



# Gupta Program

for health & happiness

## RECOVERY FROM ME/CFS, FIBROMYALGIA AND MCS

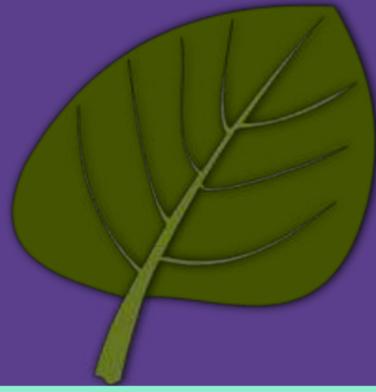


## SUCCESS STORIES

### Volume 2

Foreword by Clinic Director

Ashok Gupta



# Foreword

Hello and welcome! My name is Ashok Gupta and I want to thank you for downloading our second Gupta Program Success Stories eBook



Whether you are a current Retraîner or looking to find out more about the Gupta Program, I truly hope this eBook can serve as inspiration and motivation to you that you really can achieve health.

A big thank you to all the Retrainers who have submitted their Success Stories over the years. This book contains just a few of the many stories we have received, If you would like your story to appear on our website, YouTube Channel, or potentially our next Success Stories eBook, please contact [info@guptaprogramme.com](mailto:info@guptaprogramme.com)

I'd also like to thank Jess Reidy for compiling this eBook.

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# Gupta Program

for health & happiness

The Gupta Program™ is a powerful revolutionary new treatment for Chronic Fatigue Syndrome (CFS) or ME, Fibromyalgia, Multiple Chemical Sensitivities, Electrical Sensitivities, Adrenal Fatigue and Other Related Conditions and thousands of people around the world have got their lives back using this treatment. It was developed after I suffered from ME/CFS before curing myself of it. I then conducted research into the brain neurology of these illnesses.

My research led me to conclude that these conditions are caused by abnormalities in the brain, especially a brain structure called the “Insula” & the “Amygdala”.

“ The Gupta Program is a way of re-wiring the brain’s responses to bring back health and vitality. ”

The latest findings in brain neurology, specifically “Neuroplasticity”, show that the brain is inherently re-wireable.

You can access this revolutionary new treatment in two ways. I conduct In-Person Weekend Workshops all over the world, where you can experience the incredible healing effects in a positive supportive environment. If you cannot make one of the workshops, you can purchase a DVD Home Study Course with 3 Months of Coaching, which come with a one-year money back guarantee.

It is important that you are seen by your Doctor to rule out other causes, and get a diagnosis of one of these conditions, before taking this treatment.

# AMANDA'S SUCCESS STORY

Dear Ashok,

I've been meaning to write to you for a while to say THANK YOU so much for your fantastic programme.

I discovered it about a year ago when I started suffering from severe headaches after a kitchen refurbishment. I have taken a while to write to you as I wanted to be 100% better before doing so.

My headaches started after having a laminate floor laid in our house but they didn't go away even after the smells and fumes had died down, in fact as time went on, I become sensitive to many other volatile organic compounds, candles, smoke, fires and even friends' perfumes and it began to realise that I had some form of chemical sensitivity. I was at this time feeling negative about our house, our new kitchen and after two air analyses showing that we had high levels of volatile organic compounds and formaldehyde, I had trouble letting go of the feeling that the kitchen was a toxic space. For 3 months I suffered with headaches, dizziness, a bad taste in my mouth every time I went into the kitchen. The situation wasn't helped by the two air experts telling me that I had probably developed a chemical sensitivity that wouldn't just go away with time!

Other family members had sore throats and dizziness at the time of the refurbishment, but I think because I was there the day the solution / glues were laid on the floor, it seemed likely that the chemical sensitivity commencement e.g. with an initial high dose of a substance, led to my immune system becoming over sensitised,

After a couple of months my sense of smell had become so strong that I would sneeze in the presence of other strong smells. At this point, I could even smell plastic bags, washing detergents, magazines, that I hadn't noticed ever before had a smell, they were suddenly overpoweringly strong, as was soap, shampoos, diesel fumes, friends' perfumes, always resulting in a lot of sneezing and a buzzing sensation in my head which culminated in a full blown headache.

What really disturbed me about my situation was that nobody understood what I was experiencing, how could they? No one reacts to these everyday chemicals and yet there I was reacting to everything. Trips to London resulted in my nose becoming congested, sneezing, head buzzing and headaches. At the time I couldn't believe that this had happened to me, at that point I had trouble believing that the symptoms were caused by anything other than physical reactions that were irreversible.

I was so desperate to get back to normal and a life without debilitating headaches that I took myself off to Thailand to a detox retreat, however, by this time my lips were also tingling and I had horrible sensation on my tongue. I recall the airport smelt so strongly of perfume as did the plane that I spent most of the 13 hour flight with a pain over my eye and horrible headache.

I was frustrated - I felt so trapped in my own body and my anxiety was building. I spent a week at the detox resort and, despite everyone being so generous and caring, I came back and I was still reacting to the kitchen and other smells.

I was beginning to panic, and the underlying fear that I had MCS and would have headaches forever, was debilitating. At this point I'd read so many negative accounts of people's lives and how they were affected by MCS that I really was at my lowest point. My doctor prescribed Diazepam - which for anyone that knows me, was such a huge deviation from who I am, I loathe taking pills (especially something so addictive and mood changing) and I have never suffered from anxiety or depression, but at this point I needed something! Fortunately, I only took it for a few days and whilst it made the headaches less painful, I knew I could only take it for a short period.

This was when I discovered your programme. Your theory fitted my scenario perfectly, I read a few reviews plus watched the video of your explanation, e.g. being caught in the figure of eight loop, even though, at that stage I was convinced it was too late for me. I also tested my cortisol levels, they were very high. I followed your advice and after a few months of meditating, doing the 7 step process, watching the webinars and finding Frances Goodall I was well on my way to recovering.

Today I can tell you that I'm 100% better, after a few months already I'm almost taking it for granted, even though I was completely convinced this was a condition that was irreversible (and you were right, so many people put their negative experiences online but there isn't much positive stuff out there!), but here I am. I can wear perfumes, sit next to fires, even walk into newly decorated rooms and don't have any reactions. I can walk around London in heavy traffic and no sneezing or headaches. Also, my sense of smell seems to have normalised and I can no longer smell detergents and people as I used to. It's as if someone has turned down the volume for smell.

To give you some idea of timescale: my reaction to the initial chemicals in the floor and kitchen happened at the end of Sept 16, I went on the detox week November, started the Gupta Programme end of Dec and by Feb I could be in the kitchen without reacting and gradually all of the other reactions dissipated around June 17 and were totally gone by Nov 17.

