

YTE®

BRAIN POWER

Testimonial: Long covid

A little about myself: 43 years old, Father of three, been involved in sports all my life. Completed 31 Ironman-distance triathlons (7×Norseman Black T-shirt)

On September 17, 2021, I received my second COVID-19 vaccine. 40 minutes later I had breathing problems, severe muscle pain, and joint pain. The first diagnosis was inflammation of the heart muscles. Later I was diagnosed with POTS syndrome and finally ME/CFS.

After the vaccine injury, I have lived in severe pain. During the winter, I was bedridden most of the time with a severe cold. In the summer, when it was warm, I got back on my feet, but I could only move with a limp. The new life led me into a severe depression. And in the winters of 2024 and 2025, I moved to Spain to endure the cold weather. The only treatment that Health of Norway offered me was Steroids and Kineret, which came with a lot of side effects and severe depression.

October 2025 I was at a hopeless point, I was preparing to leave my family again and move to Spain for the winter.

Then I was advised to try YTE. The first plan was to try to survive the winter in Norway. At first, I didn't see much change. But gradually the pain started to subside. Since October I have been living in a routine: morning 6×YTE + 40 min infrared sauna + vitamins. 1-2 h stretching or bodyweight training. Evening: Body stretching + 6×YTE + 40 min infrared sauna.

Step by step, changes began to occur:

- *I was able to sleep again
- *The night cramps disappeared
- *The muscle pain has become much less
- *The joint pain has become less
- *The daytime meltdowns have disappeared
- *The depression has disappeared
- *I can handle stress better
- *I can see the light at the end of the tunnel again
- *I was able to ski with the kids again after over 5 years

I can't run or live 100% yet, but I'm in the best shape I've been in for the past 5 years. I've found a positive rhythm in my life again and I believe that one day I'll compete in an Ironman triathlon again or maybe even a Norseman.

H.S