Renee’s Mold Success Story With The Gupta Program Transcript

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Introduction to Illness and Active Life

Hi, I'm Renee and prior to the limbic Hi, I'm Renee and prior to the limbic and nervous system dysfunction, I was a and nervous system dysfunction, I was a very active woman.

very active woman. >> [snorts] >> [snorts] >> [snorts] >> Um my husband and I were actually >> Um my husband and I were actually missionaries, urban missionaries, and I missionaries, urban missionaries, and I was always trying to find a need to meet was always trying to find a need to meet a need.

a need.

Early Warning Signs and Collapse

>> [laughter] >> [laughter] >> [laughter] >> I was busy. One of the first things that >> I was busy. One of the first things that happened for me was happened for me was I fainted on an airplane.

I fainted on an airplane. And that was really odd for me, but when And that was really odd for me, but when I fainted on that plane, that kind of I fainted on that plane, that kind of started putting some flags up. And started putting some flags up. And doctors couldn't figure it it out either doctors couldn't figure it it out either at that time. And then my husband at that time.

Severe Symptoms and Bedridden Period

And then my husband surprised me with the cruise, and as surprised me with the cruise, and as soon as I entered my body soon as I entered my body crashed again. At this time, I felt like crashed again. At this time, I felt like I had something just crawling through my I had something just crawling through my whole body and whole body and I had like a full system blowout. I I had like a full system blowout. I don't know how to explain it. All the don't know how to explain it. All the way down to the fingertips, just way down to the fingertips, just uncomfortable. It was hard to walk uncomfortable. It was hard to walk straight and then pain, just odd pain.

straight and then pain, just odd pain. Breathing was difficult. My worst was Breathing was difficult. My worst was when I was bedridden. I was able to get when I was bedridden. I was able to get up to just cook my meal, use the up to just cook my meal, use the bathroom, and I had to get right back to bathroom, and I had to get right back to bed.

bed. bed. I would say that was my worst because I I would say that was my worst because I couldn't count, I couldn't put sentences couldn't count, I couldn't put sentences together.

together. together.

Diagnosis and Starting the Gupta Program

Conversations were very challenging, so Conversations were very challenging, so I was not visiting people. Um I couldn't I was not visiting people. Um I couldn't read very well at the time either. We read very well at the time either. We had the meeting with this doctor and he had the meeting with this doctor and he not only said I had the mold illness, not only said I had the mold illness, but also said I had the limbic and but also said I had the limbic and nervous system dysfunction. Each time I nervous system dysfunction. Each time I logged on to um the Gupta sessions that logged on to um the Gupta sessions that are available are available I was able to go deep quick. I don't I was able to go deep quick. I don't know how to explain it. And I felt like know how to explain it.

Trust in the Program and Early Improvements

And I felt like I could totally trust Ashok, who is the I could totally trust Ashok, who is the leader of this, who created it, who did leader of this, who created it, who did all the research. And if I didn't even all the research. And if I didn't even have that experience, have that experience, the proof is in the pudding of all of the proof is in the pudding of all of the research that he's done. All the the research that he's done. All the scientific proof is there. And for me, scientific proof is there. And for me, it was a perfect match that it was a it was a perfect match that it was a no-brainer. I mentioned this respirator no-brainer. I mentioned this respirator that I I had to depend on when I was in that I I had to depend on when I was in the car. From 2 weeks starting the the car. From 2 weeks starting the program, I have not had to wear this program, I have not had to wear this respirator. I've been in the program respirator. I've been in the program exactly a year now.

exactly a year now.

Respirator Independence and Better Sleep

I no longer am dependent on a I no longer am dependent on a respirator. So, that to me is like one respirator. So, that to me is like one huge praise. And then the second thing I huge praise. And then the second thing I noticed within 2 weeks also, noticed within 2 weeks also, I was getting deeper sleep. When I would I was getting deeper sleep. When I would sleep before, sleep before, I was up like every hour. And then like I was up like every hour. And then like waiting to fall asleep again. And this waiting to fall asleep again. And this time, I was getting solid sleep. I woke time, I was getting solid sleep. I woke up, felt like I actually slept instead up, felt like I actually slept instead of of of I was at war. Another big was I was at war.

Reduced Environmental Sensitivity

Another big was I usually I always vet buildings before I usually I always vet buildings before I go into them. Usually, I make sure I go into them. Usually, I make sure it's a a building that does not have it's a a building that does not have mold or water damage. But, um twice mold or water damage. But, um twice over the last couple months, I over the last couple months, I accidentally walked into a bank and uh a accidentally walked into a bank and uh a restaurant that they had water damage I restaurant that they had water damage I wasn't aware of. And what was different wasn't aware of. And what was different was before, I would have like danger was before, I would have like danger signs in my mind. Danger, flee. Run. Get signs in my mind. Danger, flee. Run. Get out. It's not good for you. You're going out. It's not good for you. You're going to pay for this. But, this time there to pay for this. But, this time there was no danger signs flashing. I didn't was no danger signs flashing. I didn't have this emotional swelling inside of have this emotional swelling inside of my body of flee. Run. Get out of here.

my body of flee. Run. Get out of here. It was assess it. And so, I assessed it It was assess it. And so, I assessed it like, yep, you're right. They've had like, yep, you're right.

Hope, Recovery, and Family Activities

They've had water damage. Okay, you can finish this water damage. Okay, you can finish this transaction at bank and leave. Yes, it's transaction at bank and leave. Yes, it's still not great for me because I had a still not great for me because I had a delayed reaction, but the instant delayed reaction, but the instant reactions weren't there in my body. So, reactions weren't there in my body. So, that to me is huge that that to me is huge that the environmental stressors that used to the environmental stressors that used to be crazy for me are not as crazy. The be crazy for me are not as crazy. The And I'm looking for the joy. And I have And I'm looking for the joy. And I have hope now where before hope now where before yes, I was hopeful.

yes, I was hopeful. But I was also just I was accepting that But I was also just I was accepting that I'm just living with this for the rest I'm just living with this for the rest of my life. We're still working towards of my life. We're still working towards full recovery.

full recovery. But But But I see recovery with what I'm able to do I see recovery with what I'm able to do with my grandkids. with my grandkids. I'm not sitting around on a bed watching I'm not sitting around on a bed watching them be able to do stuff. I'm them be able to do stuff. I'm participating. I'm the one taking them participating. I'm the one taking them you know, to play at a splash pad and you know, to play at a splash pad and have the energy to do that. I'm able to have the energy to do that. I'm able to think of things of how we can play think of things of how we can play outside.

outside. outside. Instead of well, grandma just needs to Instead of well, grandma just needs to