I used other modalities too, such as those taught by Frances Goodall (who was also integral in helping me), Today, I'm so well that looking back and reflecting, it was as if it happened to another person.

Anyway excuse the drama and length of this account, what I really wanted to say to you Ashok is thank you so much for sharing your story, your solutions, and know that, when I was at my lowest point, it was your videos and cheerful voice that kept me going and gave me hope.

Your programme really works and I hope by sharing my story that you can get some insights into helping others and knowing that another person has overcome her sensitivities.

Warmest regards  
Amanda

# Pavle's Success Story

Dear Ashok Gupta

Your method is really groundbreaking, it's an innovative approach to dealing with CFS that truly empowered a desperate individual with CFS like I was. Thanks to your Amygdala retraining program I have come to realize the fact that I have been dealing with ADHD and Social anxiety for many, many years, even decades. After 15 years with CFS, I have finally achieved to heal and balance my everyday energy. In that line of thought I have to be truly and deeply thankful to have developed the CFS which in turn had led me to Ashok's Healing Program.

I highly recommend Ashok Gupta's Amygdala Retraining Program to anyone who is struggling with CFS, Fibromyalgia or a low energy phase because it definitely tackles those subconscious and unconscious issues and thoughts that keep us in the negative and overactive loop, draining us without relief.

One important point is to be self-aware and learn to forgive and be gentler on oneself, thereby enabling that inner child to flourish...

Again in deepest gratitude,

Pavle Luger



# SUSAN CROSS'S

“Dear Ashok, I began the retraining programme about 2 months ago. Within three weeks of receiving the package and working hard at the programme, I went on holiday! In fact I left Australia, had a few days in Hong Kong and then flew on to the UK! I had a three week driving tour of England and Scotland which meant lots of driving and new and exciting adventures. During the four weeks away I had only one ‘dip’. I realized quickly that I had neglected doing the re-training as I’d forgotten I’d had M.E.!

I was in the London last week but only close to your office on a Sunday. I had wanted to come in and shake your hand – nay – give you a big hug to say THANK YOU so much. FINALLY after 16 years of the roller coaster of this awful illness I can say – I’m just about there in bidding it s’long and good riddance. In my heart I knew the illness was, as I called it, a chemical surge but I couldn’t discover exactly what was going on. I cannot say loud enough, enthusiastically enough how happy I am to have learnt of your programme. I am also grateful for your follow up email as it answered my question that, I had indeed, got complacent, neglecting the re-training. I have since learnt, even when feeling 100%, I am to keep on with the re-training. So, back on track, back in Australia and feeling BRILLIANT! I wish you much health, happiness and success in your own life – you deserve it. And, once again, thank you Ashok. Warmest wishes to you.”

## SUCCESS STORY

# Ursula's Success Story

“MY NAME IS URSULA, I AM A GERMAN LIVING IN MALTA, CENTRE OF THE MEDITERRANEAN, AND I WAS SUFFERING FROM CFS FOR FOUR YEARS. I AM PURPOSEL USING THE PAST TENSE HERE. I FOUND ASHOK’S ADVERT ON THE IMMUNESUPPORT WEB SITE LAST NOVEMBER, ORDERED THE DVDS AND STARTED DOING THE RETRAINING ON 4TH OF JANUARY THIS YEAR. SO I’M JUST HALFWAY THROUGH MY SIX MONTHS PERIOD NOW. FOR ME, THE PROCESS HAS WORKED EXACTLY THE WAY ASHOK ANNOUNCES ON HIS WEB SITE. I’M NOT YET 100% BETTER, MAYBE 80%. BUT I DON’T HAVE THE SLIGHTEST DOUBT OR WORRY THE 100% WILL COME. OK, I WAS MAYBE IN AN EASIER POSITION THAN OTHERS AFTER 4 YEARS OF ILLNESS I HADN’T LOST THE MEMORY OF HOW LIFE WOULD BE IF I’M HEALTHY, FOR INSTANCE. ALSO, I DIDN’T HAVE MANY COMPLICATING SECONDARY HEALTH ISSUES. UP TO NOW, WHAT IS REQUIRED TO RECOVER FROM CFS BY ASHOK’S DVD PROGRAMME, IS HAVING THE GUTS FOR AN OWN JUDGMENT, AN OWN OPINION ON THINGS, PLUS THE ABILITY TO TRUST. FOR ME, ASHOK’S EXPLANATION IS A BREAKTHROUGH IN THE UNDERSTANDING OF THIS KIND OF CONDITION, AND I SEE FARTHER-REACHING CONSEQUENCES OF HIS DISCOVERY FOR OTHER PROBLEMS MANY PEOPLE ARE FACING, THESE DAYS.

I’M LEAVING FOR A ONE-WEEK BIKE TREKKING TOUR THROUGH SICILY, EARLY TOMORROW MORNING. TO ME, ASHOK’S METHOD IS HE ANSWER TO THE ME/CFS AND FIBROMYALGIA PROBLEM. IT’S NOT JUST A THERAPY, THIS GUY HAS MADE A DISCOVERY WHICH REACHES FURTHER. ONLY IT WILL BE A LONG WAY TO HAVE THIS ACCEPTED AND FULLY EXPLORED, AND MADE USE OF BY THE MEDICAL PROFESSION.

THIS CURE IS A TRUE CURE. IT TAKES COMMITMENT, IT TAKES BELIEF, IT TAKES MUCH MORE THAN SWALLOWING PILLS PRESCRIBED TO YOU. I AM LARGELY BETTER AFTER 3 1/2 MONTHS NOW.”



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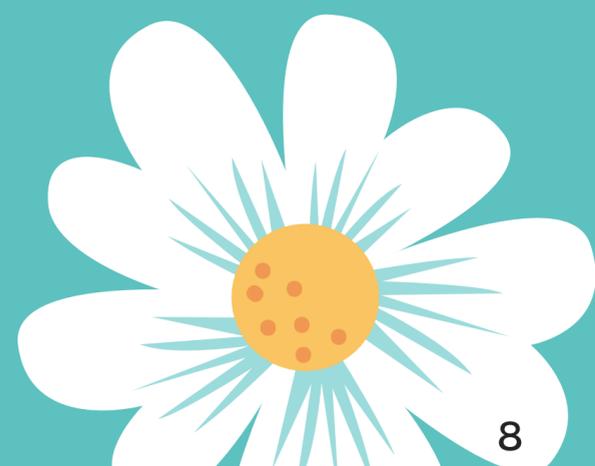
# SERENDIPITY'S SUCCESS STORY

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" I have seen that a core belief of people with MCS is "the world is a hostile place". I have heard this belief often stated in various words in MCS posts on other forums. I believe this pattern of thinking is what engenders an exaggerated amygdala reaction to environmental chemicals. Toxins in the environment confirm this belief and the reaction builds as in the other stress illnesses. This is the pattern I work on the most.

