Hear Directly From People Who Have Recovered: A Global ME/CFS, Fibromyalgia & Long COVID Live Event Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Nathan's story

Okay, welcome everybody. Welcome to our Okay, welcome everybody. Welcome to our live event. We're super excited to live event. We're super excited to have all of you here with us live on have all of you here with us live on Facebook and on Facebook and on YouTube to talk about our really YouTube to talk about our really interesting topic today in honor of interesting topic today in honor of ME/CFS and fibromyalgia awareness day, ME/CFS and fibromyalgia awareness day, which is looking at and talking to which is looking at and talking to people who recovered from these people who recovered from these conditions. And so this is a very conditions. And so this is a very important topic because often we're told important topic because often we're told by support groups or we're told by our by support groups or we're told by our doctors that there are ways of healing doctors that there are ways of healing from these very complex conditions. But from these very complex conditions. But imagine if you could actually get some imagine if you could actually get some advice from those people who have advice from those people who have healed, who have recovered. To hear it healed, who have recovered. To hear it directly from them. Not from me, not directly from them. Not from me, not from others, but directly from people from others, but directly from people just like you who thought that they just like you who thought that they couldn't recover. So I'm really excited couldn't recover. So I'm really excited to be here with all of you and once to be here with all of you and once again we'd love for you to again we'd love for you to share this on your social media, to share this on your social media, to share this with others who could really share this with others who could really be inspired by what we're going to be be inspired by what we're going to be talking about. And um talking about. And um you know, after this live event we're you know, after this live event we're going to be having a live interactive going to be having a live interactive event on Zoom where you'll be able to event on Zoom where you'll be able to ask our guests who will be sharing their ask our guests who will be sharing their stories, you'll be able to ask them stories, you'll be able to ask them questions directly as well. So I'm kind questions directly as well. So I'm kind of of of just facilitating this. It's not about just facilitating this. It's not about me, it's about the people here and their me, it's about the people here and their incredible story. So I'm really excited incredible story. So I'm really excited to introduce to introduce Nathan. Nathan, how are you? Thank you Nathan. Nathan, how are you? Thank you for joining us.

for joining us. >> Hi, I'm doing well. Thank you. >> Hi, I'm doing well. Thank you. >> Good. Well, I I know I've heard about >> Good. Well, I I know I've heard about your story and your story and how you suffered from very intense how you suffered from very intense chronic fatigue syndrome and uh chronic fatigue syndrome and uh and ME and then Lyme disease as well and and ME and then Lyme disease as well and the the transformation. So I'm sure the the transformation. So I'm sure people In a In a nutshell, how would you people In a In a nutshell, how would you describe that transformation you've been describe that transformation you've been through from being at your worst to what through from being at your worst to what you're able to do now?

you're able to do now? >> For sure. >> For sure. You know, at my worst I had to You know, at my worst I had to uh, uh, uh, my house and live in a care facility um, my house and live in a care facility um, that was really set up for caring for that was really set up for caring for people at the end of their life and for people at the end of their life and for people with late stage dementia.

people with late stage dementia. I was being spoon-fed. I was so weak I I was being spoon-fed. I was so weak I couldn't get out of bed for like couldn't get out of bed for like literally could not physically get out literally could not physically get out of bed um, of bed um, for probably 8 9 months.

for probably 8 9 months. Um, and I've been able to come back from Um, and I've been able to come back from not being able to feed myself more than not being able to feed myself more than a couple of spoonfuls of food at a time a couple of spoonfuls of food at a time um, to living um, to living you know, such a having my life back.

you know, such a having my life back. Uh, being able to go camping with my son Uh, being able to go camping with

my son um, I'm looking to return to work um um, I'm looking to return to work um on a part-time basis. I, you know, I'm on a part-time basis. I, you know, I'm I'm no longer wheelchair bound. I in I'm no longer wheelchair bound. I in fact, you know, I'm hiking mountains and fact, you know, I'm hiking mountains and sailing again and sailing again and um you know, cooking my own food and and um you know, cooking my own food and and uh, able to be there for my family. Um uh, able to be there for my family. Um >> [clears throat] >> [clears throat] >> [clears throat] >> Wow, I mean that's an incredible >> Wow, I mean that's an incredible incredible transformation and that's the incredible transformation and that's the the inspiration. It's your kinds of the inspiration. It's your kinds of stories where people are literally stories where people are literally bedridden, wheelchair bound to being bedridden, wheelchair bound to being able to live a normal life. I mean able to live a normal life. I mean that's just an incredible transformation that's just an incredible transformation just through Well, obviously we'll talk just through Well, obviously we'll talk about what you did. Um, and uh, what about what you did. Um, and uh, what were you know, when your symptoms were were you know, when your symptoms were at your worst like what were some of the at your worst like what were some of the worst symptoms that you experienced?

worst symptoms that you experienced? >> Uh >> Uh >> Uh debilitating fatigue obviously just you debilitating fatigue obviously just you know, physically couldn't you know, know, physically couldn't you know, couldn't move couldn't move and I mean even at one instance when I and I mean even at one instance when I was being moved from one bed to another was being moved from one bed to another uh, just my body being physically moved uh, just my body being physically moved set off days of post-exertional malaise.

set off days of post-exertional malaise. Um, so nausea, dizziness. At at my worst Um, so nausea, dizziness. At at my worst I was so light sensitive I had to wear a I was so light sensitive I had to wear a blindfold blindfold blindfold when someone came in to feed me.

when someone came in to feed me. Um so I had to completely block out my Um so I had to completely block out my eyes. I couldn't handle any lights or eyes. I couldn't handle any lights or sounds. Um I had extreme vertigo and sounds. Um I had extreme vertigo and dizziness.

dizziness. dizziness. Um Um Um yeah, the those are probably the most yeah, the those are probably the most poignant symptoms. Yeah. poignant symptoms. Yeah.

>> Yeah, no that's incredible. And what did >> Yeah, no that's incredible. And what did you what had you tried before? Cuz you what had you tried before? Cuz obviously many people try different obviously many people try different things. Like what kind of interventions, things. Like what kind of interventions, treatments have you tried that obviously treatments have you tried that obviously weren't getting you the healing you weren't getting you the healing you needed?

needed? needed? >> Yeah, certainly. I mean at the >> Yeah, certainly. I mean at the beginning, um what kicked it off was a beginning, um what kicked it off was a Lyme disease infection. So initially I I Lyme disease infection. So initially I I did an antibiotic course for the Lyme did an antibiotic course for the Lyme disease, disease, disease, um which really did turn around a lot of um which really did turn around a lot of those earlier symptoms which were kind those earlier symptoms which were kind of like a permanent migraine, dizziness, of like a permanent migraine, dizziness, light sensitivity, light sensitivity, um and fatigue. And those did improve um and fatigue. And those did improve with the antibiotic treatment, but it with the antibiotic treatment, but it was obviously only part of the problem.

was obviously only part of the problem. And the CFS was really what set in and And the CFS was really what set in and that's that what, you know, took my life that's that what, you know, took my life away and and made me so debilitated.

away and and made me so debilitated. So I mean I tried treatments, um So I mean I tried treatments, um antibiotics I tried antibiotics I tried uh all sorts of naturopathic uh all sorts of naturopathic supplements, all of these sorts of supplements, all of these sorts of things. Um things. Um counseling, uh counseling, uh yeah. The I mean it was a very long list yeah. The I mean it was a very long list of things that I tried, so many of things that I tried, so many >> Right, so >> Right, so a kind of whole suite of different a kind of whole suite of different interventions that you

actually uh that interventions that you actually uh that you actually tried. And then I think you actually tried. And then I think so what what shifted for you? Like what so what what shifted for you? Like what was the the moment or or realization was the the moment or or realization that really changed things for you?

