindling.

Treatment consists of a variety of essential nutrients including magnesium, CoQ10, B vitamins, alpha lipoic acid and free form amino acids.

The lab results tell us exactly which nutrients are required and how much is needed. Mitochondrial regeneration programs usually take two to four months.

The organic acids test also shows markers for brain health. It looks at neurotransmitter markers such as dopamine and serotonin levels. There are also markers that show levels of brain inflammation. Based on your test results we can use a variety of nutrients to balance the neurotransmitters, thereby reducing depression and anxiety. Brain inflammation is also reduced in just a few months.

The organic acids test is one of the easiest and most informative tests that I use in my functional medicine practice. I have always recommended that my patients take this test annually to see how the body is functioning. This test is especially important, however, if you have had COVID in the past and you still just do not feel like yourself.

I have been studying with Dr Kalish learning functional medicine for six years. Dr Kalish has been studying with Dr Lord many, many hours per week for years. Dr Lord is the man who developed the organic acids test. Through my years of training I have learned many nuances of the test that only can come from the developer of the organic acids test, himself. This specialized, intensive training has allowed me to develop effective treatment protocols for restoring mitochondrial numbers and function, thereby, reducing fatigue, anxiety, sleep issues and brain fog.

If you are interested in this test, I highly recommend you schedule either an acupuncture or functional medicine appointment (telemedicine appointments are available). We will discuss your current health concerns and decide if the test is appropriate for your condition. If it is appropriate, you will be given a test at the office or drop shipped directly to your home from the lab. Results usually take 2-3 weeks to receive. Treatment usually takes 4-6 months. Call today, **239-260-4566**, or schedule online at [www.AcupunctureSolutionsOnline.com](http://www.AcupunctureSolutionsOnline.com). I look forward to finding and addressing the root cause of your symptoms so you can become symptom free. Let me help you kick COVID's butt once and for all.



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