

The Science Behind Your Symptoms

Recent scientific discoveries have found that many chronic conditions are rooted in the brain's protective response. When you face a threat – whether it's a virus, emotional stress, physical trauma, or something else – your brain activates its defense mechanisms: your nervous system and immune system. While this response is usually temporary, in some people it continues even after the threat has passed. This ongoing state of high alert causes ongoing symptoms, creating a cycle that can feel impossible to break.

The Power Of Brain Retraining

The good news is that your brain has a remarkable ability to change and adapt – this is called neuroplasticity. Through non-invasive, drug-free, at-home brain retraining exercises, you can guide your nervous system and immune system back to a state of balance, effectively reversing your symptoms. This powerful approach is transforming the way chronic conditions are treated worldwide.



The Gupta Program Difference

As the first and only science-backed brain retraining program, the Gupta Program has been proven to reverse symptoms across multiple chronic health conditions. Our structured approach helps you to regulate your nervous system and build healthy neural pathways that create lasting health.



30,000+

Lives transformed worldwide

92%

Of people see symptom improvement

5,000+

Healthcare providers trust us



"We've helped thousands of people heal from chronic conditions. Our promise to you is that our whole team is dedicated to support your recovery".

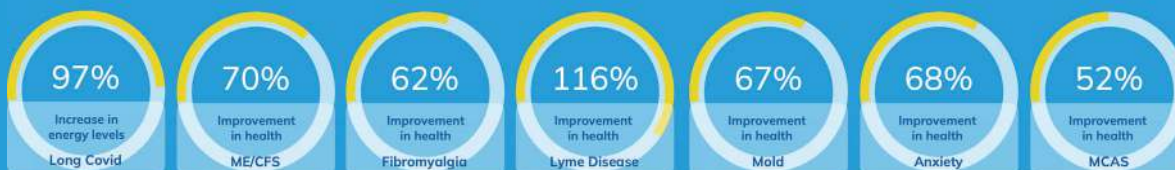
Ashok Gupta, Founder

Why Choose Us

- ✓ Science-backed: We are the only brain retraining program proven through clinical trials to reverse symptoms and restore health.
- ✓ Recommended by experts: We are trusted for our compassionate approach and recognized as the top brain retraining program for true recovery.
- ✓ Daily support: We are the only brain retraining program with ongoing daily and weekly support through live guided sessions with our expert Coaches.

Proven Results

Clinical trials show that after using the program for just three months, people experience a significant improvement in their symptoms.



Real Success



I went from not being able to walk, eat, talk, or listen to music, to living completely normally.

Filip: Long Covid



Today I feel 90% better – much stronger

Karen: CFS



Incredible program with the most supportive Coaches and a true sense of community.

Karlicia: Lyme Disease

Download our free app today to start retraining your brain and reversing your symptoms
Or begin your journey at guptaprogram.com



guptaprogram.com