that really changed things for you? >> Yeah, I mean to be honest, your program >> Yeah, I mean to be honest, your program was recommended to me by my doctor. I was recommended to me by my doctor. I finally got in to see the preeminent finally got in to see the preeminent chronic fatigue specialist, a GP, not a chronic fatigue specialist, a GP, not a GP, a GP, a internal medicine doctor. Um and when he internal medicine doctor. Um and when he spoke about he said, "The only thing spoke about he said, "The only thing that I've seen people give give people that I've seen people give give people remission from chronic fatigue is the remission from chronic fatigue is the Gupta Program." Gupta Program." And and it just blew my mind. I said, And and it just blew my mind. I said, "Remission? I've been told for 8 years "Remission? I've been told for 8 years that this is a permanent condition.

that this is a permanent condition. There is no recovery. The best you can There is no recovery. The best you can hope for is if you don't push yourself hope for is if you don't push yourself and you don't crash that you might be and you don't crash that you might be able to maintain able to maintain what your physical, you know, level of what your physical, you know, level of activity is at the time." And for me activity is at the time." And for me over those 6 years, it had been over those 6 years, it had been constantly decreasing from constantly decreasing from you know, being able to walk and and and you know, being able to walk and and and maybe jog for 10 minutes to then not maybe jog for 10 minutes to then not being able to walk to then being being able to walk to then being housebound, wheelchair bound, and and housebound, wheelchair bound, and and bed bound, right? Um, so it had been 6 bed bound, right? Um, so it had been 6 years of of being told years of of being told "It's permanent. It'll It'll only get "It's permanent. It'll It'll only get worse. There is no such thing as getting worse. There is no such thing as getting better." better." better." Um, and yeah, and just living in this Um, and yeah, and just living in this this world of fear. This was a real this world of fear. This was a real interesting thing once I started doing interesting thing once I started doing the Gupta Program was that the the the Gupta Program was that the the medical profession medical profession um, you know, in the best of their um, you know, in the best of their knowledge and from the best of their knowledge and from the best of their experience, I guess, and and what they experience, I guess, and and what they have, um, you know, had been telling me have, um, you know, had been telling me a message of fear. If you ever over cra- a message of fear. If you ever over cra- if you ever crash, if you overextend if you ever crash, if you overextend yourself, if you experience these yourself, if you experience these symptoms, symptoms, symptoms, then that's an indication that you've then that's an indication that you've done too much and that you're going to done too much and that you're going to get worse and worse and you're going to get worse and worse and you're going to crash and never fully recover and so crash and never fully recover and so forth. So, it was a fear message. And it forth. So, it was a fear message. And it was only after was only after sort of going through the first few sort of going through the first few videos of your program and really videos of your program and really meditating and doing all of that sort of meditating and doing all of that sort of meditation uh, nervous system you know, meditation uh, nervous system you know, down regulation work down regulation work that it twigged on me, "Oh, I've that it twigged on me, "Oh, I've actually been living in a fear state for actually been living in a fear state for 8 years. My body has thought every time 8 years. My body has thought every time I experience a little bit of vertigo or I experience a little bit of vertigo or light sensitivity, light sensitivity, uh that this is you know, this whole uh that this is you know, this whole precipitous fear message that I've been precipitous fear message that I've been told and had been reinforced by medical told and had been reinforced by medical doctors, right?

doctors, right? Uh so, that was a really pivotable trip, Uh so, that was a really pivotable trip, sorry, pivotal turning point for me was sorry, pivotal turning point for me was realizing, "Oh, this message that I'd realizing, "Oh, this message that I'd accepted for accepted for about chronic fatigue for 8 years uh was about chronic fatigue for 8 years uh was uh was false and was also perpetuating uh was false and was also perpetuating the fear state that my body was living the fear state that my body was living in.

in. in. Um Um Um which is ultimately what perpetuates which is ultimately what perpetuates chronic fatigue is your your system chronic fatigue is your your system being in fear about, for my case, even being in fear about, for my case, even just moving was activating a fear just moving was activating a fear response from my nervous system.

response from my nervous system. >> Yeah, it's really interesting, isn't it? >> Yeah, it's really interesting, isn't it?

Because we think of fear Because we think of fear uh or trauma or PTSD as something that's uh or trauma or PTSD as something that's related to the outer world and outer related to the outer world and outer situations and people.

situations and people. But what's interesting here is that But what's interesting here is that you're recognizing or you recognized the you're recognizing or you recognized the shifting shifting shifting moment was, "I don't feel safe in my own moment was, "I don't feel safe in my own body itself from my own symptoms and my body itself from my own symptoms and my own sensations." And I think own sensations." And I think for a lot of people who who use brain for a lot of people who who use brain retraining and neuroplasticity, that is retraining and neuroplasticity, that is really a kind of pivotal really a kind of pivotal aha moment that obviously you aha moment that obviously you experienced. Um experienced. Um >> Yeah. And hope, you know, finding a >> Yeah. And hope, you know, finding a program that could tell you you can program that could tell you you can recover, you can put this into remission recover, you can put this into remission or partial remission. Um or partial remission. Um you know, it was the first time I had you know, it was the first time I had hope in 8 years. And that is really, hope in 8 years. And that is really, really really really so important.

so important. >> Yeah, I know, it's it's incredible, >> Yeah, I know, it's it's incredible, Nathan. Nathan. Nathan. And as you say, it's it's you know, And as you say, it's it's you know, bringing you back to your family as bringing you back to your family as well, because that's often something well, because that's often something that we have when we have the condition that we have when we have the condition like this like this is that it can feel like we are is that it can feel like we are kind of distancing ourselves from normal kind of distancing ourselves from normal life, from people around us because of life, from people around us because of what's we're experiencing. And to be what's we're experiencing. And to be able to kind of get back into that, I able to kind of get back into that, I think is so important. What what do you think is so important. What what do you think made the biggest difference?

think made the biggest difference? Obviously, you you used the Gupta Obviously, you you used the Gupta program to to heal and recover. What do program to to heal and recover. What do you think in that program you think in that program really kind of shifted the needle, like really kind of shifted the needle, like really got you to your health, and and really got you to your health, and and how do you feel now? Like what are you how do you feel now? Like what are you able to do now?

able to do now? >> Um >> Um >> Um Oh, I mean it's so hard to say because I Oh, I mean it's so hard to say because I really feel like really feel like you know, the program works as a whole.

you know, the program works as a whole. Um Um Um and so it's hard to say that one thing and so it's hard to say that one thing was fundamental more than another.

was fundamental more than another. >> [snorts] >> [snorts] >> [snorts] >> Um but for me, I would say the real >> Um but for me, I would say the real turning point was turning point was uh you know, I moved very slowly uh you know, I moved very slowly initially. I only did 5 minutes of video initially. I only did 5 minutes of video every couple of days. That was all that every couple of days. That was all that my cognitive stamina could tolerate at my cognitive stamina could tolerate at the time. But I did those meditations, the time. But I did those meditations, even just 5 minutes or the breath work even just 5 minutes or the breath work for 5 minutes.

for 5 minutes. Um you know, that was really pivotal to Um you know, that was really pivotal to finally feel after a first couple of finally feel after a first couple of months. I'd only gotten up to the third months. I'd only gotten up to the third video series.

video series. Um Um Um to finally feel calmness in my body to finally feel calmness in my body again. again. again. Um so that I think was a very important Um so that I think was a very important turning the point because it also made turning the point because it also made me realize, oh, my body has been living me realize, oh, my body has been living in fear for 8 years. And I could finally in fear for 8 years. And I could finally feel that. I always thought I'm relaxed.

