

THE IMMUNE HUB®

COMBATting THE LOSS OF TASTE AND SMELL FOLLOWING VIRAL INFECTIONS



IN THIS ISSUE

WHY WE LOSE TASTE AND SMELL DURING INFECTION

TASTE TRAINING TECHNIQUES

SMELL TRAINING TECHNIQUES

WHEN TO SEEK EXTRA SUPPORT

WHY WE LOSE TASTE AND SMELL DURING INFECTION

by Rachel Jessey

Loss of taste and smell is a common side effect of Viral Infections with around 68% suffering post infection. Some people recover quickly others may take longer.

The reason that taste and smell becomes effected in covid-19 is due to the many ACE2 receptors in the nasopharyngeal passages that the spike protein loves to bind to. The subsequent inflammation damages the olfactory nerves that connect the nose to the brain and the glossopharyngeal nerves that connect the tastebuds to the brain. The messages to the brain become temporarily interrupted.

The key to supporting recovery is to work on reducing overall inflammation and retrain the taste buds and nose to taste and smell again.

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TASTE TRAINING

A number of studies have been done in recent years which suggest that repeated short-term exposure to pungent tastes can potentially be of benefit to people who have been affected by loss or distortions of taste, particularly for those who have lost their sense of taste as the result of a virus including the common cold and SARS-CoV-2.

WHAT YOU NEED: Work with the different areas of the taste buds

Sweet: Sugar, sweet fruits, sweeties, jam, coconut.

Salty: Sea salt, soy sauce, olives in brine.

Sour: Lemon, Lime - (The peel is good to use too)

Acid: Vinegars, pickles. tomato based sauces.

Bitter: Coffee, cocoa, dark chocolate, watercress, rocket.

Heat: Chilli spice, garlic, ginger.

TRAINING PLAN: 3 x per day try one specific food listed above.

1. Drink a small glass of water a few minutes before hand.
2. Place the food in your mouth. You only need around a teaspoon of a particular item but obviously use your common sense when training with spicy foods as everyones tolerance levels are different.
3. Chew 20 times if you are using solid food or swish around your mouth for around 20 seconds if using a liquid. YOU DO NOT NEED TO SWALLOW
4. Variety is key please do not stick to the same foods for each test, you need to test a number of foods from each section listed above.
5. Record your experiences/changes, in your Taste and Smell Log (A printable copy can be found at the bottom of this leaflet)

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COMBATting LOSS OF TASTE AND SMELL FOLLOWING VIRAL INFECTIONS

SMELL TRAINING

A number of studies have been done in recent years which suggest that repeated short-term exposure to smells can potentially be of benefit to people who have been affected by loss or distortions of smell, particularly for those who have lost their sense of smell as the result of a virus including the common cold and SARS-CoV-2.

WHAT YOU NEED: Work with the 3 different smells daily.

Food: Anything smelly that you can find in your house, but some suggestions are: fresh ginger, fresh garlic, fresh orange, lime or lemon (with the peel too), fish esp. smoked, tinned tuna, boiled eggs.

Spices: Mint, nutmeg, clove, vanilla, star anise, fennel, eucalyptus.

Fragrances: Perfume, Essential oils, Incense sticks, Vicks VapoRub, Olus oil.

TRAINING PLAN: 3 x per day try one specific smell listed above.

1. Place each item into a separate bowl/jar or just take the raw material into your hands
2. Relax and slowly take short gentle sniffs (sometimes called bunny sniffs) – sniffing too hard, too quickly and too deeply is likely to result in you not being able to detect anything
3. Repeat 2 or 3 more times, then rest for five minutes
4. Move on to the next smell and repeat as above.
5. Record your experiences/changes, in your Taste and Smell Log (*A printable copy can be found at the bottom of this leaflet*)

NOTE: Be careful when using essential oils because some can be too pungent and trigger headaches. Always consult a professional aromatherapist if you are unsure of which oils to select.

