The AntiViral Life Programme™

FOR LONG COVID

Module 1
WELCOME TO THE PROGRAMME
9 mins videoclass

In the first Video-Class, registered osteopath and ex-long Covid sufferer, Jane Reynolds BSc Hons OST, explains how long Covid, as a post-viral syndrome, can be overcome naturally and easily. She explains how the AntiViral Life ™programme for Long Covid will teach you to create an anti-viral body and live an anti-viral life so that viruses will find it difficult or impossible to survive within you.

Module 2
KNOW YOUR ENEMY

Know Your Enemy

11 mins videoclass

What is long Covid and what has it done to you?

The Battleground

5 mins videoclass

Your job as a long Covid Warrior not Worrier!

Module 3

BREATH - YOUR GREATEST WEAPON

Breathe Better Feel Better

7 mins videoclass

Why Breath Retraining is Crucial for Long Covid

Prepare yourself!

9 mins videoclass

The Long Haul Lounge Breath Preparation Technique

How to Breathe

7 mins videoclasses x 2

Breathing has gone wrong - especially after Covid. Let's sort it out!

Breathing Through The Nose

7 mins audioclass

So simple, so important but many of us don't breathe through our noses and lose
the use of this crucial first layer of defence.

BREATH - YOUR GREATEST WEAPON (CONTINUED)

Technique to Unblock the Nose
2 mins audioclass
Technique for blocked or congested noses

Cough It Out!
8 mins videoclass and audioclass
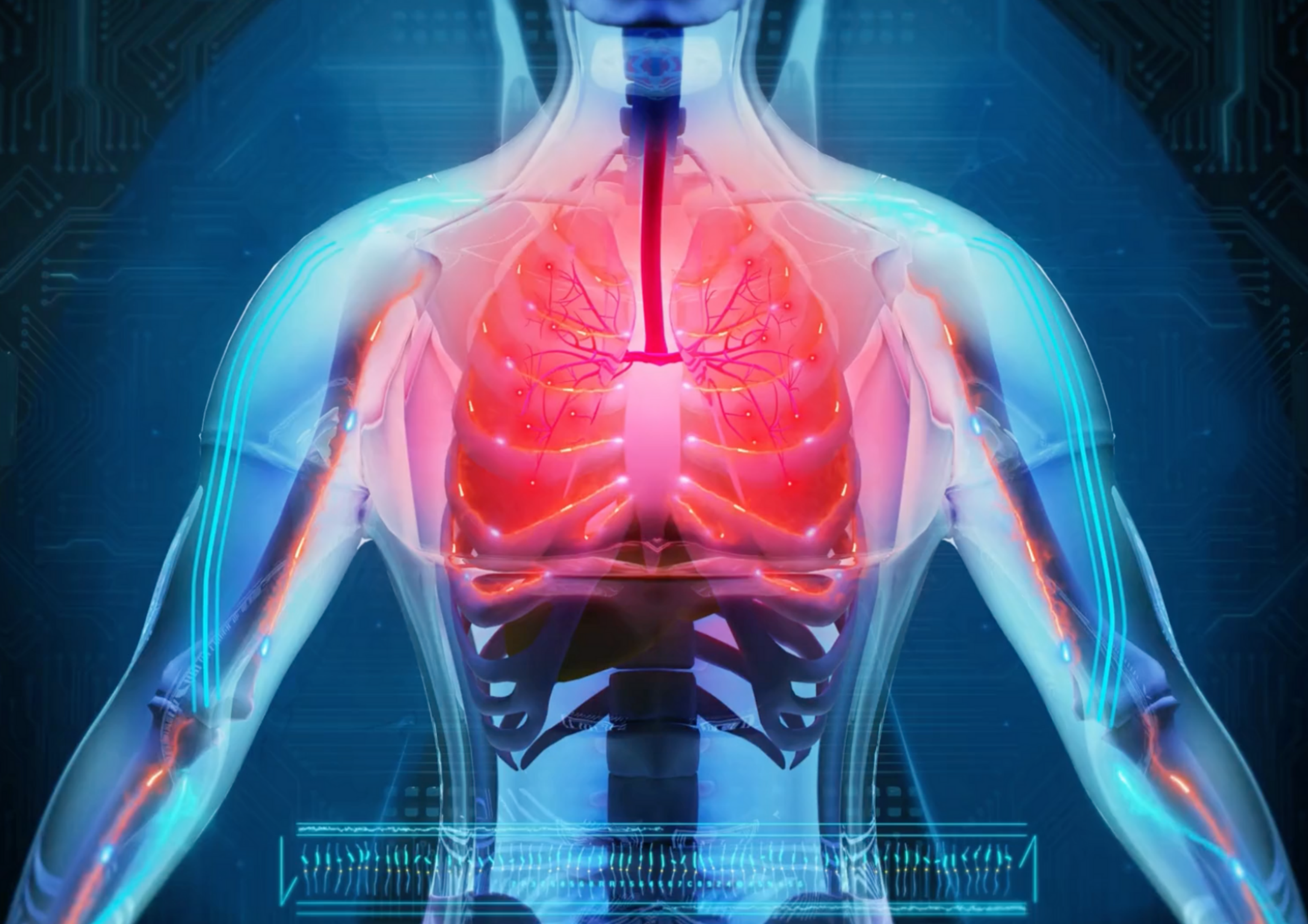Clear out mucous trapped at the base of your lungs