feel that. I always thought I'm relaxed. I mean, here I am. I've been bedridden. I mean, here I am. I've been

bedridden. How much more relaxed could I get? I've How much more relaxed could I get? I've been sleeping for 14 hours, 18 hours a been sleeping for 14 hours, 18 hours a day, like um and then I would really say day, like um and then I would really say that the visualization work that the visualization work um um um in the the five-step reprogramming, uh in the the five-step reprogramming, uh retraining rather, the retraining rather, the that the visualization that the visualization um imagining and remembering what it um imagining and remembering what it felt like, felt like, you know, viscerally and and the smells you know, viscerally and and the smells and and just this creating a whole So I and and just this creating a whole So I spent a lot of time just really spent a lot of time just really recreating five or six really concrete recreating five or six really concrete visualizations, visualizations, visualizations, um you know, embellishing these memories um you know, embellishing these memories I had of what it felt to feel virulent I had of what it felt to feel virulent and strong. And one of those is is and strong. And one of those is is hiking. And so, you know, just 6 months hiking. And so, you know, just 6 months ago with my girlfriends, we hiked a ago with my girlfriends, we hiked a mountain.

mountain. mountain. You know? so that's an example of how You know? so that's an example of how far I've come. I mean, I couldn't I far I've come. I mean, I couldn't I couldn't stand up for the better part of couldn't stand up for the better part of a year, right? So, to come all the way a year, right? So, to come all the way back to being able to go for a 3-4 hour back to being able to go for a 3-4 hour hike to the top of Mount Seymour to this hike to the top of Mount Seymour to this vista, um you know, meant so much and um vista, um you know, meant so much and um you know, and this weekend I'm going to you know, and this weekend I'm going to be going away with my son, so I'm back be going away with my son, so I'm back to being able to be a parent again.

to being able to be a parent again. Um you know, bless his heart, he did so Um you know, bless his heart, he did so well with me living in a care facility well with me living in a care facility with octogenarians, um with octogenarians, um but you know, to be able to pick him up but you know, to be able to pick him up from school, to be able to put him to from school, to be able to put him to bed, to be able to lift him bed, to be able to lift him and throw him in the air and give him a and throw him in the air and give him a hug when he's crying. Um hug when he's crying. Um it that is so so sweet, you know, you it that is so so sweet, you know, you can't put a price on being able to hold can't put a price on being able to hold your child again.

your child again. >> No, that's >> No, that's so moving, so moving as you say that, uh so moving, so moving as you say that, uh Nathan. Nathan. Nathan.

You know, your story is so inspiring and You know, your story is so inspiring and well done to you for having the well done to you for having the perseverance because I can imagine if perseverance because I can imagine if you're you're bedridden and you have a you're you're bedridden and you have a program, program, program, it can be difficult to start saying, it can be difficult to start saying, "Right, I need to have the energy to "Right, I need to have the energy to engage with a program." But you stuck engage with a program." But you stuck with it. You just titrated a few minutes with it. You just titrated a few minutes a day, a few minutes a day and you were a day, a few minutes a day and you were able to able to Yeah. That recovery. So, you know, I I Yeah. That recovery. So, you know, I I honor you for that persistence and that honor you for that persistence and that commitment to it. So, lovely to hear commitment to it. So, lovely to hear your story, Nathan, and anything you your story, Nathan, and anything you finally you'd like to say to others like finally you'd like to say to others like in terms of in terms of if people are feeling stuck with their if people are feeling stuck with their condition, people who need inspiration, condition, people who need inspiration, like what would you have done like what would you have done differently? Like anything you'd like to differently? Like anything you'd like to say to people who are maybe in a similar say to people who are maybe in a similar position to where you were?

position to where you were? >> Um I would say, >> Um I would say, you know, just to to start and to work you know, just to to start and to work at your own pace.

at your own pace. Um there is no there is no goal about Um there is no there is no goal about how quickly this happens. You know, for how quickly this happens. You know, for me it it took literally months of me me it it took literally months of me just doing small, little, tiny just doing small, little, tiny meditations every day meditations every day uh and little breathing exercises to uh and little breathing exercises to start feeling things shifting. And it's start feeling things shifting. And it's water on a rock.

water on a rock. Um, Um, Um, and and so just, you know, there are ups and and so just, you know, there are ups and downs. There will be ups and downs.

and downs. There will be ups and downs. I certainly felt that. Um, but you know, I certainly felt that. Um, but you know, one day you'll go from being able to one day you'll go from being able to take a step and stand to then being able take a step and stand to then being able to take tens of steps to hundreds to to take tens of steps to hundreds to thousands.

thousands. thousands. Um, Um, Um, and it will happen. And even if it's and it will happen. And even if it's slow, just know that in your heart, you slow, just know that in your heart, you know, this works. It really does. Um, know, this works. It really does. Um, and uh, yeah, so I just encourage you to and uh, yeah, so I just encourage you to just gradually work on it every day, just gradually work on it every day, every other day, as it can. Um, and just every other day, as it can. Um, and just give yourself the time and the space to give yourself the time and the space to just trust in the process.

just trust in the process. Um, and I would say, Um, and I would say, you know, something I have a friend who you know, something I have a friend who actually started the program and I said, actually started the program and I said, you know, really take your time to do you know, really take your time to do those worksheets. For anybody who's those worksheets. For anybody who's started the program, do the worksheets.

started the program, do the worksheets. Really sit down and try and get into Really sit down and try and get into that inner monologue of what your brain that inner monologue of what your brain is telling you you can't do and why and is telling you you can't do and why and responding to symptoms and so forth. Um, responding to symptoms and so forth. Um, I really found those very helpful in I really found those very helpful in getting into those deeper layers.

getting into those deeper layers. Yeah. Yeah. Yeah. >> Amazing, Nathan. Thank you so much for >> Amazing, Nathan. Thank you so much for joining us. So many interesting insights joining us. So many interesting insights that I've taken from your journey and that I've taken from your journey and your story. And uh, your story. And uh, you know, uh, I wish you all the best you know, uh, I wish you all the best and uh, continue your health and and uh, continue your health and happiness and healing. And uh, happiness and healing. And uh, yes, thank you so much for for joining yes, thank you so much for for joining us. So, thank you so much, Nathan.

us. So, thank you so much, Nathan. >> Okay, well, thank you so much for the >> Okay, well, thank you so much for the program. Thank you, Ashok. program. Thank you, Ashok. >> [snorts] >> [snorts] >> [snorts] >> Thank you.

>> Thank you.

Laura's path to recovery

So, I think, you know, what's I found a So, I think, you know, what's I found a pattern there that we see often is the pattern there that we see often is the people who we observe having those people who we observe having those recoveries are the ones who who continue recoveries are the ones who who continue with the commitment, no matter the ups with the commitment, no matter the ups and downs of the experience along the and downs of the experience along the way. And we're very pleased to have uh, way. And we're very pleased to have uh, our next guest with us, who's Laura, our next guest with us, who's Laura, who's going to join us on the stage.

who's going to join us on the stage. Hi there, Laura. Hi there, Laura. >> Hi. >> Hi. >> Hi. >> Hi, thank you so much for for joining us >> Hi, thank you so much for for joining us and taking some time out and taking some time out of your of your day. So, I'm sure our of your of your day. So, I'm sure our our listeners and by the way, if you are our listeners and by the way, if you are watching this listening, please do share watching this listening, please do share this on your social media on your this on your social media on your Facebook, your Twitter, your Instagram.

Facebook, your Twitter, your Instagram. Please share this feed. I think we've Please share this feed. I think we've got some really inspiring stories here got some really inspiring stories here that I just want for other people to that I

just want for other people to hear and be inspired by that people do hear and be inspired by that people do recover. People are recovering from recover. People are recovering from these every day and and this is living these every day and and this is living proof proof proof of that. So, yes, of that. So, yes, Laura, I Laura, I would love to start by just giving would love to start by just giving people that contrast of where you were people that contrast of where you were at your worst and where you are right at your worst and where you are right now in your journey.

now in your journey. >> Uh my worst was >> Uh my worst was was horrible. I was bedridden. was horrible. I was bedridden. Um I was stuck in the house for so long.

