

goodpath

Innovative, integrative care for long COVID.

MORE THAN 20 MILLION PEOPLE SUFFER FROM LONG COVID SYMPTOMS*, INCLUDING:

- Fatigue & insomnia
- Joint & muscle pain
- Digestive issues
- Shortness of breath
- Loss of smell & taste
- Brain fog

CDC guidance for optimizing Long COVID care** recommends a whole-person approach, including lifestyle changes, exercise, and OTCs.

Sample Goodpath solutions



Respiratory:

Breathing exercises & cough suppressant



Fatigue:

Anti-Inflammatory diet & energy conservation



Sensory:

Olfactory training & food safety



Neurocognitive:

L-Theanine & meditation

Get started at [goodpath.com](https://www.goodpath.com)

*AAPMR (American Academy of Physical & Medical Rehabilitation).

**CDC, *Management of Post-COVID Conditions*, 2021.