Breathe like a Warrior!
4 mins audioclass
The Mount Sinai Hospital for long Covid breath technique

Long Haul Lounge breathing
8 mins audioclass
Reclaim your breath with a 4 - 7 - 8 breathing cycle

BREATH - YOUR GREATEST WEAPON (CONTINUED)

Your 1st Superpower
8 mins videoclass
Big, strong lungs

Your 2nd Superpower
13 mins
Increase CO2 through slow breaths and hugely increase oxygen supply

Stoke Your Fire
22 min
Boost your immune system and reduce inflammation

Module 4
CHEMICAL WARFARE

Nasal Nitric Oxide
5 mins videoclass
An anti-viral, nature-given chemical weapon that we produce at all times, naturally, within our noses

Kapalbhati
4 mins video and audioclasses
Ancient yoga Kriya to clean the head and respiratory system

Humming
2 mins audioclass
Massively increase your nasal nitric oxide output x 7!
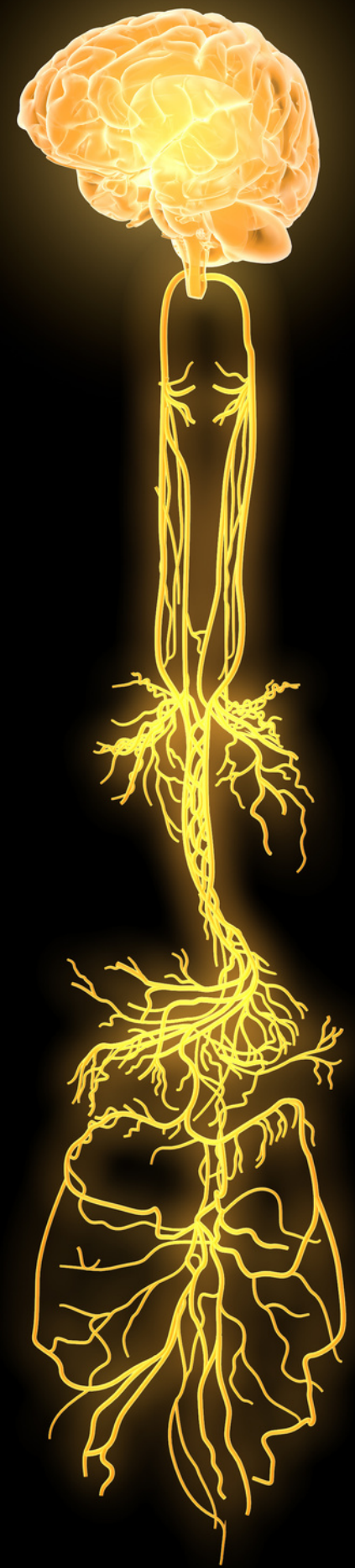
Module 5
THE VAGUS NERVE - YOUR HEALER IN LONG COVID

The Vagus Nerve & Dysautonomia

12 mins videoclass

How to take back control of a disordered nervous system

Release your nervous system

5 mins videoclass

Fight or Flight has you hostage in Long Covid - Break free, it's fun!

The Basic Exercise to reclaim a state of rest, relax and repair

4 mins videoclass

Get Well Stay Well

Module 6
THE PERRIN TECHNIQUE ™

Easily drain the toxins from your whole body
6 mins videoclass
Taught by Osteopath and Perrin Technique practitioner Daniel Baines

Your Morning Routine
9 mins videoclass
Level1 followed by Level 2

Your Evening Routine
4 mins videoclass
Brain drain and Face drain

Module 7

HARNESSING THE POWER OF INFRARED LIGHT

Half an hour in The Woods or Park

3 mins videoclass

Join Jane in the woods for some 'forest bathing' - does you wonders!

Heat it up!

8 mins videoclass

Viruses like Covid 19 are heat-responsive!

The Infrared light from The Sun and The Moon

7 mins videoclass

Soak up those ANTIVIRAL rays from the sun (and the moon!)

Module 8
HARNESSING THE POWER OF COLD

Cold is AntiViral!

4 mins videoclass

From sea swimming or cold showers to a bucket of water!

Module 9

TIME-RESTRICTED EATING -
Eat the same but over a shorter period of time. Thats it!

For a stronger, happier immune system

25 mins videoclass

Presented by Functional Medicine Practitioner , Daniel Baines, MSc OST

Module 10
NUTRITION & SUPPLEMENTATION

For Long Covid

20 mins videoclass

Presented by Functional Medicine Practitioner , Daniel Baines, MSc OST

WE WISH YOU A SPEEDY RECOVERY!

The AntiViral Life™ Programme for Long Covid is available from J R & Associates and The Long Haul Lounge in association with CosmoCare Health & Wellbeing Ltd and Pinnacle Fitness & Health.