Um I was stuck in the house for so long. Um I could only transfer from a Um I could only transfer from a wheelchair to a chair. I needed help for wheelchair to a chair. I needed help for everything. Getting dressed, everything. Getting dressed, uh uh uh bringing Someone had to bring water to bringing Someone had to bring water to me, food to me. I couldn't even just go me, food to me. I couldn't even just go get a glass of water.

get a glass of water. And um my And um my just my cognitive functioning, I mean, I just my cognitive functioning, I mean, I just had such bad brain fog and I was just had such bad brain fog and I was just so physically and mentally just so physically and mentally exhausted. Um and I couldn't walk at exhausted. Um and I couldn't walk at all, obviously. I was bedridden. And I all, obviously. I was bedridden. And I was in fight or flight the entire time.

was in fight or flight the entire time. I mean, I didn't know that at the time, I mean, I didn't know that at the time, but I was just panicking but I was just panicking the whole time of what's wrong with me.

the whole time of what's wrong with me. Um Um Um So, that was the worst. So, that was the worst. Um and now I'm much better. See, it's Um and now I'm much better. See, it's even emotional for me to even think even emotional for me to even think about it or talk about it. I'm much about it or talk about it. I'm much better.

better. better. I I I pretty much have pretty much have um um um gotten my energy to levels where I can gotten my energy to levels where I can live my life mostly independently.

live my life mostly independently. Um I'm traveling, I'm involved in my Um I'm traveling, I'm involved in my community, I'm working a little bit, um community, I'm working a little bit, um and I'm able to stay in that window of and I'm able to stay in that window of tolerance most of the time.

tolerance most of the time. So, yeah, total difference from where I So, yeah, total difference from where I was before. I'm so grateful for this was before. I'm so grateful for this program.

program. program. >> Wow, so similar a similar story of going >> Wow, so similar a similar story of going from, once again, bed-bound with that from, once again, bed-bound with that intense fatigue to actually being able intense fatigue to actually being able to to to lead a you know, a normal life, which lead a you know, a normal life, which is, you know, just in just incredible.

is, you know, just in just incredible. And what had you tried before? Um cuz And what had you tried before? Um cuz obviously when we people get diagnosed obviously when we people get diagnosed What were you diagnosed with so everyone What were you diagnosed with so everyone also knows?

also knows? >> Um I was diagnosed with chronic fatigue, >> Um I was diagnosed with chronic fatigue, uh which took a really long time to even uh which took a really long time to even get a diagnosis. I think I probably went get a diagnosis. I think I probably went a year a year of of of going to every kind of specialist. I'm going to every kind of specialist. I'm in Canada, so every kind of specialists in Canada, so every kind of specialists out there to try to see what it was. We out there to try to see what it was. We have long wait times for doctors, and I have long wait times for doctors, and I would call in the mornings because I would call in the mornings because I knew they'd get cancellations, and I'd knew they'd get cancellations, and I'd be crying because I'd think I want to be crying because I'd think I want to see a neurologist, but I my see a neurologist, but I my appointment's in 8 months, you know? And appointment's in 8 months, you know? And I don't want to wait 8 months cuz I keep I don't want to wait 8 months cuz I keep going downhill, so I don't know what I'm going downhill, so I don't know what I'm going to look like in 8

months. So, I going to look like in 8 months. So, I was really panicking.

was really panicking. Um I saw all these different doctors, Um I saw all these different doctors, and they all kept saying, "Oh, it's a and they all kept saying, "Oh, it's a virus. It just has to run its course." virus. It just has to run its course." Not helpful at all.

Not helpful at all. Um Um Um I waited 18 months to see an I waited 18 months to see an environmental specialist, and she's the environmental specialist, and she's the one who diagnosed me with chronic one who diagnosed me with chronic fatigue and gave me a few tips. That was fatigue and gave me a few tips. That was helpful. I mean, she didn't have great helpful. I mean, she didn't have great things to say about having chronic things to say about having chronic fatigue, but at least I had a name for fatigue, but at least I had a name for it.

it. it. Um and I had tried a whole bunch of Um and I had tried a whole bunch of things. I mean, things. I mean, I tried a a mindfulness stress reduction I tried a a mindfulness stress reduction program that was program that was um just meditation. Um um just meditation. Um I tried I saw a functional medicine I tried I saw a functional medicine doctor, had a whole bunch of tests done, doctor, had a whole bunch of tests done, changed my diet, you know, all that kind changed my diet, you know, all that kind of thing. Naturopath, osteopath, physio.

of thing. Naturopath, osteopath, physio. Um, went on to medication, Um, went on to medication, a couple different therapists, and then a couple different therapists, and then finally this private chronic fatigue finally this private chronic fatigue hos- uh clinic opened up in Toronto hos- uh clinic opened up in Toronto after uh long COVID became a thing. And after uh long COVID became a thing. And it was $2,000, [clears throat] it was $2,000, [clears throat] and I thought, "Okay, I'm going here, and I thought, "Okay, I'm going here, and we're going to figure this out." And and we're going to figure this out." And they told me to do the Gupta Program, they told me to do the Gupta Program, and I cannot believe that I never came and I cannot believe that I never came across the Gupta Program in all of my across the Gupta Program in all of my you know, frantic searching on the you know, frantic searching on the internet of anything to help me. Somehow internet of anything to help me. Somehow I didn't find it, and they told me. So, I didn't find it, and they told me. So, you know, I paid $2,000 to see them, but you know, I paid $2,000 to see them, but they gave me what I needed, which was they gave me what I needed, which was you, um to get better. So, that's what you, um to get better. So, that's what led me here. And all those other things led me here. And all those other things that I did, I would say they helped a that I did, I would say they helped a little bit with the downstream symptoms.

little bit with the downstream symptoms. Just they didn't get to the Just they didn't get to the you know, the heart of it. you know, the heart of it.

>> Of course. >> Of course. And And And yeah, it's quite a journey that yeah, it's quite a journey that obviously you were on. What do you think obviously you were on. What do you think made the biggest difference? So, made the biggest difference? So, obviously you used the Gupta Program, obviously you used the Gupta Program, and what what do you think was the kind and what what do you think was the kind of critical success factor to make it of critical success factor to make it work for you? Cuz obviously there'll be work for you? Cuz obviously there'll be lots of people watching who perhaps have lots of people watching who perhaps have thought about brain retraining, thought thought about brain retraining, thought about neuroplasticity. Is that kind of about neuroplasticity. Is that kind of something they'd like to take on? What something they'd like to take on? What do you think was really made it work for do you think was really made it work for you?

you? you? >> I love the program. Love it. Um, >> I love the program. Love it. Um, and I think you're amazing. and I think you're amazing. Um, Um, Um, I think first of all those the first I think first of all those the first couple videos where you were explaining, couple videos where you were explaining, and I was debating, you know, if this is and I was debating, you know, if this is the right thing for me.

the right thing for me. Uh, you were explaining about Uh, you were explaining about when you have a lot of stress and you when you have a lot of stress and you get a virus, that can lead to chronic get a virus, that can lead to chronic fatigue. The way you were describing it fatigue. The way you were describing it was exactly what had happened to me. And was exactly what had happened to me. And that was the first time that I had heard that was

the first time that I had heard anyone in all of this whole crazy thing anyone in all of this whole crazy thing happening to me happening to me say [snorts] anything that made sense say [snorts] anything that made sense about what had happened in my body. And about what had happened in my body. And so right away I felt hope because I so right away I felt hope because I thought wait, I feel like I'm understood thought wait, I feel like I'm understood here. I feel like this is the right here. I feel like this is the right thing. And then when I joined the thing. And then when I joined the program program program hearing other people going through the hearing other people going through the same thing that I was going through same thing that I was going through regardless of where they were in their regardless of where they were in their healing journey, that helped me so much healing journey, that helped me so much because I felt so alone and so isolated because I felt so alone and so isolated in what I was going through.

