



The “Gupta Programme”

By Ashok Gupta

I personally suffered from **ME/CFS** around 10 years ago, when I contracted it whilst studying at University. Since then, I have dedicated my life to finding an effective treatment for ME/CFS and Fibromyalgia. I have since recovered 100%, and I currently successfully treat patients at my clinic in Harley Street in Central London. I have spent the last few years refining my therapies, and my latest programme of treatment is now available as a **fully interactive DVD programme**.

The DVD Programme contains **12 interactive video sessions** with myself at the clinic totalling around **15 hours**, as well as supporting materials including an **Audio CD and Book**. This means that now my treatment is available to everyone in the world at an **affordable price of £95**. The programme also comes with a pledge that in the rare event that no significant improvement is noticed within 6 months, it can be returned for a refund.

My medical research seems to indicate that ME/CFS is a **neurological condition** caused by abnormalities in a brain structure called the **“amygdala”** (pronounced a-mig-da-le), which is deep in the unconscious brain near the **hypothalamus**.

I published a medical paper in a peer-reviewed medical journal in 2002, which you can read on my website. I believe that a trauma occurs in the amygdala when someone is under severe stress, and simultaneously experiences a physical trauma such as a virus.

The combination of these two effects changes the circuitry of the amygdala, making it continually overreact, constantly stimulating the body’s nervous system and filling it with stress hormones and neurotransmitters via the **hypothalamus and other pathways**, as well as causing **malfunctions in the immune system**, and altered **gene expression**. This can then cause secondary effects and symptoms in the body, affecting every single system in the body.

The treatments in my DVD programme include various tools and techniques to help **“retrain the amygdala”**. Now I am certainly not saying that ME/CFS is “in the mind”, absolutely not! I believe it is a **real physical condition with real physical symptoms**. The reaction that is occurring is deep in the unconscious brain, and therefore is normally out of our control. However, using **powerful techniques**, I believe that a patient can regain control over this brain structure, as luckily there is on-going communication between the amygdala and the rest of the brain. The amygdala gradually is retrained, and the over-stimulation of the nervous system is switched off. I believe that this also explains how some other well-known mind/body therapies for ME/CFS seem to work for some people.

The techniques in the programme are very different to conventional techniques, and are drawn from many spheres of therapy, including **NLP** (Neuro-Linguistic Programming), **meditative techniques**, and many others.

They are designed to specifically address the needs of patients with ME/CFS and Fibromyalgia, and so therefore cannot come under any one banner of treatment, and instead I call them **“amygdala retraining”** techniques.

After buying the programme, there is optional follow-up coaching available with one of our experienced practitioners, who are people who have been through the programme successfully themselves.

I am currently conducting an Observational Study* on these techniques with 33 patients, and initially the study seems to show that over 80% of patients significantly improved as a result of the treatments. Already three-quarters of the way through the study, 60% of patients are already at 80-100% functioning. The final results of the study will be published on the website in early 2008, with a view to gaining funding for an independent trial next year.

Please visit our comprehensive website. Here you will find:

- A medical explanation for ME/CFS, and the peer-reviewed medical paper
- Video testimonials of patients
- A video of Ashok Gupta explaining more about the programme
- More information about what is contained within the programme, and how to buy it online

* Please note that The Gupta Programme has not been independently studied yet. We are currently applying for funding to various organisations so that the findings of the observational study can be independently verified. If you are interested in conducting a trial, please contact us.

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