Claire’s Anxiety, IBS & Chronic Fatigue Success Story With The Gupta Program Transcript

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Introduction and childhood background

My name is Claire. If I think back to My name is Claire. If I think back to many, many years before many, many years before the symptoms started, I would probably go back the symptoms started, I would probably go back to my childhood, when I to my childhood, when I felt totally, uh, joyful and in my, felt totally, uh, joyful and in my, in my, yes, in my, um, in my, yes, in my, um, relaxed state. And, um, I had a childhood relaxed state.

Developing chronic fatigue and anxiety

And, um, I had a childhood in the countryside, but I developed increasingly in the countryside, but I developed increasingly difficult chronic fatigue, difficult chronic fatigue, um, a lot of anxiety, and also um, a lot of anxiety, and also irritable bowel syndrome problems.

irritable bowel syndrome problems.

Menopause and worsening symptoms

But I managed it for many, many years and kept a job in,, many years and kept a job in, um, nursing and occupational therapy um, nursing and occupational therapy despite it all. And then, when despite it all. And then, when the great transition of menopause arrived, the great transition of menopause arrived, which was, uh, a difficult journey, which was, uh, a difficult journey, things really, really fell things really, really fell apart. I quit my job and, um, apart.

Discovering the Gupta approach

I quit my job and, um, being around other people was getting harder and harder being around other people was getting harder and harder and then, um, I met and then, um, I met someone who had used the someone who had used the Gupta approach for chronic fatigue. I've been Gupta approach for chronic fatigue. I've been working with the program for 4 months now working with the program for 4 months now and, well, it's been a lifesaver.

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Early recovery and renewed hope

I am grateful on many I am grateful on many different levels for what it is different levels for what it is giving me. It has allowed me to giving me. It has allowed me to feel hope again. Before I started feel hope again. Before I started using the Gupta approach, when my using the Gupta approach, when my symptoms were very, well, very symptoms were very, well, very difficult, I felt very, very anxious. I had anxiety from the moment I.

Improved energy and planning a holiday

I had anxiety from the moment I woke up in the morning for almost woke up in the morning for almost the entire day and I was very the entire day and I was very socially withdrawn. I found it very difficult to socially withdrawn. I found it very difficult to go out and be with people. My go out and be with people. My energy levels were very low, and then, energy levels were very low, and then, after starting the Gupta approach and after starting the Gupta approach and working with his tools, I noticed working with his tools, I noticed that my energy levels had that my energy levels had increased. Well, let me give you a increased. Well, let me give you a very concrete example. In fact, I've very concrete example.

IBS relief and getting back out socially

In fact, I've booked a holiday in the booked a holiday in the next few weeks to go to Malta to next few weeks to go to Malta to celebrate my 60th birthday, something I couldn't have celebrate my 60th birthday, something I couldn't have imagined doing at imagined doing at all. And the other great, great gift all. And the other great, great gift of recovery so far has to of recovery so far has to do with irritable bowel syndrome do with irritable bowel syndrome. My irritable bowel syndrome. My irritable bowel syndrome reached a point where I was reached a point where I was afraid to go out because of having to find afraid to go out because of having to find access to a bathroom and all the access to a bathroom and all the physical symptoms it caused me. I've physical symptoms it caused me. I've noticed a real relief from that noticed a real relief from that food sensitivity and I'm able to food sensitivity and I'm able to have the confidence to start going out have the confidence to start going out and doing more things with friends and and doing more things with friends and family. And I would just like to add family.

Neurodivergence and broader coping skills

And I would just like to add my endorsement, as, as a my endorsement, as, as a newly diagnosed neurodivergent woman, newly diagnosed neurodivergent woman, the Gupta approach is giving me many more the Gupta approach is giving me many more additional skills to additional skills to