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Supportive Oligonucleotide Therapy (SOT) or Q-REstrain in Long COVID: A Precision-Based Integrative Approach

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For many people, COVID-19 did not end when the acute infection symptoms resolved. Months, or even years later, symptoms such as fatigue, brain fog, shortness of breath, pain, dizziness, allergies, rashes, POTS (postural orthostatic tachycardia syndrome) and exercise intolerance may persist. This condition, known as Long COVID, Post-Acute Sequelae of SARS-CoV-2 infection (PASC), or Post Vaccination Syndrome, is complex, debilitating, frustrating, and deeply disruptive to daily life.

At Holistique, we recognize that Long COVID or Post Vaccination Syndrome is not a single disease, but a multi-system condition involving reactivation of multiple infections, immune dysregulation, chronic inflammation, nervous system imbalance, hormone dysfunction, and impaired cellular energy production.

In selected cases, we may consider an advanced therapy called Q-REstrain, or Supportive Oligonucleotide Therapy (SOT), as part of a comprehensive, individualized wholistic care plan.

"Difficulties are stepping stones to success."
— 'Abdu'l-Bahá

Understanding Long COVID at the Biological Level

Research suggests that Long COVID may involve several overlapping complex mechanisms, including:

- Persistent viral fragments or viral signaling
- Persistent tickborne infections or their fragments
- Ongoing immune dysregulation, activation and inflammation
- Autoimmune-like responses

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- Endothelial and microvascular dysfunction
- Mitochondrial (cellular engine) stress and impaired energy production
- Autonomic nervous system imbalance

Because multiple systems are involved, patients often experience chronic pain or a wide range of symptoms, sometimes strange symptoms, that may fluctuate over time and do not respond well to one-size-fits-all treatments or conventional therapies.

What Is Q-REstrain or SOT, and Why Is It Being Explored for Long COVID?

Supportive Oligonucleotide Therapy is a *precision gene-silencing therapy* based on antisense oligonucleotide science. Oligonucleotides are short, laboratory-designed amino acid sequences that bind with specific RNA or DNA targets inside the microbe's or the targeted cell to change its gene expression and silence it.

In simple terms, SOT is designed to silence *the replication of viruses or bacteria* that may be contributing to persistent inflammation or immune and nervous system dysfunction. When the microbe is disengaged from replicating, the immune system gets "a break" and is able to "catch up" to take care of other invaders. Afterwards, remnants of the bacteria or virus need to be eliminated from the body by supporting its elimination, detoxification, methylation and depuration pathways.

This approach is being explored in complex post-viral conditions like Long COVID because it offers a way to address *underlying molecular drivers*, not just symptoms.

How Is SOT Different from Standard Long COVID Treatments?

Conventional care for Long COVID often focuses on symptom management, physical rehabilitation and anti-inflammatory or supportive medications.

While these approaches are important, some patients continue to experience limited improvement. Because Long COVID or Post Vaccination Syndrome often involves the reactivation of chronic infections like Lyme, Epstein Barr, Herpes viruses, and so forth, a more aggressive targeted root cause therapy approach that will address these chronic immuno-suppressive infections must be employed to help resolve Long COVID symptoms. This is when we turn to Q-REstrain therapy.

Q-REstrain or SOT represents a deeper, more targeted strategy, informed by decades of research in antisense oligonucleotide technology, and already used in FDA-approved treatments for other complex conditions.

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At Holistique, SOT is *never used in isolation* and is considered carefully and thoroughly as part of a more comprehensive integrative approach to activating the body's healing processes to regain balance and homeostasis and to resolve chronic symptoms, infections, and toxins.

What Does Q-REstrain Treatment Look Like at Holistique?

If Q-Restrain is considered appropriate for you, the process involves:

1. ***Comprehensive medical assessment,*** including history of COVID infection, vaccinations, health history, history of previous infections and inflammation, immune and health status, environmental exposures, diet and nutrition, lifestyle and ongoing symptoms
2. ***Advanced functional medicine laboratory testing*** to assess multiple chronic infections, immune function, inflammation, gut, mold & mycotoxin, hormone and metabolic stressors, detoxification and methylation pathways and nutrient deficiencies and environmental toxicities.
3. ***Q-REstrain*** is then created through RGCC laboratory in Greece if at least one chronic persisting infection is identified. Your blood is drawn and sent to RGCC labs for identification of the genetic coding of the specific microbe that is requested by your physician. Once identified, a Q-restrain is created by RGCC laboratory and sent to us to neutralize the genetic material of that specific microbe..
4. ***Personalized treatment planning,*** integrating multiple supportive therapies in preparation of receiving the Q-Restrain therapy is vital to the success of Q-Restrain therapy. This may include personalized precision protocol for preparing and optimizing efficacy, detoxification, restoration, and regeneration of your system to ensure the elimination of the microbe remnants and optimization of your well-being during and after the therapeutic process.
5. ***Q-REstrain reconstitution*** in our certified clean room is then performed by our nurses just prior to infusion.
6. ***Q-REstrain IV infusion*** along with premedications and IV saline is administered over a period of one hour by our Registered nurses certified in Q-Restrain therapy.

For four to six months after the Q-REstrain infusion, the chronic infections continue to neutralize. Long-COVID patients often continue their supportive therapies such as detoxification, IV nutrition, immune modulation, mitochondrial support, nervous system regulation, and psycho-emotional and lifestyle-based interventions for a few months to completely regain their health and wellbeing.

Is Q-REstrain Therapy a Cure for Long COVID?

No. And it's important to be clear.

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Long COVID recovery is rarely linear, and there is no single therapy that works for everyone. Q-Restrain or SOT is best understood as a *potential adjunctive tool*, one that may help some patients move out of chronic persisting infections that contribute to a persistent inflammatory or immune-activated state when combined with comprehensive care.

A Whole-Person, Integrative Approach to Long COVID

At Holistique, Long COVID care focuses on:

- Supporting immune balance rather than suppression
- Restoring cellular energy and mitochondrial function
- Calming the nervous system and supporting autonomic balance
- Addressing inflammation, oxidative stress, microvascular disruptions, and detox pathways
- Honoring the emotional and psychological impact of prolonged illness

Advanced therapies like SOT are considered within this broader healing framework.

Dr. Darvish and our Registered Nurses are RGCC Certified providers.

A Thoughtful Path Forward

Long COVID is real, complex, and deeply personal. Specific Oligonucleotide Therapy represents one of several *emerging precision-based approaches* that may offer hope for carefully selected patients when integrated into a comprehensive treatment plan.

At Holistique, our commitment is to science-informed care, transparency, and compassion—supporting your body's ability to heal at its own pace deeply.

Contact us for a consult to see if Q-REstrain therapy is right for you. Call or Text (425) 451-0404

Scientific References

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Medical disclaimer: This article is for educational purposes only and reflects the clinical perspective of Holistique Medical Center. It is not a substitute for individualized medical advice, diagnosis, or treatment. Consult a qualified healthcare provider before starting any new therapy or making changes to your health regimen.

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