in what I was going through. Um and I felt like I wasn't alone and Um and I felt like I wasn't alone and that that that that took away a big chunk of that fear that took away a big chunk of that fear right away because right away because now I can stop ruminating on what is now I can stop ruminating on what is this? What's wrong with me? You know, this? What's wrong with me? You know, what's going to happen next kind of what's going to happen next kind of thing.

thing. thing. And I focused on healing And I focused on healing and I made these amazing friends in the and I made these amazing friends in the Gupta program Gupta program um and we still keep in touch and we um and we still keep in touch and we helped each other helped each other and that was a huge part of it. Um I and that was a huge part of it. Um I even came to the Gupta retreat and that even came to the Gupta retreat and that was also was also uh just such an amazing experience.

uh just such an amazing experience. Um Um Um and just the structure of the program. I and just the structure of the program. I needed that, you know, when you're just needed that, you know, when you're just lying there lying there not feeling well, you have way too much not feeling well, you have way too much time to think. You're just looking at time to think. You're just looking at your house which is a mess and you can't your house which is a mess and you can't do anything about it and you can't do anything about it and you can't really really really help your kids or do whatever. That's help your kids or do whatever. That's how I felt. And now I had this how I felt. And now I had this program that was giving me tools and it program that was giving me tools and it was giving me structure in my day and I was giving me structure in my day and I think all of that really helped. It's It think all of that really helped. It's It was what I needed.

was what I needed. >> Yeah, and I love actually Laura what you >> Yeah, and I love actually Laura what you said about not feeling alone cuz many said about not feeling alone cuz many people whether you've got chronic people whether you've got chronic fatigue syndrome, fibromyalgia, long fatigue syndrome, fibromyalgia, long COVID, mold illness, you know, COVID, mold illness, you know, it can feel very isolating because it can feel very isolating because doctors don't believe you or they don't doctors don't believe you or they don't take it seriously. Uh you can have take it seriously. Uh you can have friends and family who don't really friends and family who don't really understand. And to have a community of understand. And to have a community of people who you're connecting with online people who you're connecting with online and obviously we have people connecting and obviously we have people connecting on Zoom as well. We have a buddy on Zoom as well. We have a buddy program. All of those options for program. All of those options for community connection, I think, then are community connection, I think, then are half the battle in terms of overcoming half the battle in terms of overcoming fear and being able to say, "Hey, I can fear and being able to say, "Hey, I can work on my recovery." And obviously the work on my recovery." And obviously the the daily the daily exercises as well, the daily the daily exercises as well, the daily live events. I think these are the daily live events. I think these are all things we've tried to put in place all things we've tried to put in place to make sure that people feel a sense of to make sure that people feel a sense of camaraderie and community camaraderie and community with everybody.

with everybody. Uh so, what I've been I you know, Uh so, what I've been I you know, personally I'm just so inspired and once personally I'm just so inspired and once again, it's these these patterns that again, it's these these patterns that we're seeing in people who recover, we're seeing in people who recover, which is that sense of not being alone which is that sense of not being alone with their condition, that sense of with their condition, that sense of commitment to their retraining and commitment to their retraining and keeping going and no matter what.

keeping going and no matter what. Um anything that you'd like to say to Um anything that you'd like to say to people who may be feeling stuck right people who may be feeling stuck right now with their condition, perhaps now with their condition, perhaps they've been told they're never going to they've been told they're never going to heal or recover or heal or recover or you know, something that you do you know, something that you do differently if you could start again.

differently if you could start again. Any Any final words of Any Any final words of encouragement you'd like to give to encouragement you'd like to give to others?

others? others? >> Well, I would definitely say if you're >> Well, I would definitely say if you're not doing the Gupta program, just start not doing the Gupta program, just start it and start doing it because I wish it and start doing it because I wish that's my one thing I wish I had found that's my one thing I wish I had found it so much earlier because I think I had it so much earlier because I think I had been at least 6 years maybe by the time been at least 6 years maybe by the time I found the program that I I found the program that I had wasn't walking and had wasn't walking and um um um I couldn't really do anything. Um I couldn't really do anything. Um and what I would say is and what I would say is you will recover. You can recover. So, you will recover. You can recover. So, maybe when you go to the doctor, they maybe when you go to the doctor, they don't know very much about this don't know very much about this condition and your friends and family condition and your friends and family don't either.

don't either. Um Um Um but if you take your time with this but if you take your time with this program, don't put the pressure on program, don't put the pressure on yourself.

yourself. yourself. Just Just Just do it in manageable amounts for you. And do it in manageable amounts for you. And that was one thing that I felt I did that was one thing that I felt I did really well was that I I'm normally a really well was that I I'm normally a type A personality. Just do it right, type A personality. Just do it right, get it done. But in the program I really get it done. But in the program I really took my time and I didn't put pressure took my time and I didn't put pressure on myself. I didn't give myself on myself. I didn't give myself timelines, okay, you know, in 6 months I timelines, okay, you know, in 6 months I I'm going to be here. I didn't do that I'm going to be here. I didn't do that to myself. Um to myself. Um I just let it happen naturally I just let it happen naturally and and and and it started coming. And then as you and it started coming. And then as you start start start um feeling better, then um feeling better, then it gives you more hope and it gives you it gives you more hope and it gives you the perseverance to keep going with this the perseverance to keep going with this because obviously there were ups and because obviously there were ups and downs and I used to live hour to hour.

downs and I used to live hour to hour. You know, and then I get the point of You know, and then I get the point of okay, now I'm actually having some good okay, now I'm actually having some good days.

days. days. And now I'm at the point where And now I'm at the point where I can say that every now and then I have I can say that every now and then I have a bad day or maybe I have a few bad a bad day or maybe I have a few bad hours, right? So I've just come so far, hours, right? So I've just come so far, but it's also taken me quite a while. I but it's also taken me quite a while. I felt that compared to some of my group felt that compared to some of my group of friends, I was taking longer than of friends, I was taking longer than other people, but I didn't let that get other people, but I didn't let that get to me and everybody was still to me and everybody was still supportive. We're all on our own supportive. We're all on our own journeys and everyone journeys and everyone um is on their own timeline.

um is on their own timeline. >> I think that's a really interesting >> I think that's a really interesting point that it can be very tempting to point that it can be very tempting to compare our journey to somebody else and compare our journey to somebody else and think, "Oh, they used that program and think, "Oh, they used that program and they got well in a month or they got they got well in a month or they got well in a" and actually it's about our well in a" and actually it's about our own journey own journey and saying, "I'm not going to put a and saying, "I'm not going to put a timeline on it. I'm just going to have timeline on it. I'm just going to have that commitment and continuing brain that commitment and continuing brain retraining until I reach that recovery." retraining until I reach that recovery." And then you take the pressure off And then you take the pressure off yourself and that and that comparison.

yourself and that and that comparison. So Laura, thank you so much for your So Laura, thank you so much for your time today. I really really appreciate time today. I really really appreciate it. Thank you for coming on and I wish it. Thank you for coming on and I wish you all the best in in life and you all the best in in life and hopefully see you again soon. So thank hopefully see you again soon. So thank you so much, Laura.

you so much, Laura. >> Thank you and thank you for everything >> Thank you and thank you for everything that you're doing for us. I really that you're doing for us. I really appreciate it.

appreciate it.

