

**Revolutionary Neuroplasticity Programme Coins Chronic Post-COVID-19 Syndrome (CPCS)**

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It is believed that between 250,000 and 500,000 COVID-19 patients in the UK already have lingering post-COVID-19 symptoms that may last for years. With growing concern and mounting evidence over the longer term well-being of post-COVID patients, the pioneering neuroplasticity clinic, The Gupta Program, has coined the term “Chronic Post-COVID-19 Syndrome” (CPCS) and is providing a revolutionary holistic course that aims to alleviate symptoms, reduce the risk of a secondary pandemic and get the population back on its feet.

The Zoe COVID Symptom Study, established by a number of the world’s top universities and hospitals, has identified that in over three million sufferers, 10% have on-going post-viral symptoms for at least three weeks, with 5% being debilitated for months. CPCS seems to cause a variety of symptoms such as severe fatigue, brain fog and difficulty breathing, amongst many others. While some medical professionals are aware of this emerging data, others are not. This has resulted in patients being dismissed, leaving them vulnerable from a medical, social and employment perspective.

With over 20 years’ expertise in supporting the healing of patients with post-viral conditions such as ME, Chronic Fatigue Syndrome and Fibromyalgia, The Gupta Program is now offering its specialist treatment specifically tailored to post-COVID-19 patients, offering a free taster of the programme for 28 days.

Through published research, the clinic has theorised that following from the trauma of experiencing COVID-19, the immune and nervous systems of patients with long-term symptoms become stuck in a state of hyperarousal.

Ashok Gupta, founder and Director of the Gupta Program, said, “CPCS is most likely due to the development of a neuro-immune condition that shows very similar symptoms to ME or Chronic Fatigue Syndrome”.

“The longer their symptoms go untreated, the longer they may linger within patients, resulting in potentially life-long illness. Patients require urgent assistance as they are not receiving adequate care, medical attention or treatment that is needed. This is the reason we’re offering our world-renowned services in association with their doctor’s advice, to see if this treatment is right for them.”

Delivered online with follow-up webinars, the programme is a powerful add-on “brain-retraining” and holistic healing course that can be implemented alongside any physiotherapy, pharmaceutical therapy or other medical treatment that patients may be taking for post-COVID-19 syndrome.

**ENDS**

**Photo caption:** Ashok Gupta,Founder and Director of the Gupta Program

**Notes to editors:**

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Interviews can be arranged with Ashok Gupta if requested.

**About Ashok Gupta and The Gupta Program**

**For over two decades, the Gupta Program has been supporting patients with chronic conditions such as ME/CFS, Fibromyalgia and post-viral fatigue to rebalance their nervous and immune systems using the principles of neuroplasticity and holistic health practises.**

Ashok's amygdala and insula hypothesis for chronic conditions, as published in 2001 in the medical journal “Medical Hypotheses”, indicates that conditions such as ME/CFS, Fibromyalgia, post-viral fatigue, and post-COVID syndrome, may be neurological in nature, caused by abnormalities in brain structures called the amygdala and the insula. Even once the virus has been fought off, the immune and nervous systems may have become traumatised and stuck in a hyper-response mode. The brain and the body fall into this vicious cycle that perpetuates neurological and immune over-stimulation, physiological dysfunction, and many physical symptoms.

The revolutionary neuroplasticity and holistic health tools and techniques within the Gupta Program stop the amygdala and insula’s hyper-reactions, allowing the body to trigger the parasympathetic system, encouraging its own healing mechanisms to fully restore balance and homeostasis and enter its optimal healing state.

To further understand the severity of CPCS, The Gupta Program is conducting extensive research into the subject and is looking for participants to join the study. Please contact Ashok directly on ashok@guptaprogram.com for further information or to be part of the investigation.

The Gupta Program has also produced a separate free, not-for-profit program to boost people’s immune systems against COVID-19, aptly named The Coronavirus Challenge. [www.thecoronaviruschallenge.com](http://www.thecoronaviruschallenge.com)

**More information can be found at:** <https://www.guptaprogram.com/chronic-post-covid19-fatigue-syndrome/>