



ZENTRUM FÜR POSTINFEKTÖSE MULTISYSTEM-ERKRANKUNGEN

Individualized medicine for children, adolescents, and adults
with ME/CFS, Long COVID, Post-Vac & related conditions

Nutrition in Post-Infectious Multisystem Conditions

Introduction

Food is medicine. For individuals affected by post-infectious multisystem conditions such as Long COVID, ME/CFS, or Post-Vac syndrome, an anti-inflammatory, nutrient-rich diet plays a central role. It can support key processes such as immune modulation, inflammation control, and mitochondrial regeneration.

This handout offers a practical and science-based introduction, rooted in our ZPIMS approach: personalized, system-oriented, and always attuned to your individual reality.

1. The Foundation: Paleo-Inspired Nutrition

Our core recommendation is simple: Eat what grows in the forest and runs through it – if it's edible.

Inspired by the Paleo principle, this approach focuses on unprocessed, nutrient-dense foods that ease the burden on your immune system and support your body's regeneration.

Recommended foods include:

- Fresh, unprocessed meats and fish (chicken, turkey, beef, game, salmon, mackerel)
- Vegetables: broccoli, carrots, pumpkin, zucchini, parsnips, cucumber
- Mushrooms: button, shiitake, oyster (contain beta-glucans for immune modulation)
- Fruits: apples, pears, berries, grapes (based on individual tolerance)
- Pseudograins: quinoa, amaranth, millet, buckwheat
- High-quality fats: olive oil, flaxseed oil, nut oils (e.g. almond, hazelnut – check tolerance)
- Nuts and seeds (as tolerated): almonds, sunflower seeds, pumpkin seeds
- Fresh herbs: parsley, rosemary, thyme, coriander



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- Beverages: still mineral water, green tea, herbal teas (peppermint, chamomile, ginger)

These foods provide essential nutrients, help reduce inflammation, and support immune resilience.

2. Low-Histamine Options

Many patients are sensitive to histamine. A low-histamine diet can help reduce inflammation and stabilize immune function.

To avoid initially:

- Tomatoes, spinach, eggplant, avocado
- Citrus fruits, strawberries
- Aged cheese, salami, canned fish
- Alcohol, vinegar, soy sauce
- Certain nuts (e.g. walnuts, cashews), chocolate

Preferred options instead:

- Fresh meat and fish (prepare immediately or freeze)
- Vegetables: broccoli, pumpkin, carrots, zucchini, parsnips
- Mushrooms: only fresh, not dried
- Fruits: apples, pears, blueberries, grapes
- Rice, quinoa, millet, amaranth
- High-quality oils: olive, flaxseed, nut oils (as tolerated)
- Still water, green tea, herbal teas



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3. Eliminate Potential Inflammatory Triggers

An elimination diet helps identify personal triggers, reduce silent inflammation, and support gut health.

Phase 1 – Elimination (3–4 weeks):

Avoid:

- Gluten-containing grains (wheat, barley, rye)
- Dairy (milk, cheese, yogurt)
- Soy, eggs, corn
- Sugar, alcohol, caffeine
- Ultra-processed foods
- Histamine-rich foods (see section 2)

Phase 2 – Reintroduction:

- Reintroduce foods one at a time (1 per week)
- Monitor symptoms (fatigue, pain, skin issues, digestion)
- Keep a nutrition journal

This approach supports immune balance and helps personalize your dietary strategy.

4. “Smooth & Easy”: Gentle, Digestive-Friendly Options

In post-infectious multisystem conditions, the digestive system is often sensitive. Gentle preparation enhances tolerance and nutrient absorption.

Tips for “Smooth & Easy”:

- Steam vegetables instead of eating them raw
- Prepare soups and stews with pureed vegetables and soft meats
- Make smoothies from steamed vegetables with minimal fruit
- Cook porridges from millet or quinoa with stewed apples or pears
- Use high-quality oils sparingly (e.g. olive, flaxseed, nut oils)

Benefits:



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- Eases digestive strain
- Supports nutrient absorption
- Reduces immune stress and conserves energy

5. Gut Health: Prebiotics, Probiotics & Fiber

A healthy gut microbiome strengthens the immune system and supports recovery.

- Prebiotics (feed beneficial bacteria):
 - Artichokes, chicory, black salsify
 - Pseudograins like buckwheat and millet
- Probiotics (support gut flora):
 - Freshly fermented foods (in small amounts, if well tolerated)
 - Selected probiotic supplements (only after medical consultation)
- Fiber (regulates digestion):
 - Quinoa, amaranth, pumpkin, berries

Adequate fluid intake is also essential.

Drink plenty of still mineral water daily, and enjoy herbal or green teas regularly.

Conclusion

A simple guideline to start with:

“Eat what grows in the forest and runs through it – and is edible.”

This offers a solid base for building your diet.

By adding low-histamine options, following a structured elimination process, using “Smooth & Easy” strategies, and prioritizing gut health, you create a foundation for greater resilience, energy, and well-being.

ZPIMS – Science-based. Individually adapted. Always at your side.



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