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WHEN TO SEEK EXTRA SUPPORT

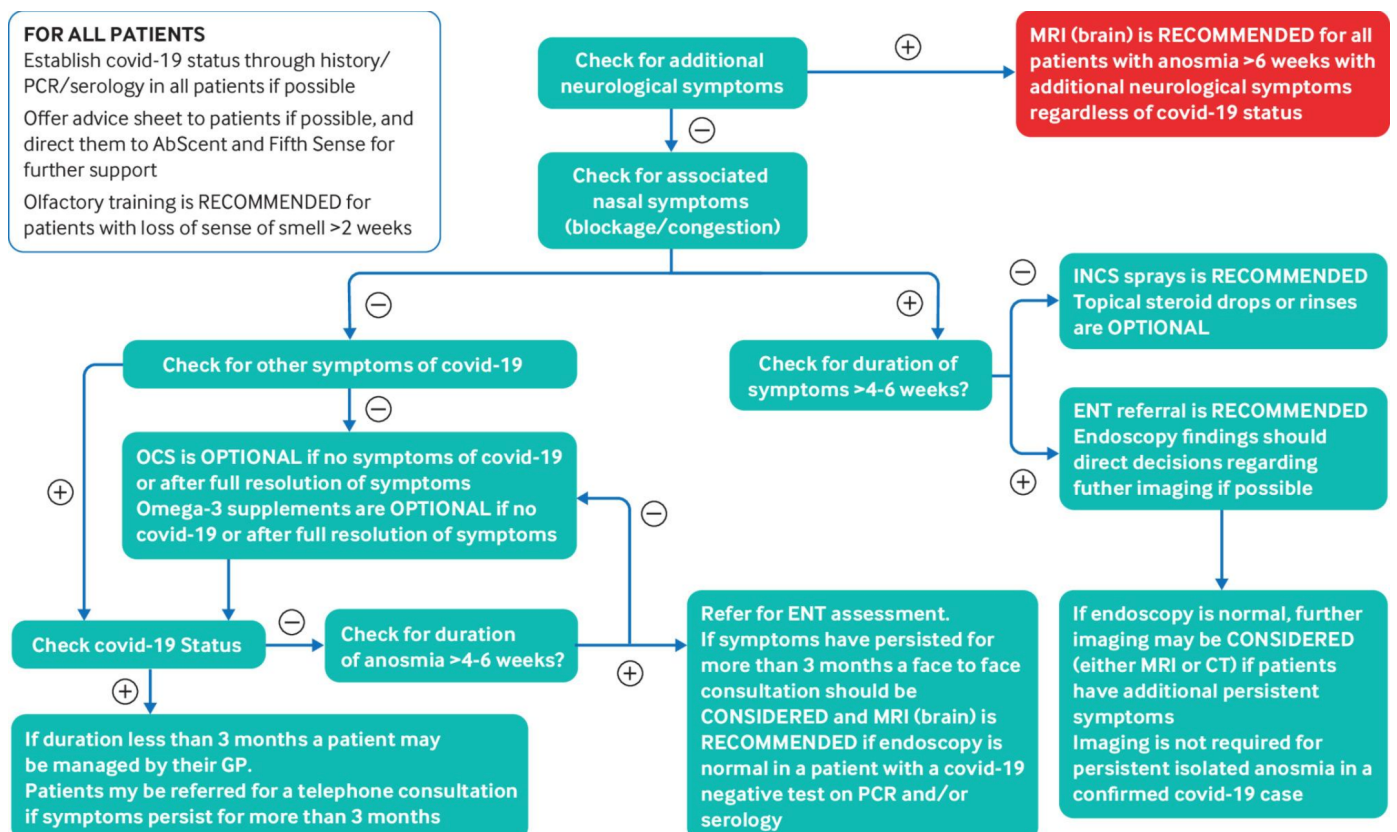
Loss of taste/smell for more than 2 weeks and less than three months:

- Refer directly to your GP.
- Follow at home loss of taste and smell training and recommendations from the GP.

Loss of taste/smell for more than three months:

- Request referral to Ear Nose and Throat (ENT) Specialist.
- A remote ENT consultation may be offered initially instead of a face-to-face consultation.
- A face-to-face ENT consultation should be considered to exclude any related pathologies.

RECOMMENDED PATHWAY FOR CONSULTANTS



USE THIS DIARY LOG TO RECORD THE TASTES AND SMELLS YOU HAVE TESTED
AND RECORD YOUR OBSERVATIONS

Monday

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Tuesday

×

Wednesday

×

Thursday

×

Friday

×

Saturday

×

Sunday

TASTE AND SMELL DIARY LOG

Items tested (Taste)

Items tested (Smell)