Personally, I cannot separate MCS from food intolerances. I have both and they seem fundamentally related to me. After studying the program I begin to suspect that lively family arguments during dinner when I was a child may have contributed to food sensitivities. I have done nothing to attempt to desensitize myself systematically from chemicals and foods. My experience is that working the program is causing the sensitivities to diminish on their own. I push myself into eating more and more foods as I improve and back off from time to time when I pushed too far.

This seems to work. The chemical sensitivities are diminishing on their own. I spilt gasoline yesterday and was not ill from it even without a mask. As is to be expected times of stress result in more symptoms. I have found that, when I can, adding physical meditation ( dancing meditation in my case ) greatly ameliorates my brain fog.'



# Hannie's Success Story



**I believed I could fly.  
My recovery story.**

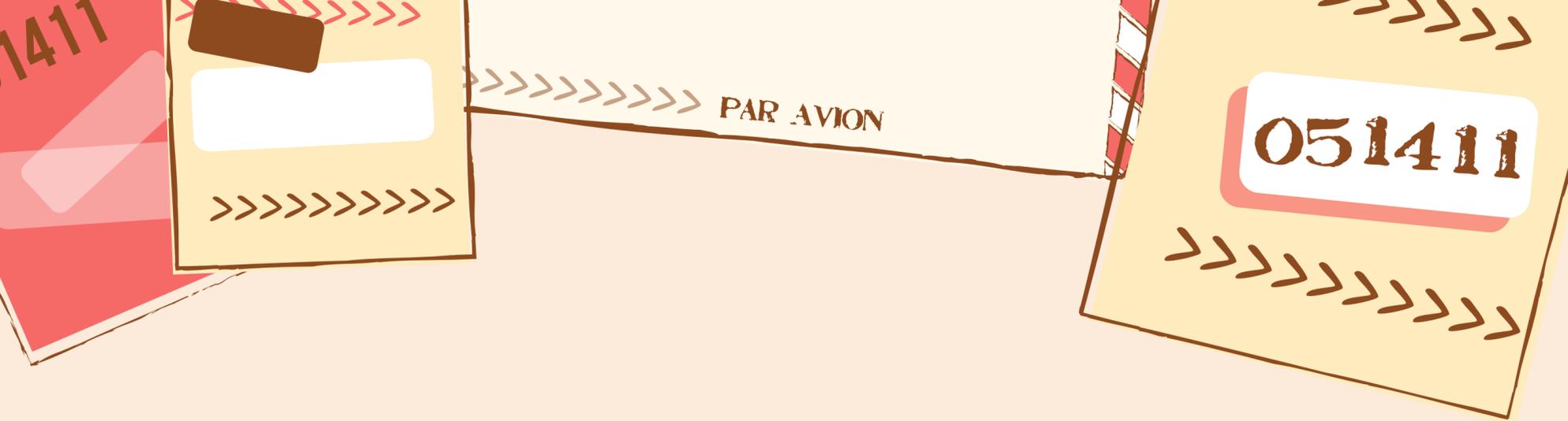
I was already sick for years. I had adjusted my complete life to this new disabling fatigue. I couldn't walk more than a few steps. Everywhere in the house were chairs and stools, I went from one to another. Sitting. But tired as a dog anyway and feeling sick all the time, unless I did absolutely nothing.

Outside I needed a wheelchair and a scooter mobile, I needed someone to do my shopping and someone to clean the house and someone to help me in the garden. I became so dependent on other people.

Then someone told me about Ashok. I watched the free sessions on Youtube and that was difficult because my mind couldn't handle so much words, so I had to cut it into pieces. But whilst listening there grew a joy inside of me. This man knew what he was talking about. He mentioned things I couldn't explain to anyone. He described how I felt and I didn't even talk to him.

After listening those three sessions I knew it. This was going to work. I believed I would fly again.





And so I began, step by step, day by day. If I couldn't believe with my heart what Ashok was telling, I just pretended to believe it. I acted as if my life depended on it. I talked to myself and was as convincing as I could possibly be. I believed Ashok more and more, I got used to believe in my own pep talks and encouraging words. "You can do it!", I told myself day in and day out. And I could.

I became my own inspiration next to Ashok who was the greatest inspiration of all.

After a few weeks, I got on my bike and I went for a little, little block around the building. And I told people: "I can cycle again!" "How much?", they asked. "For half an hour?" (little did they know...). "No, just around the building: Two minutes, but... this is the beginning. This is my new beginning!" And it was. I visualised myself walking, cycling, riding on horseback, laughing, enjoying life again. And it happened.

It worked. Six months later, I stepped on a plane to Portugal for the holiday abroad I had promised to my youngest daughter. A promise I could not redeem in years. I was a bit optimistic. It was a little bit too soon. But we went. I did it! And I wrote in the sand on the beach with a stick: Hannie was here! And I posted it on Facebook.



I was alive again.

I never became this super-energetic person I would like to be. But I can cycle for hours if I have to. I can travel by train. I can do my own shopping and enjoy life with my friends. I can dance and decorate my own home. Half a year ago I moved house. I had a little setback, but.... no biggie. I did this thing I thought I could never handle.



I'm living a miracle. My miracle.