The science of brain retraining

So yeah, that's our So yeah, that's our our second guest who was sharing her our second guest who was sharing her story there. I think once again story there. I think once again when we ask people what are the critical when we ask people what are the critical success factors, what got you well?

success factors, what got you well? There are a number of things that come There are a number of things that come up regularly. It's that sense of up regularly. It's that sense of getting involved in the Gupta Program getting involved in the Gupta Program community. For some people that's very community. For some people that's very important. Most importantly, that sense important. Most importantly, that sense of of of uh uh uh I am going to trust and let go in brain I am going to trust and let go in brain retraining. I'm not going to put a retraining. I'm not going to put a timeline on it. I just keep going until timeline on it. I just keep going until I make that recovery.

I make that recovery. And of course there'll be ups and downs And of course there'll be ups and downs along the way, but with that commitment, along the way, but with that commitment, with that keeping going, people tend to with that keeping going, people tend to have the recoveries have the recoveries uh that they choose to have. And I'm uh that they choose to have. And I'm also, you know, I have a story myself as also, you know, I have a story myself as many of you may know. I suffered from ME many of you may know. I suffered from ME and chronic fatigue syndrome back in the and chronic fatigue syndrome back in the late '90s when these conditions weren't late '90s when these conditions weren't really understood. They weren't really really understood. They weren't really uh taken seriously. They were called uh taken seriously. They were called yuppie flu.

yuppie flu. And I went on a a journey of trying to And I went on a a journey of trying to what caused these conditions. In my what caused these conditions. In my worst moments I felt absolutely worst moments I felt absolutely terrible, had no energy, couldn't do terrible, had no energy, couldn't do anything.

anything. anything. And I remember in that worst moment I And I remember in that worst moment I made a contract with with the universe made a contract with with the universe to say if I can just get myself 30% to say if I can just get myself 30% better, 50% better better, 50% better I will dedicate the rest of my life to I will dedicate the rest of my life to helping others with this condition.

helping others with this condition. And And And I managed to then find some information I managed to then find some information that I thought was was interesting. It that I thought was was interesting. It was actually a book in Cambridge. It was was actually a book in Cambridge. It was a bookstore and there was one book by a bookstore and there was one book by Professor Joseph LeDoux called The Professor Joseph LeDoux called The Emotional Life of the Brain and Emotional Life of the Brain and that was the book. That was the that was the book. That was the neurology book that helped me understand neurology book that helped me understand what I believed was going on in the what I believed was going on in the brain that may be causing these chronic brain that may be causing these chronic conditions. Not in the mind. We conditions. Not in the mind. We definitely don't say these conditions definitely don't say these conditions are in the mind, but we do believe are in the mind, but we do believe they're in the unconscious brain and they're in the unconscious brain and that is at often at the root cause of that is at often at the root cause of many of these many of these conditions. And then through some ad hoc conditions. And then through some ad hoc brain retraining I got fully well within brain retraining I got fully well within months and then set up a clinic to help months and then set up a clinic to help others. And that has been my life others. And that has been my life purpose is to help people like you or purpose is to help people like you or people that you

know who are suffering people that you know who are suffering from a chronic condition and your doctor from a chronic condition and your doctor has said there's nothing more we can do.

has said there's nothing more we can do. Then we realize it's not a hardware Then we realize it's not a hardware problem, which is what mainstream problem, which is what mainstream medicine is very good at dealing with, medicine is very good at dealing with, it's a software problem. It's a problem it's a software problem. It's a problem of uh of uh systems biology. It's the brain systems biology. It's the brain overreacting, over-responding. And overreacting, over-responding. And through this gentle uh nervous system through this gentle uh nervous system regulation, core brain retraining, and regulation, core brain retraining, and all the other things that we do in the all the other things that we do in the Gupta program, you can Gupta program, you can gradually train the brain out of these gradually train the brain out of these chronic immune and nervous system chronic immune and nervous system responses and get people back to health.

responses and get people back to health. And uh we've now published seven And uh we've now published seven clinical studies on this and more uh clinical studies on this and more uh three or four more RCTs, randomized three or four more RCTs, randomized controlled trials, about to be controlled trials, about to be published. So, lots of great evidence to published. So, lots of great evidence to support this as well. And if you're support this as well. And if you're enjoying this today, please do share enjoying this today, please do share this on your social media, please like this on your social media, please like us on Facebook, Instagram, YouTube, and us on Facebook, Instagram, YouTube, and share this video far and wide to people share this video far and wide to people who need to hear this today. That who need to hear this today. That recovery is possible, no matter what recovery is possible, no matter what anyone has said.

anyone has said.

Cindy's story and closing

And that leads me nicely to our our next And that leads me nicely to our our next guest, we're very uh pleased to have guest, we're very uh pleased to have with us Cindy.

with us Cindy. Hi there, Cindy. Hi there, Cindy. >> Hi. >> Hi. >> Hi. >> Hi. So lovely that uh >> Hi. So lovely that uh you can uh you can join us. And uh Cindy you can uh you can join us. And uh Cindy actually experienced a different actually experienced a different condition, long COVID. And uh once condition, long COVID. And uh once again, I just as always like to kick off again, I just as always like to kick off with just that contrast that with just that contrast that how did you feel in your absolute worst how did you feel in your absolute worst moments and what are you able to to now moments and what are you able to to now do uh do uh having had long COVID?

having had long COVID? >> Well, I actually got long COVID I've had >> Well, I actually got long COVID I've had long COVID twice. I got my first uh bout long COVID twice. I got my first uh bout of long COVID in December of 2020.

of long COVID in December of 2020. And um in the beginning And um in the beginning same thing, bed-bound. I was bed-bound same thing, bed-bound. I was bed-bound for about 6 months. Luckily, uh my for about 6 months. Luckily, uh my husband found your program on a husband found your program on a symposium, a doctor symposium about long symposium, a doctor symposium about long COVID. And so, I was able to after 6 COVID. And so, I was able to after 6 months of months of being bedbound, get on the Gupta Program being bedbound, get on the Gupta Program and and and you know, immediately I um you know, immediately I um I loved the hypothesis. The hypothesis I loved the hypothesis. The hypothesis made so much sense to me. So, the belief made so much sense to me. So, the belief was a huge factor. And so, little by was a huge factor. And so, little by little, I just started getting out of little, I just started getting out of bed cuz I I I had also had tachycardia, bed cuz I I I had also had tachycardia, I had heart palpitations, and severe I had heart palpitations, and severe anxiety, like really severe.

anxiety, like really severe. Um Um Um And then now, and actually both times, And then now, and actually both times, um I you know, now I travel, I I, you um I you know, now I travel, I I, you know, do yoga, I walk 3 to 4 miles

every know, do yoga, I walk 3 to 4 miles every day, I'm day, I'm I remember the first time I cooked I remember the first time I cooked dinner for my family, how emotional that dinner for my family, how emotional that was. I literally I cooked and wept and was. I literally I cooked and wept and cooked and wept. Just the fact that I cooked and wept. Just the fact that I was able to do things that I, you know, was able to do things that I, you know, had not done for so many months.

had not done for so many months. So, it was incredible. So, it was incredible. >> Yeah. >> Yeah. >> Yeah. Yeah. No, I mean, yeah, that's the Yeah. No, I mean, yeah, that's the reason all of us at the Gupta Program do reason all of us at the Gupta Program do this type of work, to hear these this type of work, to hear these stories, to see these transformations. I stories, to see these transformations. I mean, mean, mean, as we know, the as we know, the the level of disruption or disability the level of disruption or disability that these conditions have on people's that these conditions have on people's lives is is lives is is incredible and it's, you know, incredible and it's, you know, underestimated. And to be able to get underestimated. And to be able to get your life back, to be able to do the your life back, to be able to do the things you want to do, things you want to do, I think for us is what we we at the I think for us is what we we at the program live for, is to see and hear program live for, is to see and hear these uh these stories.

these uh these stories. >> Yeah. >> Yeah. >> Yeah. >> Um so, when you first got unwell, like >> Um so, when you first got unwell, like what what what what had you tried before that you what had you tried before that you thought might help? Um and what, you thought might help? Um and what, you know, was there anything that did help?

know, was there anything that did help? >> Yeah, I was fortunate in the fact that >> Yeah, I was fortunate in the fact that it didn't take long, like Laura, you it didn't take long, like Laura, you know, had so many years. I was fortunate know, had so many years. I was fortunate that it wasn't that long before I found that it wasn't that long before I found the Gupta Program, but I did work with a the Gupta Program, but I did work with a functional medicine doctor, and she was functional medicine doctor, and she was using using using you know, at the time in 2020, they were you know, at the time in 2020, they were using off-label medications with using off-label medications with off-label uses, you know, that type of off-label uses, you know, that type of thing. Nothing helped. I only became thing. Nothing helped. I only became more and more anxious, more and more more and more anxious, more and more debilitated.

debilitated. debilitated. Um, and and it really wasn't until, you Um, and and it really wasn't until, you know, I got on the program that all of a know, I got on the program that all of a sudden, sudden, sudden, I mean, literally after the first week I mean, literally after the first week of doing the seven-step retraining, of doing the seven-step retraining, I started feeling my energy coming back.

