Carly's Recovery From Long Covid, POTS and MCAS Transcript

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Life Before Illness

My name is Carly. And before I became My name is Carly. And before I became unwell, I was a very busy, enthusiastic, unwell, I was a very busy, enthusiastic, energetic energetic energetic mom. I had multiple businesses.

mom. I had multiple businesses. And I was very health focused, very uh And I was very health focused, very uh was exercising regularly, was eating all was exercising regularly, was eating all the right things.

the right things.

COVID and the Onset of Long COVID

And I still managed to adopt a chronic And I still managed to adopt a chronic illness. In January of 2022, illness. In January of 2022, I got COVID. And the acute illness was I got COVID. And the acute illness was not severe in nature. It just felt like not severe in nature. It just felt like a regular flu.

a regular flu. But about a month later, I found myself But about a month later, I found myself experiencing experiencing experiencing um um um ongoing fatigue ongoing fatigue and uh and uh accumulating a lot of shortness of accumulating a lot of shortness of breath.

breath. breath. And so, I was moving through my days And so, I was moving through my days feeling quite tired, unable to feeling quite tired, unable to accomplish my regular tasks, accomplish my regular tasks, uh experiencing a lot of shortness of uh experiencing a lot of shortness of breath, which caused me a lot of breath, which caused me a lot of anxiety, and then a lot of dysregulation anxiety, and then a lot of dysregulation to my nervous system. I was waking up to my nervous system. I was waking up with heart palpitations and sort of with heart palpitations and sort of tremors throughout my body. Um tremors throughout my body. Um I would often become I would often become uh nauseous even to the point of uh nauseous even to the point of vomiting after eating certain things.

vomiting after eating certain things. And I had never had any kind of And I had never had any kind of allergies or anything like that in my allergies or anything like that in my life before. And it got to the point life before. And it got to the point where I could barely get out of bed. I where I could barely get out of bed. I went and I had a an MRI on my brain, a went and I had a an MRI on my brain, a CT scan on my chest. I saw a CT scan on my chest. I saw a hematologist, a blood specialist. I saw hematologist, a blood specialist. I saw a cardiologist and wore a 24-hour heart a cardiologist and wore a 24-hour heart monitor.

monitor. monitor. Um I went to every specialist possible Um I went to every specialist possible and for about 5 months I barely got out and for about 5 months I barely got out of bed and I thought that my life was of bed and I thought that my life was over. Um over. Um I I didn't have the energy to play with I I didn't have the energy to play with my children. I all but shut down my my children. I all but shut down my business.

business. business. And uh it was it was a very dark very And uh it was it was a very dark very dark time. In the end I was diagnosed dark time.

Testing, Specialists, and Diagnosis

In the end I was diagnosed with POTS. with POTS. My doctor had me fill out a checklist My doctor had me fill out a checklist around mast cell activation syndrome and around mast cell activation syndrome and said that was what I likely had as well.

said that was what I likely had as well.

Holistic Treatments and Turning Inward

Um I Um I was was was officially diagnosed as long COVID, but officially diagnosed as long COVID, but I came to the end of a program offered I came to the end of a program offered through my province and through my province and the doctor then just pivoted my the doctor then just pivoted my diagnosis to chronic fatigue fatigue diagnosis to chronic fatigue fatigue syndrome chronic fatigue syndrome and syndrome chronic fatigue syndrome and sent me on my way. In the beginning sent me on my way. In the beginning I focused heavily on I focused heavily on um holistic therapies and I saw two um holistic therapies and I saw two different naturopaths and I spent different naturopaths and I spent $5,000 $5,000 $5,000 on different treatments that did not on different treatments that did not help me.

help me.

The Gupta Program and Recovery

I ended up having to step back from all I ended up having to step back from all of that and really lean into of that and really lean into um more practices of going inward and um more practices of going inward and just trying to regulate my nervous just trying to regulate my nervous system on my own through breath, through system on my own through breath, through slow yoga movements and things like that slow yoga movements and things like that doing so small practices in my bed and doing so small practices in my bed and that's when I learned about the Gupta that's when I learned about the Gupta program. Right away in the Gupta program program. Right away in the Gupta program I was able to shift my perspective to I I was able to shift my perspective to I am healing.

am healing. To To To I I remember early on in the program I I remember early on in the program he said something along the lines of "If he said something along the lines of "If you knew for certain that 100 days from you knew for certain that 100 days from now you would be in complete health now you would be in complete health then none of these patterns of then none of these patterns of reactivity reactivity reactivity would be occurring in your body.

would be occurring in your body. And he helped me understand that And he helped me understand that patterns of reactivity does not mean patterns of reactivity does not mean that it's all in your head. Like the that it's all in your head. Like the diagnosis that I got from the doctors, diagnosis that I got from the doctors, having all of my blood work and all of having all of my blood work and all of my things looking fine, was basically my things looking fine, was basically it's all in your head, so here's some it's all in your head, so here's some antidepressants and some anti-anxiety antidepressants and some anti-anxiety medications.

medications. medications. Well, Well, Well, Ashok helped me understand that Ashok helped me understand that it's not all in my head, but it is a it's not all in my head, but it is a function of my brain. It is a function function of my brain. It is a function of my inflammatory system and my immune of my inflammatory system and my immune system overreacting and that I can help system overreacting and that I can help that system to stop defaulting to that system to stop defaulting to overreaction.

overreaction. overreaction. And so And so by embracing that ideal of by embracing that ideal of I can I can I I I I I I if I know I'm going to be in complete if I know I'm going to be in complete health, then the patterns of reactivity health, then the patterns of reactivity can stop in my body.

can stop in my body. It was just an opportunity for me to It was just an opportunity for me to exhale. exhale. exhale. For me to not be so worried that I was For me to not be so worried that I was going to be reacting to everything under going to be reacting to everything under the sun. So I joined the program in the sun.

Life After Recovery

So I joined the program in September of 2022 and by January of September of 2022 and by January of 2023, 2023, 2023, I was back to work full-time. I had the I was back to work full-time. I had the energy to play with my children again.

energy to play with my children again. And I would say that I'm 95% better. I And I would say that I'm 95% better. I have some lingering allergies or have some lingering allergies or reactivity, a little bit of extra reactivity, a little bit of extra fatigue, but it's all just little fatigue, but it's all just little reminders for my for me to take rest.

reminders for my for me to take rest. My life feels more vibrant and I feel My life feels more vibrant and I feel more myself than I did before I got more myself than I did before I got sick.

I approach my work in a different way. I I approach my work in a different way. I approach parenting in a different way. approach parenting in a different way.

I have so much more I have so much more