

New Book Offers Groundbreaking Metabolic Path to Recovery for Long COVID Sufferers

Dunedin, Florida Jul 16, 2025 ([IssueWire.com](https://www.issuewire.com)) - A beacon of hope is emerging for health professionals and patients battling the lingering effects of long COVID. In *Long COVID – A New Approach to Getting Well Again*, author Boyce Berkel, MD, PhD, unveils a revolutionary protocol rooted in **metabolic healing**, offering renewed clarity, emotional resilience, and long-term wellness strategies.

Explore the groundbreaking recovery guide: www.metaboliclongcovidconsulting.com/long-term-covid-ebook/

Through eight deeply insightful chapters, Dr. Berkel reframes long COVID as not just a post-viral syndrome but a systemic metabolic disruption demanding a structured recovery framework. The book empowers readers like Jane and John—dedicated healthcare workers in their 40s who have found themselves sidelined by fatigue, brain fog, and uncertainty—to reclaim vitality, avoid disability, and reconnect with their calling.

“This book doesn’t just offer clinical insight—it reignites hope. It equips readers with a roadmap to recovery and invites them into a telehealth-based healing ecosystem designed to sustain progress and foster community,” says Dr. Berkel.

From decoding symptom clusters to mastering metabolic management, the book blends cutting-edge science with empathetic storytelling and patient success narratives. Readers will discover step-by-step protocols, real-world case studies, and strategies that offer more than symptom suppression—they offer transformation.

Inside the Book

- **Understanding Long COVID: A Metabolic Perspective**
- **Decoding the Symptoms: The Metabolic Connection**
- **Mastering Metabolic Management**
- **Overcoming Long COVID: Success Stories and Insights**

The book also introduces **telehealth treatment integration**—a forward-thinking model to help readers manage flare-ups, track progress, and receive personalized support.

Author Impact Goal: *Long COVID – A New Approach to Getting Well Again* solidifies Dr. Berkel’s thought leadership in recovery frameworks, expands outreach, and encourages readers to join a purpose-driven telehealth treatment program.

Available NOW! www.metaboliclongcovidconsulting.com/long-term-covid-ebook/

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