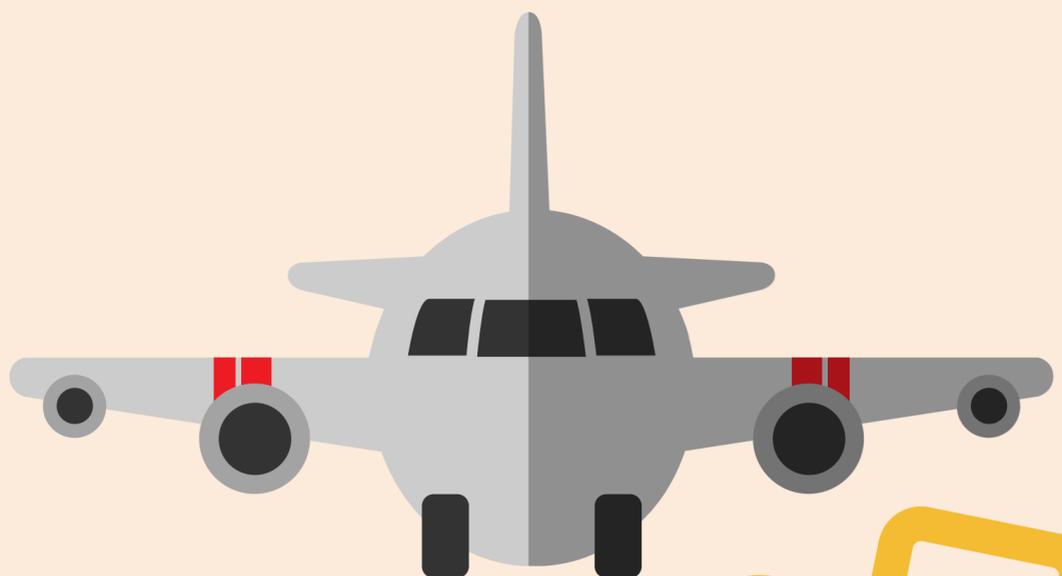
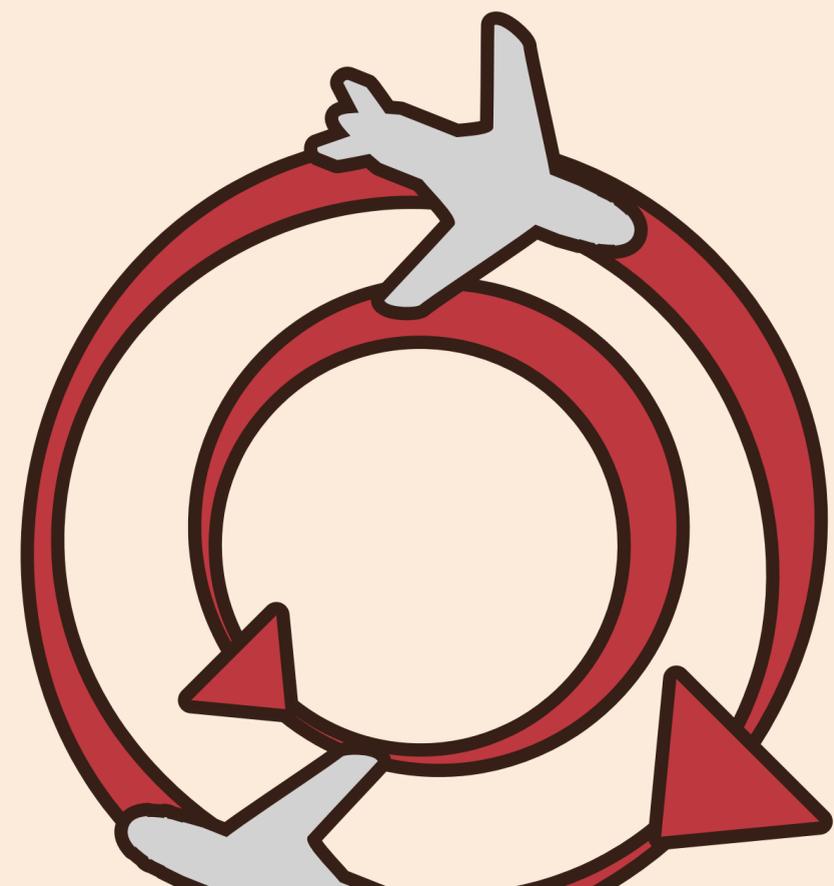
And if I could do it, you can! Believe it! Fake that you believe it, if your heart tells you otherwise in the beginning. What have you got to lose?

Stop believing in your own theories about the cause of your illness. Give the theory of Ashok a chance. Don't put your heels in the sand and reject this chance to become healthy again. I saw those people around me. I told them about Ashok.

But they wanted so much to be right and they wanted so much to hold on to what they had become used believing in, and now, they still believe they are right and that there is this unknown cause of ME and they are still waiting for a medicine to appear. They were too afraid to let go of their own opinions and embrace the things Ashok tells us. What a pity. Because the remedy is already here! Embrace it. Go for it!

I believe you can fly again too.

Hannie.



# B.F's Success Story

"Many MCS patients are concerned with 'letting go' of their knowledge that chemicals are 'bad' for us when they retrain their emotional response to their hypersensitive reaction to chemicals. I used to remind myself that intellectually I was knowledgeable enough to know that the average amount of chemical out in the world is generally not harmful. Yes, large amounts of chemical from autos in the shop being lacquered or airplanes spraying pesticides... are not reasonable levels of chemicals to choose to be around HOWEVER, the average floor cleaner, air freshener in the bathroom, the perfume on the person nearby...all are reasonable levels of chemicals to be around. I had to intellectually override my MCS reactions using the techniques but also to satisfy my former learned behaviour that ALL chemicals needed to be avoided and I was not betraying my body to abandon my old beliefs as well as to retrain out of my body's reactions.

I retrained around sensitivities to electro-magnetic things. I reminded myself from my training as a REIKI practitioner that electrical fields move through our bodies in order to ground out into the earth. The reason I was feeling so ill around electrics was due NOT to any inherent danger from computers or electric trains, but from my own body's electrical field which was in a state of disarray from my 'electrical' brain connections being hyper active and stuck in excess mode. I reminded myself that retraining would bring order to my own body's electrics which would allow for external electrical frequencies to move smoothly through my body and ground out efficiently. Also, knowing that a non-peaceful emotional brain would cause extremes in emotions...and hyper sensitive emotions can represent stuck energy.

I also encouraged myself to NOT make significant changes to my 'world' whilst retraining. So for an MCS patient...I think it is important to maintain a simplistic environment from which explorations into the outside world can be accomplished and confidence in the retraining in the beginning is easier if you know that you have your clean space to go home to.

As the retraining takes hold and wellness comes, more and more outer experiences bring confidence that the clean space can now be modified to include electronics, things with odors, etc. I believe the confidence whilst retraining is a gradual growth and I believe for the MCS patient, trust in that growth is best accompanied by a steady relinquish of the 'clean' bubble space...I believe the immediate introduction of the 'normal' world is too jarring for the recovery/retraining process. I believe I heard you mention not to change much in the beginning of the retraining process. I think this is very wise, especially for the MCS patient.

I also think that unlike the ME and CFIDS patient who looks at their body for signs of distress from activity...the MCS patient looks at the world as a potential source for severe detriment to be manifested by bodily reactions. I constantly used the Soften and Flow to loosen up my body out in the world and used my knowledge that my liver enzymes have almost always shown to be normal, so I chose to trust my detox capabilities were indeed NOT compromised, despite how my body felt and that my reactions were due to my brain...I had to really rethink how I had learned to perceive the outside world as the danger and to trust that my body was manifesting faulty wiring was the true source of my reactions.

I think the key to the MCS patient doing well with retraining is to learn, retrain and to do the Accelerator technique around one's learned perceptions, which have been reinforced by one's bodily symptoms, that the world is indeed a safe place to thrive. The trending mind set supported by the media can at times echo that chemicals are not safe and electronics cause brain tumors, etc...This seems to be the factor that works against the MCS patient in retraining since there are so many voices supporting the perception that the above mentioned are truly 'bad' for your health. The MCS patient has to really overcome what the media enforces that the chemical world is dangerous and unsafe. The platform from which wellness can be created with the MCS patient is to rely on their own discernment that extremities of almost anything are not necessarily good HOWEVER, in moderation...

