

New Long COVID Telehealth Program Unveils Unique Metabolic Recovery Protocol in Free Virtual Workshop

Expert-led workshop provides strategic solutions for fatigue, brain fog, microbiome dysregulation, mitochondrial exhaustion, immune dysfunction, and cardiovascular instability through a unique, integrative, metabolic, science-backed approach.

Dunedin, Florida Jul 2, 2025 ([IssueWire.com](https://www.issuewire.com)) - An estimated 25 million Americans are still battling long COVID symptoms, from crushing fatigue to cognitive dysfunction. A pioneering telehealth clinic, *Metabolic Long COVID Consulting*, is responding with a structured, metabolic recovery protocol designed to reverse post-viral damage.

The Solution: A New Paradigm in Long COVID Care. On 3rd July, 2025, founder **Dr. Boyce N. Berkel, MD, PhD**, introduced a **free virtual workshop** titled *"Everything You Always Wanted to Know About Long COVID, but Didn't Know Whom to Ask."* This session introduces a phase-based protocol targeting:

- **Detoxification** from spike protein and environmental stressors
- **Mitochondrial rebooting** to restore energy
- **Immune recalibration** for lasting resilience
- **Microbiome and nervous system support** to reduce inflammation and improve clarity
- **Stress and coping skills are awakened**, allowing your body to shift from survival to healing mode
- **Metabolic coherence and balance are restored**, reigniting the body's innate capacity to self-regulate

Expert-Guided, Patient-Paced. Each participant gains access to a **personalized symptom tracker**, real-time Q&A, and insights from emerging research.

"We're not just managing symptoms. We're helping patients reclaim their future through precision care and measurable transformation," said Dr. Berkel.

Workshop registration is free, but private consulting space is limited. Reserve your spot at: www.MetabolicLongCOVIDConsulting.com/workshop

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Source : Metabolic Long COVID Consulting

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