Method of thermoregulation in treatment Post Covid-19 Syndrome and **Chronic Fatigue Syndrome**

Irma Ogorevc

The Evolutive Naturopathy School, the Jean Monnet University of Brussels, Planeth of Health, Ljubljana Slovenia, Ljubljana, SLOVENIA

email: irma.ogorevc@asan.si

INTRODUCTION

Most people who have COVID-19 recover completely within a few weeks, but some people continue to experience symptoms after their initial recovery.

These health issues are sometimes referred to as "post-COVID-19 syndrome" or chronic fatigue syndrome. They last from four weeks to six months and more after people have been diagnosed with COVID-19. Common signs and symptoms include: Fatigue, Shortness of breath or difficulty breathing ,Cough. Joint pain, Chest pain, concentration or sleep problems, muscle pain or headache, fast or pounding heartbeat, loss of smell or taste, Depression or anxiety, Fever, Dizziness when standing. Worsened symptoms after physical or mental activities. Integrative medicine is defined as healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies. Integrative approaches are likely to remain critically important in re-establishing well-being

RESULTS

Our method thermoregulation is done by the following speps:

1. Step - anamnesis

The therapist has a detailed conversation with the client about health problems and way of life (nutrition, mobility, exposure to stress,...)(Table 1 and 2)



2. Step- use of computer program (analyzer)non invasive analyzer ANESA The analyzer does, in three minutes, extremely precisely, 131 blood test, on the basis of heat, with the sensors sensitive to high temperature on five parts of the body (under both armpits, arteries in the neck and hips), after which the experienced therapist understands how the internal organs and glands function. (Picture 2)





3. Step-recommended therapy (Picture 1)

On the basis of the computer analysis and health problems which have been recognized by that, the therapist recommends the therapy which includes the way of nutrition and consumption of oils necessary the for improvement and/or solving the health problems. Preclinical and clinical research on the effects of certain bioactive compounds in essential oils, which are available in a large number of plants, has gained a boost and is increasingly published.

Of particular interest are the effects of terpenes and terpenoids on the suppression of inflammatory The approach is balanced and mild, yet powerful and effective.

The main reason is that it begins with the daily proper diet of the body paving the way for natural restoration of health status from the current state and infection responses and the immunomodulatory properties of these compounds.

Learning objectives

Getting to know the thermoregulation method based on the integration of quantum diagnostics and essential oil therapy. The importance of functional nutrition in the treatment of post-Covid syndrome and chronic fatigue syndrome. The role of natural therapy in achieving balance in the body and an integrative approach in medicine.

CONCLUSION

Multidisciplinary therapy is used in the treatment of post covid syndrome and chronic fatigue syndrome. Due to the symptoms of several organ sistems, pharmacological therapies are used.

Our approach is integration, using natural therapies with essential oils, supplementation and functional nutrition.

Access is individual. Integrative Medicine focuses on the human organism's innate capacity for healing. Convalescence from disease, like recovery from injury, places great demands on the body's mechanisms of healing.

The most important contribution of IM is the assurance that the body's healing system is fully capable of restoring wellness. Depending on age, state of health at the onset of illness, and the severity of illness, the process may take longer for some. Nonetheless, it is imperative to trust in the wisdom of the body and the healing power of nature. A focus on restoring homeostasis plays a key role in IM. Even when diseases do not have clear treatment, practitioners can use the principles of IM to facilitate recovery.

IM approaches that can be used to combat inflammation, repair lung injury or dysfunction, replete nutritional deficiencies, reduce chronic stress, and mitigate fatigue. In addition, IM may empower the patient to aid their recovery.

- Slavias Stanisic: Integrative Health Sciences and COVID 19. Prevention, Therapy and Rehabilitation, review article, Alma Mater Europaea ECM, 9th International Scientific Conference, All about people 2021: Digital transformation in education, science and art, (12th 19th March 2021)

 Integrative medicine considerations for convalescence from mild-tomoderate COVID-19 disease. Lise Alschulers, Ann Marie Chiassons, Rendy Horwitza, Esther Stembergs, Robert Crockers, Andrew Weilb, Victoria Maizess, University of Arizons, College of Reddings, United States. Andrew Weil Center for Integrative Medicine, United States. University of Arizons, United States. Andrew Weil Center for Integrative Medicine, University of Arizons, United States. in 2021)
 in the medicine considerations for convalescence from mild-tomoderate COVID-19 disease. Lise Alschulera, Ann Marie Chiassona, Randy Horwitza, Esther Stemberga Robert Crockera, Andrew Weilb, Victoria Maizesa, University of Arizona, United States. Andrew Weil Confer for Integrative Medicine, United States, University of Arizona, United States Received 27 July 2020, Revised 15 December 2020 Accepted 20 December 2020s. © 2020 The Authors. Published by Elsevier Inc. This is an June 19 States. Andrew Weilb, Inc. 19 States and Inc. 19 St