

**GUPTA PROGRAM BRAIN RETRAINING™
IS A POWERFUL REVOLUTIONARY ONLINE
NEUROPLASTICITY, HOLISTIC HEALTH
PROGRAM & APP FOR LONG COVID &
OTHER CHRONIC CONDITIONS**

Based on Ashok Gupta MA(Cantab), MSc and
His 25+ Years of Research and Expertise.

****NEW RCT****
Medical Study
Published on
Long Covid in
2023

RCT Study
Published on
Fibromyalgia in
Journal of Clinical
Medicine in 2020

Free Access for
practicing
Medical
Practitioners
(guptaprogram.
com/health)

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questions
asked

SUPPORTING THE HEALING OF "NEURO-IMMUNE CONDITIONED SYNDROMES (NICS)"

"Long Haul" COVID | Chronic Fatigue Syndrome (CFS) | M.E. | Fibromyalgia | Multiple Chemical Sensitivities / Electrical / Mold Sensitivities / CIRS | MCAS | Pain Syndromes | Anxiety/Panic | Adrenal Fatigue | Irritable Bowel Syndrome | Burnout | Lyme | POTS | Plus Related Conditions

AMYGDALA AND INSULA RETRAINING FOR HEALTH AND HAPPINESS

20 years of research & latest findings about neuroplasticity led Ashok to believe these conditions are ultimately caused by abnormalities in brain function, which can be reversed using revolutionary "brain retraining" techniques, called "Amygdala and Insula Retraining"



15 interactive video
sessions drawn from
many spheres of therapy,
coaching and healing



Over 20 brain retraining
audio exercises and
meditations



12 weekly webinars
directly with Ashok for
additional support

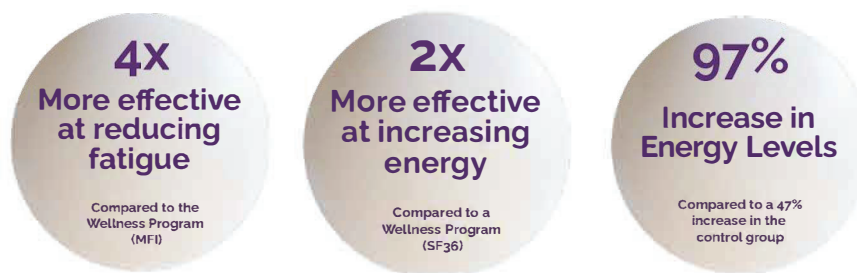


Additional holistic
advice on diet, sleep,
nutrition, and pacing



Long Covid RCT Published In A Peer-Reviewed Medical Journal (July 2023)

The Gupta Program was compared to a control group, which was a structurally equivalent Wellness Program, over 3 months. After just a 3 month intervention, the Gupta group had significantly greater reductions in fatigue & greater increases in energy, with large effect sizes, compared to a the control group. View open access paper here



Published in Evidence-Based Complementary & Alternative Medicine Journal
17th July 2023: <https://doi.org/10.1155/2023/706832>

Fibromyalgia RCT Published in the Journal of Clinical Medicine (2020)

In an 8-week randomized controlled trial among Fibromyalgia patients, The Gupta Program significantly reduced symptoms and increased health. These improvements were also much greater among those using The Gupta Program compared to a control group. View the open access paper here

Results After 8 Weeks of Using The Gupta Program:



<https://doi.org/10.3390/jcm9103246>

THE AMYGDALA AND INSULA HYPOTHESIS FOR CHRONIC CONDITIONS

An Explanation on the Causes For These Chronic Conditions

AT THE TOP OF THE DIAGRAM, IT BEGINS WITH PRE-DISPOSING FACTORS TO DEVELOPING THESE ILLNESSES- I.E., THE RISK FACTORS

Pre-disposing Factors, e.g. Genetic and Environmental Risk Factors (1)

These may include genetic factors and environmental factors yet to be fully determined.

THERE ARE TWO OTHER PRECIPITATING FACTORS WHICH ALSO CONTRIBUTE

Triggers: Acute/Chronic Psychological or Physiological Stress (2) & Viral, Bacterial, or Other Triggers (3)

The start of the illness is often accompanied by psychological or physical stress, as well as some kind of acute physical illness.

- In the case of **ME/CFS**, that physical illness might be a particularly difficult virus or bacterial infection (e.g., Glandular Fever, gut enteroviruses, etc.), or another kind of illness.
- In **Fibromyalgia**, the physical trauma may be an accident, or ongoing chronic pain in a part of the body.
- In **MCS** or **Mold**, the trigger may be heavy exposure to a toxin or mold.
- In **IBS**, it may be food poisoning or a similar traumatic event for the gut.

For other conditions, they relate to the original triggering injury or infection.

4. Conditioning in The Amygdala and Insula

The combination of these precipitating factors changes the circuitry of the amygdala and the insula, making it continually over-stimulate the body. During the trauma, the amygdala learns to be hyper-reactive to any symptoms detected in the body, in association with the 'insula' which can no longer process incoming signals and overstimulates the brain and body

5. Chronic Stimulation of the Immune and Nervous System

From then on, the amygdala and insula in conjunction with other brain structures, continually over-stimulate the sympathetic nervous system and the immune system.

- This downgrades the whole HPA (Hypothalamic-Pituitary- Adrenal) Axis response -This adversely affects the levels of neurotransmitters in the brain, including serotonin and dopamine.

6 & 7. Chronic Symptoms and Secondary Illness Cycles Occur

Hyper-arousal of the body and inflammation then causes the symptoms (6) and creates Secondary Illness Cycles (7).

8. Sensory Magnification & Hypervigilance

These symptoms are detected by the sensory thalamus/cortex and the insula cortex – the parts of the brain that receive incoming information from the senses.

9. Amygdala and Insula Triggering Defence Responses

And to complete the cycle, incoming visceral signals are magnified by the amygdala, which keeps the brain and nervous system in a state of hyper arousal.

The insula may be involved in interpreting the emotional meaning of the symptoms, and passing that representation on to the amygdala. The Insula also retriggers aspects of the immune system due to the inappropriate conditioning.

At (9), the amygdala is traumatized by any symptoms that it detects in the body, and instantly re-stimulates bodily systems at (4) again. This causes the vicious cycle that keeps the body in a state of continuing illness and inflammation.

