

Dr. Groysman Introduces Revolutionary 4-Step Protocol for Addressing Mitochondrial Dysfunction in Long COVID

Treatments for mitochondrial dysfunction using a 4 step method.

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[/EINPresswire.com/](https://EINPresswire.com/) -- Renowned medical expert, Dr. Groysman, has unveiled an innovative 4-step protocol designed to combat mitochondrial dysfunction, a condition implicated in numerous chronic diseases, aging processes, and the lingering effects of [Long COVID](#). Covid-19 is known to damage mitochondria directly and indirectly. Mitochondria are not able to repair themselves on their own in these cases. This comprehensive approach aims to restore cellular energy and enhance overall health by targeting the root causes of secondary mitochondrial impairment. "This can work in just 90 days. While it was designed for Long COVID, it can be used with other chronic illnesses as well such as ME/CFS", he said.



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Step 1: Reduce Oxidative Stress with Antioxidants: The first step in Dr. Groysman's protocol focuses on minimizing oxidative stress, a primary driver of mitochondrial damage. By incorporating potent antioxidants into the treatment plan, patients can protect their mitochondria from the harmful effects of free radicals, thereby improving cellular function and reducing inflammation.

Step 2: Promote Mitophagy: Mitophagy, the process of clearing out damaged mitochondria, is crucial for maintaining cellular health. Dr. Groysman's protocol includes specific strategies to enhance mitophagy, ensuring that dysfunctional mitochondria are effectively removed and

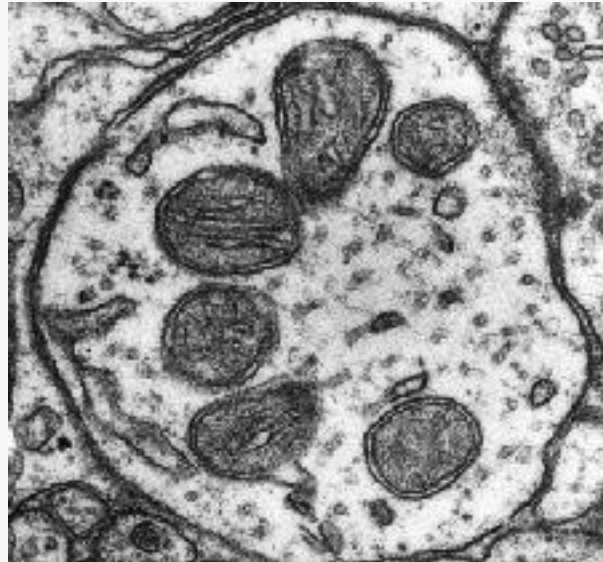
replaced with healthy ones. This step is vital for preventing the accumulation of damaged mitochondria, which can lead to further cellular decline.

Step 3: Biogenesis of New Mitochondria: In addition to promoting mitophagy, Dr. Groysman emphasizes the importance of mitochondrial biogenesis, the creation of new mitochondria. By stimulating the body's natural processes for generating new mitochondria, this step helps to replenish the cellular energy supply and improve overall mitochondrial function. This approach is particularly beneficial for patients experiencing fatigue and energy depletion, common symptoms of Long COVID.

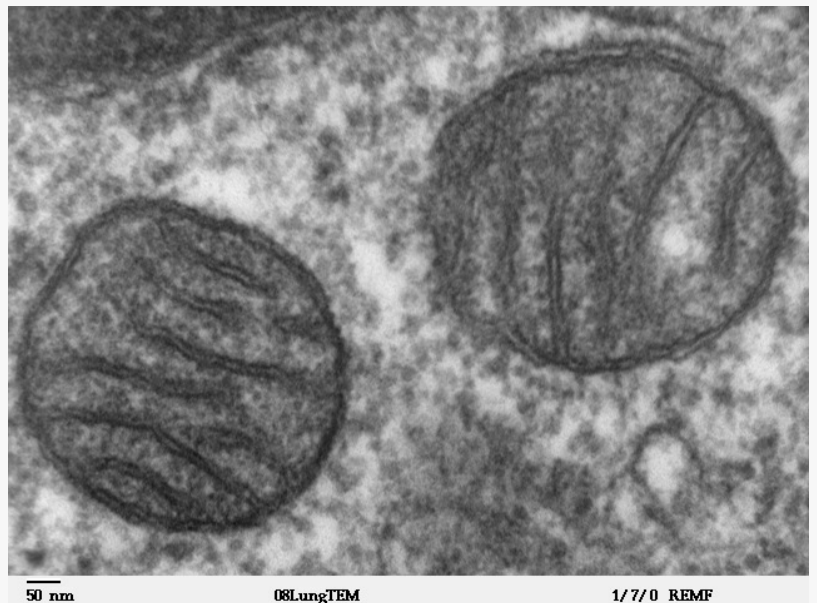
Step 4: Mitochondrial Support: The final step of the protocol focuses on providing ongoing support to maintain mitochondrial health. This includes a combination of targeted nutrients, lifestyle modifications, and therapeutic interventions designed to optimize mitochondrial function and ensure long-term cellular vitality. Dr. Groysman's comprehensive support plan aims to sustain the improvements achieved through the initial three steps, promoting lasting health and well-being.

Expertise in Long COVID: Dr. Groysman has also become a leading authority on the management of Long COVID, a condition characterized by persistent symptoms following COVID-19 infection. Many patients with Long COVID suffer from mitochondrial dysfunction, leading to chronic fatigue, cognitive impairments, and other debilitating symptoms. Dr. Groysman's 4-step protocol addresses these issues by restoring mitochondrial health, thereby alleviating the burden of Long COVID and improving patients' quality of life.

Dr. Groysman's Protocol in Action: Patients who have adopted Dr. Groysman's 4-step protocol have reported significant improvements in energy levels, cognitive function, and overall quality of life. The protocol's holistic and naturopathic approach addresses the multifaceted nature of



mitochondria



mitochondria under electron microscope

mitochondrial dysfunction, offering a promising solution for those suffering from chronic illnesses and Long COVID-related health issues.

About Dr. Groysman Dr. Groysman is a leading expert in mitochondrial health and chronic disease management, with a special focus on Long COVID. With a commitment to evidence-based treatments and personalized care, Dr. Groysman has helped countless patients achieve better health through innovative protocols and therapies.

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