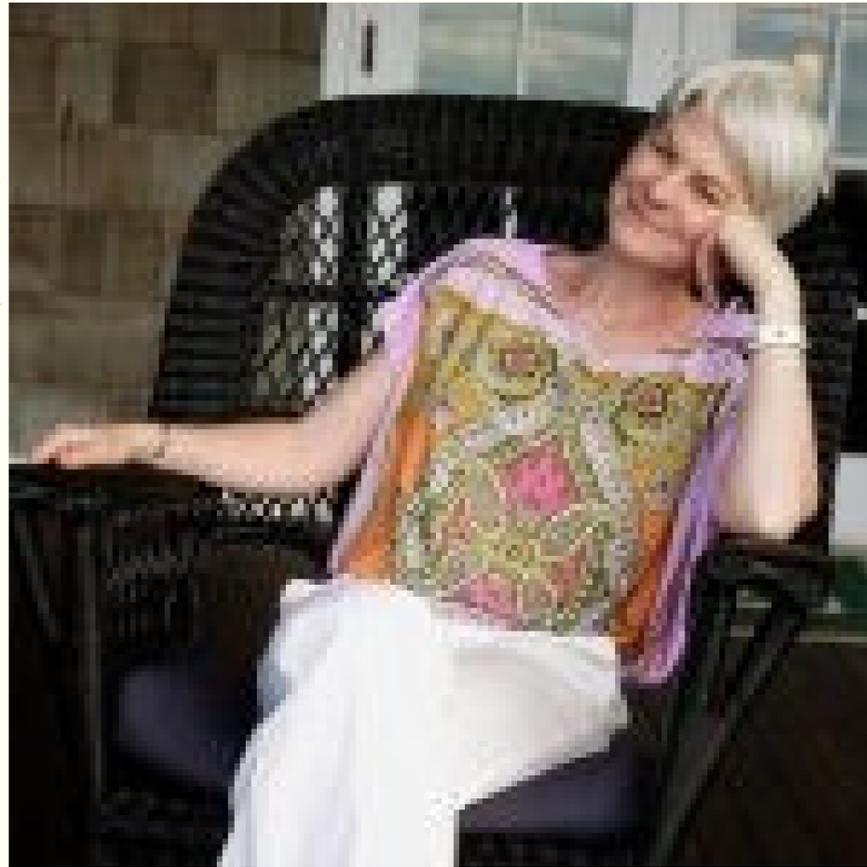
most things in the world are truly safe and our bodies can handle them...So the MCS patient finds wellness in trusting that their knowledge in staying out of extremes and dwelling in moderation is a trustworthy concept from which to incorporate successful brainretraining.

On a personal note: as I was recovering, I had an occasion to have my new understanding reinforced. I was setting up an air conditioner and the old patterns in my brain were telling me I might have a problem with the plastic off-gassing from the warmed wires in the unit's motor. As I ran the air conditioner I began to smell something and I 'knew' it was the warm plastic and that I would eventually not be able to use the unit. I went into my kitchen to retrieve a phone directory to call the local hardware store for tools with which I would take the bloody thing apart and try to make accommodations to it... I noticed when I entered the kitchen that there was a glass sauce pot in the stove that I forgot about and all the water had boiled off... The hot electrical stove burner was creating an over-heat smell from the GLASS pot... Not a bit of plastic involved... BUT my body went into the very same reaction that I used to experience when I was severely sensitive to any PLASTIC! It was SO POWERFUL for me to witness my body having a clear, recognizable reaction to specifically plastic when in fact it was a generic "smell" and my FOCUS on the new air conditioner that had convinced my body to have a full blown plastic reaction... And immediately when I realised my perceptual error... and with a bit of self laughter... My reaction immediately resolved!

What a powerful story I now tell about my focus, my perception and my body's compliance with what I feared was true, despite it all not being reality!"

BF, Connecticut, USA

# Jacqueline's Success Story



I would like to thank you for your 30-day program ([www.themeaningoflife.tv](http://www.themeaningoflife.tv)). I want you to know how much good you have done for me. I'm from the south of Belgium, I speak French but I have been living in Maine in the United States since 2001.

First of all, the Meaning of Life has helped me overcome my state of deep anxiety after my son Francois had a subarachnoid hemorrhage in October 2014. Francois was 22 when this happened. Fortunately, he is doing very well now. But at that time, even though my son had survived and had only mild impairments, I was in distress. I could not understand why. I started to see a psychologist in December 2014 and I discovered your program in February 2015. The Meaning of Life Experiment gave me the tools to move forward and accelerate the work I was doing with my psychologist. I'm doing so well now. I'm much happier and I have also found my life purpose. I didn't really change what I'm doing but I have recognized and value the importance of my different roles.



I have also changed my mindset of how I approach my work. First, I'm a devoted mother of 3 young men, Francois 24, Maxim 19 and Sebastian 16. Secondly, I teach French over the phone and I value my relationship with my students and I care deeply for them.

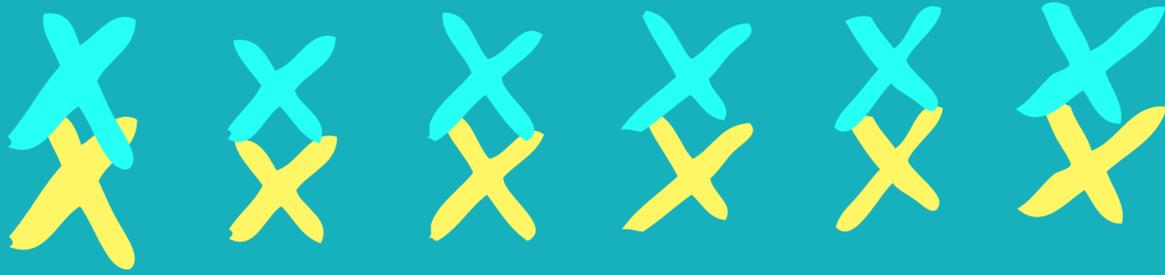
Thirdly, I'm helping my husband with his nonprofit organization, which is helping people in need around the world to access healthy food by helping to fund food gardens.

Secondly, The Meaning of Life and the Gupta Programme have helped me with Hashimoto disease. I was diagnosed with Hashimoto in 2013. I started to take L-tyroxine but after a year my symptoms were worse than before and I had even more problems. In June 2014, I stopped my medication and I became gluten free. I also consulted a functional medicine doctor who helped me to take different complements to restore my gut and support my thyroid gland. Since then, I have been doing blood tests regularly to check on the evolution of the disease. In spring 2015, I still had a lot of symptoms, fatigue, cramps in my legs, anxiety,... and this is when I started the Meaning of Life Experiment. I still remember the first time I did a meditation, right way it calmed me and helped my muscles to relax.

