

Possible Medicamentation (Anti Inflammation & Immune System Suppression):

Antiinflammatory Diet – Low Histamine Diet – Intermittent Fasting

Zinc (50mg/day)
Vitamin D (100µg/day)
Vitamin C (1500-2000mg/day)
Omega-3 Fatty Acids (1000-2000mg/day)
Curcuma (1000-1500mg/day)
Magnesium
Vitamin K2

Green Tea
Pine Needle Tea/Kieferntee
Rose Hip Tea/Hagebuttentee
Urtica Tea/Brennesseltee
Chamomile Tea/Kamillentee
Fennel Tea/Fencheltee
Star Anise Tea (Illicium Verum)/Echter Sternanis Tee
Comfrey (Symphytum)/Beinwell
St. John's Worth (Hypericum Perforatum)/Echtes Johanniskraut

Probiotics (e.g. Kefir)
Cinnamon/Zimt
Black Pepper/Schwarzer Pfeffer (5-10mg/day)
Frankincense/Weihrauch (Boswellia Serrata)
Dandelion Leaf Extract/Löwenzahn (Taraxacum)
Nigella Seed/Echter Schwarzkümmel (Nigella Sativa)
Milk Thistle Extract/Mariendistel (Silybum Marianum) (200mg/3x/day)

Cannabidiol (CBD)

L-Arginine (1000-1500mg/day)
N-Acetylcysteine (ACC/NAC)(600-1200mg/day)
Quercetin (500-1000mg/day)
Rutin (500-1000mg/day)

Glutathion (GSH) (300-600mg/day)

Glucosamine (1500mg/day)
Chondroitin (1200mg/day)
Methylsulfonmethane/Dimethylsulfon (MSM) (250mg/day)

Aspirin (ASS) (500mg/day)
Melatonin (2-10mg/bedtime)

Loratidine (10mg/3x/day) – Type I Antihistamine
Famotidine (20mg/2x/day) – Type II Antihistamine
Rupatidine (10mg/1x/day) – Mast Cell Stabilizer

Prednison – Corticosteroid (20mg/2x/day/7days)
Driponin – Ivermectin (0.2mg/kg/2x/week)

Fluvoxamine (50mg/2x/day) – Selective Serotonin Reuptake Inhibitor (SSRI)
Naltrexone (LDN) (0.5mg/day) – Opioid Antagonist