I started feeling my energy coming back. I mean, very, very tiny increments, but I mean, very, very tiny increments, but boy, was that a spark of hope for me.

boy, was that a spark of hope for me. You know, it was incredible. You know, it was incredible. >> That's amazing. >> That's amazing. And And And what in the program do you think, you what in the program do you think, you know, we we always use this phrase know, we we always use this phrase critical success factors. What do you critical success factors. What do you think for you were the key think for you were the key attitudes towards it, or the key tools attitudes towards it, or the key tools that really made the biggest difference?

that really made the biggest difference? >> Well, the seven-step, gosh, I just >> Well, the seven-step, gosh, I just I just I just love the seven-step program. I mean, I love the seven-step program. I mean, I love the visualizations. I love the the love the visualizations. I love the the the process of kind of being more in my the process of kind of being more in my body as I'm standing there, as I'm body as I'm standing there, as I'm disidentifying with the the worried disidentifying with the the worried part. I'm able to become the observer of part. I'm able to become the observer of my thoughts instead of my thoughts instead of so connected to my thoughts. Um, I love so connected to my thoughts. Um, I love the somatic exercises. Those have been the somatic exercises. Those have been incredibly helpful for me. I love, you incredibly helpful for me. I love, you know, just know, just being able to discharge some of that being able to discharge some of that sympathetic energy that gets stored in sympathetic energy that gets stored in the body that has helped me the body that has helped me tremendously.

tremendously. tremendously. And I think And I think um really for me such a a big factor was um really for me such a a big factor was coaching. coaching.

coaching. Group coaching, individual coaching, Group coaching, individual coaching, being with the a community of people being with the a community of people that are going through the same thing that are going through the same thing I'm going through. So I had the coaches I'm going through. So I had the coaches that have been through it so they know that have been through it so they know my journey, but they have you know they my journey, but they have you know they they've gotten better. You know they're they've gotten better. You know they're 100% so that was inspiring just just 100% so that was inspiring just just knowing that it was possible. And then knowing that it was possible. And then secondly, being with other people that secondly, being with other people that are going through what I'm going through are going through what I'm going through in real time. You know we're all in real time. You know we're all encouraging each other. And boy, having encouraging each other. And boy, having a community a community that was probably I mean the program that was probably I mean the program itself is powerful, like utterly itself is powerful, like utterly powerful. And powerful. And to support me in that journey, having to support me in that journey, having that coaching uh was a critical factor.

that coaching uh was a critical factor. >> Yeah, absolutely. And uh >> Yeah, absolutely. And uh by the way, so everyone watching if by the way, so everyone watching if you're enjoying today's session, once you're enjoying today's session, once again please do share it on your social again please do share it on your social media. And straight after this, we're media. And straight after this, we're going to have a Q&A with myself and also going to have a Q&A with myself and also uh Cindy and Nathan are going to join uh Cindy and Nathan are going to join us. So if you'd like to ask them us. So if you'd like to ask them questions, ask me questions about the questions, ask me questions about the program uh or about recovery in general, program uh or about recovery in general, then please do join us on Zoom. And our then please do join us on Zoom. And our team will just share the Zoom link so in team will just share the Zoom link so in the comments, wherever you're watching the comments, wherever you're watching this uh our team will share the Zoom this uh our team will share the Zoom link and you can join us straight after.

link and you can join us straight after. And for those who join us, uh we'll also And for those who join us, uh we'll also be sharing a special discount code just be sharing a special discount code just for the next few days on the Gupta for the next few days on the Gupta program uh just to in honor of this CFS program uh just to in honor of this CFS and uh fibromyalgia awareness day.

and uh fibromyalgia awareness day. So Cindy, what would you say to those So Cindy, what would you say to those who have chronic fatigue or or kind of who have chronic fatigue or or kind of long COVID in terms of they're feeling long COVID in terms of they're feeling stuck, if they've been told, you know, stuck, if they've been told, you know, there's no healing, there's no recovery.

there's no healing, there's no recovery. And in fact, I'm hearing this actually And in fact, I'm hearing this actually in long COVID groups where there's a in long COVID groups where there's a sense of doom and gloom. There's a sense sense of doom and gloom. There's a sense of, oh, nothing really helps. You of, oh, nothing really helps. You perhaps change your diet, perhaps do perhaps change your diet, perhaps do this, but nothing's going to help unless this, but nothing's going to help unless we have some miracle pill that's that's we have some miracle pill that's that's going to come along, which is I think going to come along, which is I think what a lot of people are waiting for.

what a lot of people are waiting for. And I think the chronic fatigue syndrome And I think the chronic fatigue syndrome sufferers have been through 40, 50 years sufferers have been through 40, 50 years of that, you know, of waiting, waiting of that, you know, of waiting, waiting for this magic pill to come along. You for this magic pill to come along. You know, what advice would you have for know, what advice would you have for them having gone through this journey?

them having gone through this journey? >> [sighs] >> [sighs] >> [sighs] >> Oh, I think belief is is a is huge. >> Oh, I think belief is is a is huge. Um, Um, Um, and I think I was fortunate in the fact and I think I was fortunate in the fact that I I actually it was so new at the that I I actually it was so new at the time, so I didn't I wasn't involved in a time,

so I didn't I wasn't involved in a lot of the doom and gloom on the lot of the doom and gloom on the Facebook pages, right?

Facebook pages, right? >> Mhm. >> Mhm. >> Mhm. >> Um, but I think that really helped me >> Um, but I think that really helped me because so much of it for me was because so much of it for me was just knowing I was going to get better.

just knowing I was going to get better. Like knowing this program Like knowing this program was going to help me restore my life. was going to help me restore my life.