The stop, stop, stop strategy helped me to deal with my physical symptoms (cramps in my legs) and my negative thinking (negative scenarios). The Gupta Programme helped me to understand how my brain works and the importance of reducing my stress level. Today, my blood tests are great, I don't feel sick anymore!

So Ashok, I can't thank you enough for helping me to get my physical and mental health back. I'm happier, healthier than before. This year, I'm going to be 50 but I really feel 35! I can run again! I run 3 times per week and I walk 10000 steps every day!"





# PAUL'S SUCCESS STORY

Hello there,

I would like to give you further feedback of retraining our amygdala and also doing the Meaning of Life Experiment. I've been suffering with fibromyalgia and chronic fatigue and Lyme disease for approximately 30 years.

I cannot list all of the things that I have tried on my journey to get well. It's been a full-time journey where 90% of my attention has been on just handling my body. I got married 10 years ago and my wife also got quite ill with interstitial cystitis and stomach problems and other things also.

We learned of your amygdala retraining program about four months ago. I immediately started seeing changes, even though we've done everything in the world having to do with the mind, so we thought. It's the brain! After doing your processes I have regained many abilities that I used to have. My wife is getting better a bit more slow than I but she is also quite determined.

What I am surprised that it helped me with so much is my neck pain which I have suffered from for so long. I realize that I was resisting and causing a lot of the pain but I didn't know how to handle it. Your program fixed that up for me doing the Accelerator fixed so much. Stop stop stop of course has done so much hope for me also.

And then we get into The Meaning Of Life Experiment which is just amazing. We have suggested it to many many people and the ones that have done it report back with really amazing results also. It's so simple and laid out so well we are all very happy.

So now I am better, my wife is getting better, my father in law and mother-in-law are getting much better as are some of my friends.

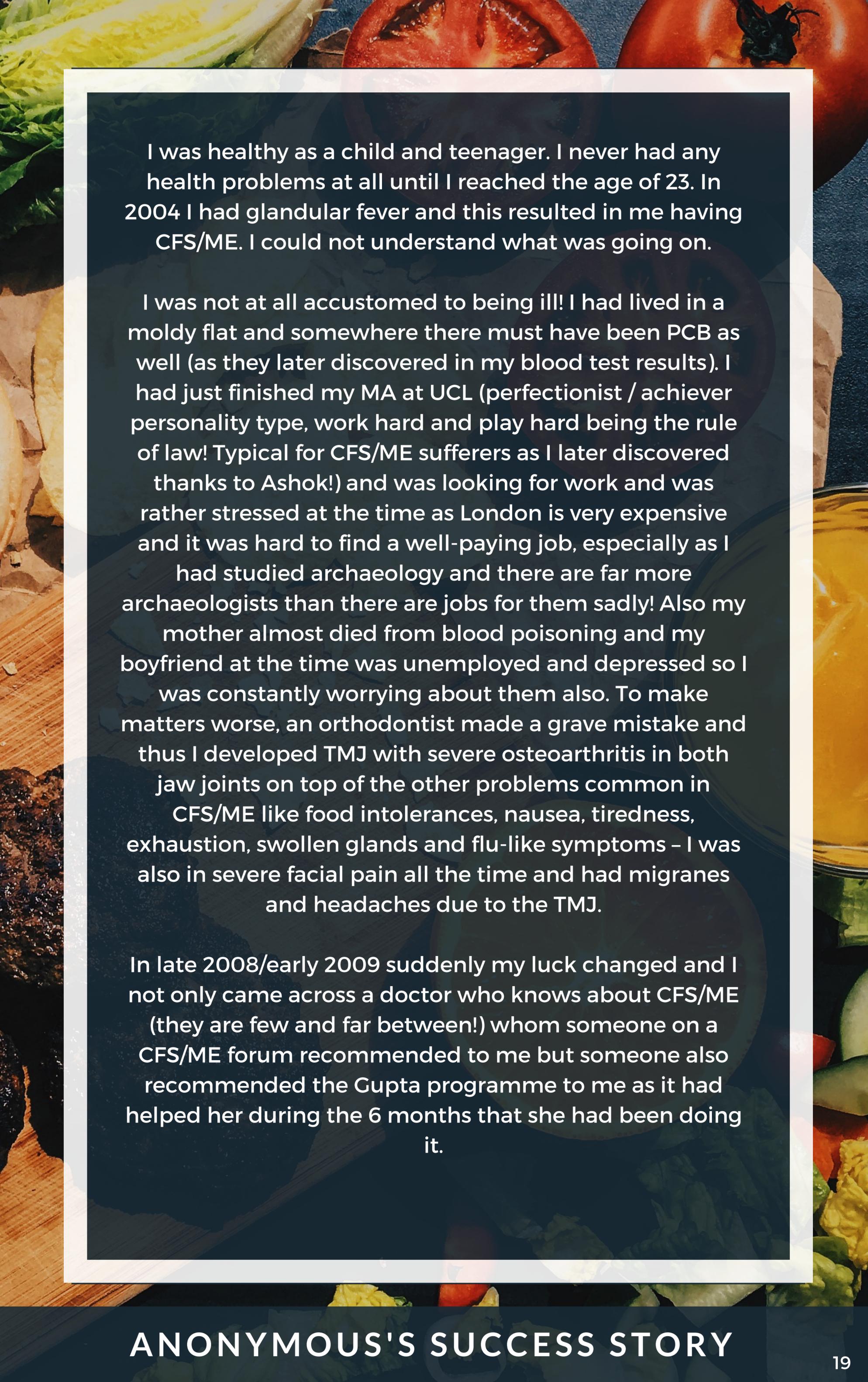
Anyway I wanted to give you a bit of an update because you are creating wonderful happy people over here in the United States, Nebraska, Florida and North Carolina.

I honestly cannot thank you enough. So many miracles are happening in our life.

Major thanks for that!

It's obvious that your goal in life is to help others and you deserve to know that you definitely are! Thank you thank you thank you.

Thank you,  
Paul  
Just Letting Go!



I was healthy as a child and teenager. I never had any health problems at all until I reached the age of 23. In 2004 I had glandular fever and this resulted in me having CFS/ME. I could not understand what was going on.

