

**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.

4X

**Reduction in
Fatigue**

Compared to the
Wellness Program
Multi-Fatigue Inventory (MFI)

2X

**Increase in
Energy**

Compared to a
Wellness Program
(SF36)

100%

**Increase in
Energy Levels**

50% in the control group