

PEPTIDE PROTOCOL — PANS, LONG COVID MCAS, POTS & CHRONIC ILLNESS

Details at: [DiaryofRecovery.com/pans](https://diaryofrecovery.com/pans) - For all of our Peptide Content: PeptideDiary.com

With 18+ months of data from our [Peptide Group](https://diaryofrecovery.com/peptide-group) (6,000+ members), and our personal recoveries, this peptide based plan is ideal for PANS, Long COVID, MCAS, Allergies, Asthma, POTS, ME/CFS, IBD & many other chronic illnesses. Not to replace medical advice or prescribed medicines

Best combined with a *calm nervous system* - see video: diaryofrecovery.com/calm

KPV Peptide integrativepeptides.com/product/kpv. (Coupon: SAVE10 for 10% off)

- Potent anti-inflammatory, anti-microbial & anti-fungal (penetrates & prevents biofilms)
- Mild immune modulator (does not shift system to overreact - also treats allergies)

Begin with: 1/10th capsule (50 mcg), up to 5x per day - some use only a small sprinkle at first

Work toward: 1/4 cap, 3-4x per day (max total 500 mcg) - up to 2-3 mos, maintenance dose as needed

- Use Powder under tongue or inside another capsule - ok to mix in food
 - Watch for die off symptoms from bacteria / yeast especially days 4-5
 - Ok to pause, take breaks and / or use a binder (activated charcoal see [Detox blog](https://diaryofrecovery.com/detox-blog))
- Comprehensive blog post: diaryofrecovery.com/kpvpeptide (important read!)

Optional Additional Considerations

Flare Prevention - Thymogen A1 Peptide — 1/4 cap, 2x per day

integrativepeptides.com/product/thymogen-alpha-1 (Coupon SAVE10)

- Boosts Immunity - Use during acute Illness (See: [blog post](https://diaryofrecovery.com/blog-post))

Anxiety, Mood - N Acetyl Selank Amidate Nasal Spray — 1 spray (300 mcg) - 1x (up to 2 - 3x) per day

limitlesslifenootropics.com/product/n-acetyl-selank-amidate-10ml

Coupon: QUALITY for 20% off

- Blog post & video: diaryofrecovery.com/selank (works within 10 minutes)

Aggression, irritability - Saw Palmetto — 1 cap AM & 1 cap 6 hours later (works same day)

- Treats impaired ability to detox androgens (need 85% standardized, see - [Dr's Best Gel Caps](https://diaryofrecovery.com/dr-s-best-gel-caps))
- Blog post & video: diaryofrecovery.com/sawpalmetto

Fatigue & Mitochondria Support / Nerve issues

- B12: diaryofrecovery.com/b12 (excellent for POTS) — 5,000+ mcg / IU per day, AM only - sublingual
- NAD+: diaryofrecovery.com/mito - Mitochondria & more - Nasal spray (or sublingual) — 1x / day
- Red Light Therapy: diaryofrecovery.com/redlight — Methods and \$40 device in blog post

Cognition / Speech: CogniPep: diaryofrecovery.com/review/#cognipep — 1/4 cap AM only, 3-4 days/wk

Tissue Repair: TB4-FRAG peptide: diaryofrecovery.com/review/#tb4 — 1/4 cap, 2-3x per day

Thyroid (all types): ThyroPep: diaryofrecovery.com/review/#thyropep — 1 cap in AM, empty stomach

Sleep: Delta Sleep Inducing Peptide (DSIP) - 1-2 sprays 1 hour before bed diaryofrecovery.com/dsip

Optional: Pineal Gland Bioregulators (adults only) diaryofrecovery.com/review/#pinealpep