I was not at all accustomed to being ill! I had lived in a moldy flat and somewhere there must have been PCB as well (as they later discovered in my blood test results). I had just finished my MA at UCL (perfectionist / achiever personality type, work hard and play hard being the rule of law! Typical for CFS/ME sufferers as I later discovered thanks to Ashok!) and was looking for work and was rather stressed at the time as London is very expensive and it was hard to find a well-paying job, especially as I had studied archaeology and there are far more archaeologists than there are jobs for them sadly! Also my mother almost died from blood poisoning and my boyfriend at the time was unemployed and depressed so I was constantly worrying about them also. To make matters worse, an orthodontist made a grave mistake and thus I developed TMJ with severe osteoarthritis in both jaw joints on top of the other problems common in CFS/ME like food intolerances, nausea, tiredness, exhaustion, swollen glands and flu-like symptoms – I was also in severe facial pain all the time and had migranes and headaches due to the TMJ.

In late 2008/early 2009 suddenly my luck changed and I not only came across a doctor who knows about CFS/ME (they are few and far between!) whom someone on a CFS/ME forum recommended to me but someone also recommended the Gupta programme to me as it had helped her during the 6 months that she had been doing it.

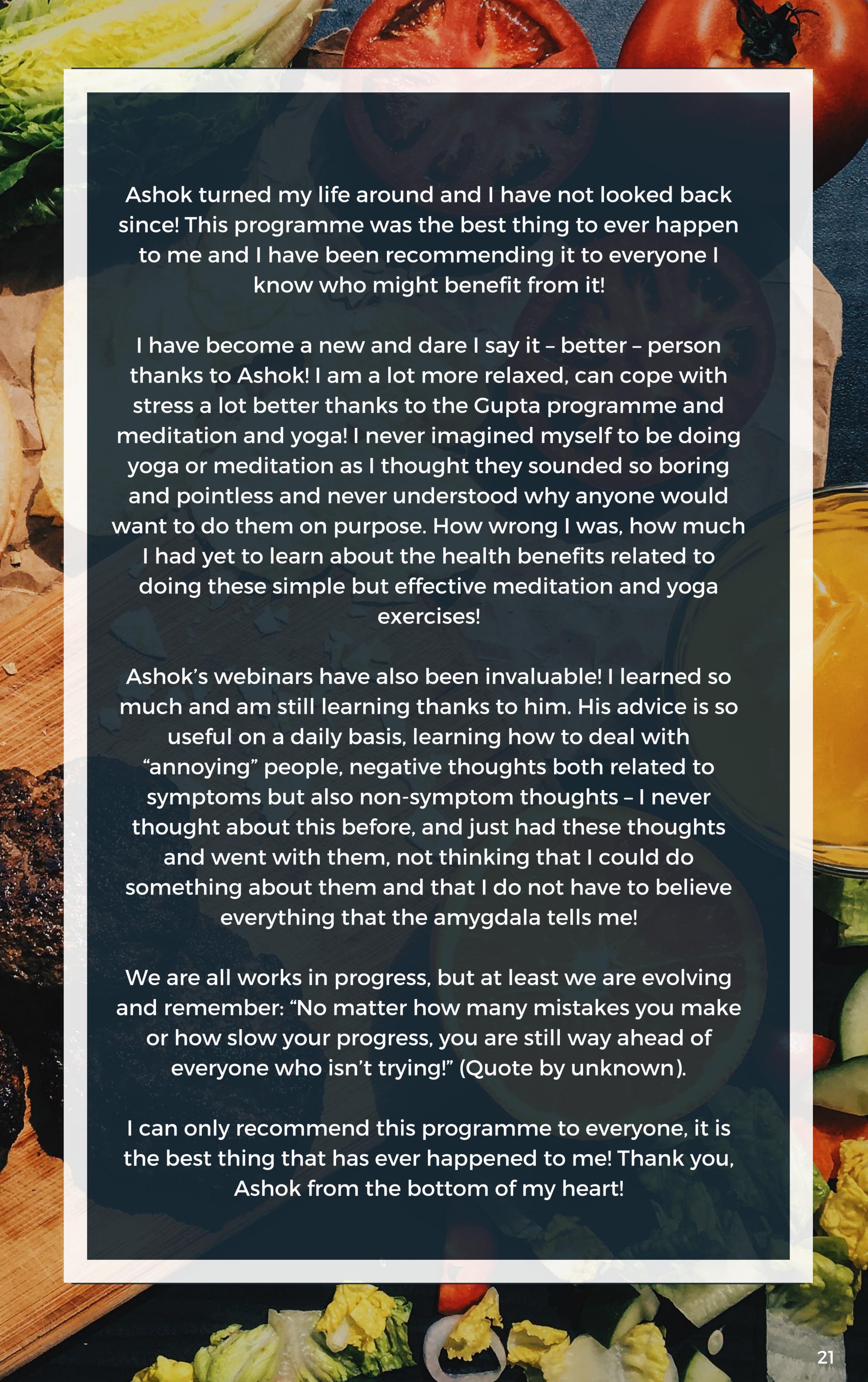


First seeing the doctor helped me and gave me a boost and better health. I then heard and started doing the Gupta programme a few months later and the exhaustion and tiredness already improved in the first week of me doing it! I was thrilled! It was like a veil had been lifted from my eyes and I could see the world clearly again - not like before through a mist of exhaustion where nothing had made much sense to me anymore!

For many years I did not know what was happening to my body and finally I had the answer! I knew straight away that Ashok was so right about everything and devoured his DVD series and have been a huge fan since! I started feeling better immediately. I started doing the daily meditations and the stop stop stops - a few years later the accelerator which I also found really helpful and it has been a firm favourite of mine since!

I also started doing yoga after a while when I was finally well enough to give that a go! And slowly my health started to improve, I didn't need to sleep as much anymore, I became more active and started walking more and more and slowly but surely grew stronger. I have adopted a lot of Ashok's advice into my daily routines and it still helps me!

I went from being housebound and hardly able to walk and having no friends or social life to being able to walk 30 minutes a day with no problems, doing daily yoga and riding the exercise bike with no ill effects and still having strength left over! I was so grateful to Ashok and am still am grateful to this day! I always look forward to the e-mails and any new advice he is able to give me.  
Everything he says is so true and helpful!



Ashok turned my life around and I have not looked back since! This programme was the best thing to ever happen to me and I have been recommending it to everyone I know who might benefit from it!

I have become a new and dare I say it – better – person thanks to Ashok! I am a lot more relaxed, can cope with stress a lot better thanks to the Gupta programme and meditation and yoga! I never imagined myself to be doing yoga or meditation as I thought they sounded so boring and pointless and never understood why anyone would want to do them on purpose. How wrong I was, how much I had yet to learn about the health benefits related to doing these simple but effective meditation and yoga exercises!

