

Effective treatments for long COVID

The BMJ review of effective treatments for long-term COVID (post-COVID condition) found that Cognitive Behaviour Therapy (CBT) and physical and mental health rehabilitation probably improve symptoms of long-term COVID.¹ The identified trial that investigated physical and mental health rehabilitation did not report any instances of post-exertional malaise despite closely monitoring patients for this symptom. The CBT was not aimed at depression but looked at illness beliefs, among other things.

An audit of 12 patients in New Zealand found that 11/12 participants were 85% or better after doing the lightning process (LP).² There were no harms reported. All patients needed to accept that there was a mind-body component to their symptoms. A recent article on the Paris 2024 Olympic silver medallist documents her experience of LP that enabled her to recover from long COVID and succeed at the Olympics.³

References:

1. [Interventions for the management of post-COVID-19 condition \(long COVID\): protocol for a living systematic review and network meta-analysis](#) BMJ Open (2025)
2. [An audit of 12 cases of long COVID following the lightning process intervention examining benefits and harms](#) Journal of Family Medicine and Primary Care (2025)
3. [Using Lightning Process to break cycle of fatigue in long COVID](#) New Zealand Doctor (2025)

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