Um, and so that was a big factor. And Um, and so that was a big factor. And and again, I would say the coaching. Uh, and again, I would say the coaching. Uh, you know, just getting right away you know, just getting right away somebody that I can share with uh, somebody that I can share with uh, because it is such an isolating because it is such an isolating condition. Uh, and it didn't seem condition. Uh, and it didn't seem especially in 2020, nobody understood especially in 2020, nobody understood about what what I was going through. And about what what I was going through. And that isolation that isolation um, really ramped up my nervous system, um, really ramped up my nervous system, right? Instead of and the connection, right? Instead of and the connection, the connection with others reg you know, the connection with others reg you know, just immediately started helping me just immediately started helping me regulate my nervous system.

regulate my nervous system. >> Yeah, I think that >> Yeah, I think that that regulation that you're talking that regulation that you're talking about there is so important in healing about there is so important in healing because in the modern world we think of because in the modern world we think of healing like, you know, you're at home healing like, you know, you're at home by yourself in your bedroom or you're in by yourself in your bedroom or you're in a hospital room, and someone's bringing a hospital room, and someone's bringing you medications. But in most cultures, you medications. But in most cultures, most civilizations, healing was always most civilizations, healing was always part of a community, part of a group, part of a community, part of a group, right? Realizing that healing happens at right? Realizing that healing happens at many different levels, the physical, the many different levels, the physical, the emotional, the spiritual, and having emotional, the spiritual, and having that connection is something that I that connection is something that I think is is important part of everyone's think is is important part of everyone's journey, and having that understanding journey, and having that understanding that someone knows what you're going that someone knows what you're going through, and they they care, and they through, and they they care, and they want to help you, I think is powerful.

want to help you, I think is powerful. Cuz I remember in 2020, I mean, we were Cuz I remember in 2020, I mean, we were all in fear. Uh it was a you know, it all in fear. Uh it was a you know, it was a pandemic. We were we didn't was a pandemic. We were we didn't know where it was going to go, how people where it was going to go, how people were going to be affected. And then to were going to be affected. And then to suddenly have long COVID after that was suddenly have long COVID after that was very scary for for many people. And so, very scary for for many people. And so, as you say, that co-regulation with the as you say, that co-regulation with the coaches, having people who've been on coaches, having people who've been on this journey, who can be with you, sit this journey, who can be with you, sit with you, listen to your story, and with you, listen to your story, and inspire you towards recovery, I mean, inspire you towards recovery, I mean, that that is invaluable. And we have 30 that that is invaluable. And we have 30 to 40 trained coaches around the world to 40 trained coaches around the world who support people one-on-one. And as who support people one-on-one. And as you say, they do the group coaching as you say, they do the group coaching as well. And the the amount of experience, well. And the the amount of experience, I mean, they've been doing it for 10, I mean, they've been doing it for 10, 15, 20 years. The amount of experience 15, 20 years. The amount of experience that they've now got from treating that they've now got from treating hundreds of patients, hundreds of patients, uh to me is always always inspires me as uh to me is always always inspires me as well, that the depth of knowledge from well, that the depth of knowledge from our coaches.

our coaches. >> Yes. >> Yes. >> Yes. >> Yeah. >> Yeah. >> Yeah. >> Yeah, they're they're they are such >> Yeah, they're they're they are such great regulators. Be you know, nervous great regulators. Be you know, nervous system regulators, because they're calm, system regulators, because they're calm, because they understand.

because they understand. Um yes, I totally agree. Um yes, I totally agree. >> Mhm. >> Mhm. >> Mhm. And so, yeah, finally, what any any And so, yeah, finally, what any any words of that you'd like to share with words of that you'd like to share with the the people watching right now, the the people watching right now, perhaps they're suffering from some perhaps they're suffering from some chronic condition, perhaps they know chronic condition, perhaps they know somebody somebody somebody who is. Any final words you'd like to who is. Any final words you'd like to share with them?

share with them? >> I think what I am so grateful for is >> I think what I am so grateful for is that this condition that this condition kind came about because there was a lot kind came about because there was a lot of deeper patterns running in my life of deeper patterns running in my life that were draining my energy that I that were draining my energy that I didn't even understand.

didn't even understand. That that even now that I'm 100% That that even now that I'm 100% I I live by that guidance, you know, I I live by that guidance, you know, more in my life. So it's it's not just more in my life. So it's it's not just yes, hallelujah, I'm back to, you know, yes, hallelujah, I'm back to, you know, living a normal life, living a normal life, but I also understand myself so much but I also understand myself so much more. Uh I understand, you know, and I more. Uh I understand, you know, and I and I really love and care for myself so and I really love and care for myself so much more. I was a the type of person much more. I was a the type of person that was always trying to take care of that was always trying to take care of everybody else so I could feel safe and everybody else so I could feel safe and now that it's switched with me and I now that it's switched with me and I hope for for my life that I really hope for for my life that I really value my myself.

value my myself. And then out of that comes the love and And then out of that comes the love and like compassion for myself has helped me like compassion for myself has helped me have more compassion for others, but it have more compassion for others, but it has it's really taught me the deeper way has it's really taught me the deeper way a deeper way to live my life a deeper way to live my life authentically.

>> This is so powerful because as you as >> This is so powerful because as you as you you've lived in the program, we you you've lived in the program, we aren't just about getting people well in aren't just about getting people well in terms of a short-term hit of do some terms of a short-term hit of do some brain retraining, you can heal, but we brain retraining, you can heal, but we want people to stay well for the longer want people to stay well for the longer term. So we go much deeper into term. So we go much deeper into what was the original reasons behind what was the original reasons behind this this this What kind of patterns were we running?

What kind of patterns were we running? How were we pushing our bodies too hard How were we pushing our bodies too hard and what did we learn from that? And and what did we learn from that? And often that deeper healing, dare I use often that deeper healing, dare I use the word spiritual, a deeper spiritual the word spiritual, a deeper spiritual healing is what then gets people the healing is what then gets people the longer-term healing for the rest of longer-term healing for the rest of their lives. So it's it's using the their lives. So it's it's using the condition as an opportunity for an even condition as an opportunity for an even deeper self-reflection, which I think deeper self-reflection, which I think people get a lot from and they the people get a lot from and they the somatic work that that the parts somatic work that that the parts retraining all of that is is so retraining all of that is is so powerful.

powerful. powerful. So, Cindy, thank you so much for your So, Cindy, thank you so much for your being with us today and your inspiring being with us today and your inspiring words. It's been, you know, so beautiful words. It's been, you know, so beautiful to to have you here. And so now, for to to have you here. And so now, for everybody, Cindy and Nathan will join us everybody, Cindy and Nathan will join us on the Q&A. So, I'll put that up on the on the Q&A. So, I'll put that up on the screen there. It's in the comments screen there. It's in the comments section, wherever you're watching this.

section, wherever you're watching this. So, please just join us on the So, please just join us on the Q&A. We'll talk a bit about uh Q&A. We'll talk a bit about uh program. We'll talk You'll get the program. We'll talk You'll get the opportunity to ask Cindy and Nathan opportunity to ask Cindy and Nathan questions and uh find out more. And we questions and uh find out more. And we have a special discount code have a special discount code for anyone for the next few days in for anyone for the next few days in honor of the awareness day today. And honor of the

awareness day today. And that discount code is recovery12. So, that discount code is recovery12. So, it's the 12th of May for ME/CFS and it's the 12th of May for ME/CFS and fibro awareness day. So, we're giving a fibro awareness day. So, we're giving a 12% discount. You can use the code uh 12% discount. You can use the code uh web recovery12 web recovery12 on our website and that will give you on our website and that will give you 12% off. And that's obviously with the 12% off. And that's obviously with the program with a money-back guarantee as program with a money-back guarantee as well. So, thank you so much to everybody well. So, thank you so much to everybody for watching. Please, once again, do for watching. Please, once again, do share this video on your social media.

share this video on your social media. Just click share. You can watch it in Just click share. You can watch it in the future and let's inspire others. And the future and let's inspire others. And I look forward to now seeing you on our I look forward to now seeing you on our live Q&A. And we're also will be live Q&A. And we're also will be launching our next webinar series launching our next webinar series on the 1st of um on the 1st of um June. So, the 1st of June will be our June. So, the 1st of June will be our next webinar series, our 12-week webinar next webinar series, our 12-week webinar series that follows the 90-day program.

series that follows the 90-day program. Every day you get a video. Every day you Every day you get a video. Every day you get information on what you can do to get information on what you can do to follow the program. And that's follow the program. And that's accompanied by our webinar series. So, accompanied by our webinar series. So, now's a great time to take advantage of now's a great time to take advantage of coming to the Gupta Program. And we want coming to the Gupta Program. And we want to do whatever it takes to help you to do whatever it takes to help you recover.

recover. recover. So, thank you so much for watching and So, thank you so much for watching and we'll see you on the Q&A. we'll see you on the Q&A.