Ashok's webinars have also been invaluable! I learned so much and am still learning thanks to him. His advice is so useful on a daily basis, learning how to deal with "annoying" people, negative thoughts both related to symptoms but also non-symptom thoughts – I never thought about this before, and just had these thoughts and went with them, not thinking that I could do something about them and that I do not have to believe everything that the amygdala tells me!

We are all works in progress, but at least we are evolving and remember: "No matter how many mistakes you make or how slow your progress, you are still way ahead of everyone who isn't trying!" (Quote by unknown).

I can only recommend this programme to everyone, it is the best thing that has ever happened to me! Thank you, Ashok from the bottom of my heart!

Dear Ashok,

### Greetings from Germany!

Today I would like to write to you to say that my life is a further example which shows that your programme works against MCS. I was fortunate enough to come across your programme after less than 2 years of suffering from MCS (during which I went through times of sleeping in the forest, of withdrawing from social life for fear of things like perfumes, odours from carpets or other indoor chemicals, exhaust fumes, etc. and I was on sick-leave for almost 12 months). Before I learned about your hypothesis and re-training methods, I had seen videos on Youtube with testimonies of people who said that they had been healed from MCS through certain re-training techniques, but they did not make clear references to who or what had healed them. I had read a lot about brain research and I was treated by a physician for stress symptoms for quite some time before a friend of mine urged me to look at the website of a Swiss MCS support group. There I found a link to a discussion forum with a post from someone who explained eloquently how the Gupta Programme had helped him and why he thought that the criticism of the programme mainly came from people who had never tried it.

I followed the link from that post to your website, read your explanations there, and over the following few days watched some of your Youtube videos. As everything you said sounded ever so plausible to me and fit in with other things I had read and heard before, I ordered your DVD set. And what can I say, I did not even have to wait until I got to the exercises which you recommend. Once I had understood what MCS is all about and where it comes from, I started getting better, and my over-sensitivity towards chemical smells started decreasing.

## MONIKA'S SUCCESS STORY

It took me about 4 to 5 weeks before I could enter certain places again at least for some time which I had had to avoid completely before. My chemical sensitivity did not go away all at once, but I did notice the difference after those few weeks! It has been about 6 months now since my first contact with your programme, and my life is back to normal - even though at times I can still smell certain odours more sensitively than before. I am able to work in my job again, I can live in my house without having to fear the nights any more in which exhaust fumes from the street nearby used to make it impossible for me to find any sleep. And recently I even walked into the cosmetics department of an organic supermarket and enjoyed the smells there! They suddenly appeared to be true fragrances again, while for a long time before I had only perceived them as a stench...

Therefore I would like to say a big THANK YOU for your programme and for making it available to the public - without making people pay a fortune for it...

Therefore I would like to say a big THANK YOU for your programme and for making it available to the public - without making people pay a fortune for it...

I have started and will continue trying to share my positive experiences with others who are affected by MCS. But so far I have learned that this sharing is not often welcomed with arms open wide... Scepticism and sometimes downright aggressivity seem to be a widespread attitude - usually from people who only know your programme by hearsay.

I think that I will soon also make another appointment with the doctor who offered me his (sound and non-conventional-medicine) stress treatment for several months and whom I have not seen in quite a while because I feel so much better. He treats patients with MCS and has a good approach, but at least until autumn of last year he was quite apparently not yet aware of the "missing link" which is provided by your programme.

I would be glad if a lot of people with MCS (or CFS, or fibromyalgia, etc.) learned more about your hypothesis and if they were open enough to try this approach for themselves, even if everybody around them tells them that there is no cure for their problem. And I will try to contribute my share in order to make this happen.

With kind regards





For more real reviews, please visit  
<https://www.trustpilot.com/review/www.guptaprogramme.com>

**The webinars were extremely helpful and informative and were a fantastic addition to the dvds.**



This programme has had a very positive effect on my attitude to life. The thesis is that certain parts of the brain (amygdala, insular etc) are over sensitive. The idea therefore is to calm down the central nervous system so that the body can heal. I bought the dvds and found them very helpful, but the webinars have been even better. I was able to ask Ashoq Gupta any questions about the programme during every session which lasted well over an hour. I learnt from the questions and comments that others on the webinar were asking as well. Ashok is so approachable and his enthusiasm is inspirational. I found the webinars in particular were a great motivation to keep up with the programme. I am so much better now than before I started the programme even though I still have a way to go.

**-Jane Jackson, United Kingdom**

**A wonderful program to shift negativity and learn to love life.**



The Gupta Program arms you with the tools to defeat CFS and learn to have a happy and healthy life. It really does work, I can't recommend it highly enough.

**- Edward, United Kingdom**

## **A "Life Saver" for all those with Fibromyalgia/CFS/CSS**



When I found the Gupta programme site it was like having a lifebelt being offered to me. I am so glad I accepted it as I was in 10 years in long term pain and distress with only strong pain killers which made me into a zombie !

I did the first 6 months of Ashok's course and then got lazy as I felt nearly normal again, Then as he warned, I had a slight setback so have resumed the tools again and was back on course feeling better by the 2nd day. I use the Audio meditation DVD's daily and always feel better immediately. I have more confidence about going out and already feel I have got my life back. The team are very supportive and Ashok's style of explaining things is heartwarming and simple, but you have to do your part every day as well.

I recommend this course to everyone and all ages (I am 82). If you are suffering alone, take this lifebelt and get your life back ! It is worth more than gold.

**- Shirley, Australia**

### **Effective, addresses root cause**



The Gupta Programme is excellent. I have been helped enormously by it. Gupta's model makes complete sense, and although the program requires effort, it is effective, whereas looking for pills and diets to solve things for you can at best only address symptoms, and not get at the root cause of all the various symptoms that can arise. Gupta explains the overstimulation of the autonomic nervous system and how this causes CFS/ME, in the first sessions of the program, which are available for free on YouTube. In addition, webinars, an online forum for retrainers, and sessions with highly skilled practitioners via Skype or phone are available for further support.

**- Pam L., United Kingdom**

# Gupta Program

for health & happiness



Do you suffer symptoms from any of the following conditions?

Chronic Fatigue Syndrome (CFS) or ME

Fibromyalgia

Multiple Chemical Sensitivities

Electrical Sensitivities

Adrenal Fatigue

Other Related Conditions

The Gupta Program™ is a powerful revolutionary new treatment for these illnesses, and hundreds of people around the world have got their lives back using this treatment.

It was developed by Ashok Gupta, who suffered from ME/CFS before curing himself of it, and then conducting research into the brain neurology of these illnesses. His research led him to conclude that these conditions are caused by abnormalities in the brain, especially a brain structure called the “Insula” & the “Amygdala”. The latest findings in brain neurology, specifically “Neuroplasticity”, show that the brain is inherently re-wireable. And the Gupta Program is a way of re-wiring the brain’s responses to bring back health and vitality.