Travis’s MCAS & Sensitivities Success Story With The Gupta Program Transcript

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Early Illness and Initial Symptoms

So, I'm Travis. Um, my life before I So, I'm Travis. Um, my life before I became unwell um, is a little bit of a became unwell um, is a little bit of a blur because blur because um, I um, I was sicker a lot longer than I realized was sicker a lot longer than I realized and not a lot of my symptoms had like and not a lot of my symptoms had like emerged yet. So, back in 2013, I started emerged yet.

Doctors, Diagnosis, and Worsening Condition

So, back in 2013, I started to randomly get hives. to randomly get hives. Saw some doctors on and off. Um, was Saw some doctors on and off. Um, was diagnosed with chronic idiopathic diagnosed with chronic idiopathic urticaria.

urticaria. urticaria. And um, And um, it kind of just slowly progressed from it kind of just slowly progressed from there to where every 6 months I would there to where every 6 months I would get some new symptoms. I would start get some new symptoms. I would start feeling worse.

feeling worse. I would have to take more sick days from I would have to take more sick days from work and that just kind of continued as work and that just kind of continued as I tried to see more and more doctors.

I tried to see more and more doctors. And um, being in the Chicago land area, And um, being in the Chicago land area, I have a plethora of doctors to choose I have a plethora of doctors to choose from.

from. from. I seek help from many specialists and I seek help from many specialists and ended up really hitting nothing but dead ended up really hitting nothing but dead ends.

ends. ends. Um, Um, Um, after I was after I actually figured out after I was after I actually figured out what I what I had and I was diagnosed with mast cell had and I was diagnosed with mast cell activation syndrome.

activation syndrome.

Mast Cell Activation Syndrome and Disability

Um, Um, Um, one of my biggest triggers was dairy and one of my biggest triggers was dairy and unfortunately food became a massive unfortunately food became a massive trigger for me in the middle of 2021. It trigger for me in the middle of 2021.

Discovering the Gupta Program

It led to me immediate to me immediately led to me immediate to me immediately going on disability for the next 17 going on disability for the next 17 months and it was all because of mast months and it was all because of mast cell activation syndrome. So, I heard cell activation syndrome. So, I heard about Gupta um, when I finally did get about Gupta um, when I finally did get help from my treating doctor.

help from my treating doctor. Um, I was so desperate for help that at Um, I was so desperate for help that at the time I said, I'm willing to do the time I said, I'm willing to do anything you recommend because you seem anything you recommend because you seem to know what I'm going through. A lot of to know what I'm going through. A lot of your other patients according to what your other patients according to what you've said can, you know, it's a very you've said can, you know, it's a very similar to what I'm experiencing. So, similar to what I'm experiencing. So, I'm on disability. I'm at my wit's end.

I'm on disability. I'm at my wit's end. I I I thought I was dying still at that I I I thought I was dying still at that time. Um, when he said give me a number time. Um, when he said give me a number of health between 0 and 100, I said of health between 0 and 100, I said 20% at the time and it it was I mean, I 20% at the time and it it was I mean, I was barely hanging on and functioning was barely hanging on and functioning day-to-day. And when he said, "Okay, I'm day-to-day. And when he said, "Okay, I'm going to have you sign up for this. I'm going to have you sign up for this. I'm going to have you do these things, take going to have you do these things, take this medication." I kind of paused on this medication.

Commitment and Daily Practice

" I kind of paused on the "I'm going to have you sign up for the "I'm going to have you sign up for this." And it was the Gupta program. this." And it was the Gupta program.

I was skeptical. I saw it was, you know, I was skeptical. I saw it was, you know, a little bit of money, and I thought, a little bit of money, and I thought, "Okay, is this really something with "Okay, is this really something with my mind? Is this really something that's my mind? Is this really something that's like pseudo therapy that that I need to like pseudo therapy that that I need to go through?" So, I was skeptical. And go through?" So, I was skeptical. And what made me pull the trigger is the what made me pull the trigger is the fact I didn't want to let my doctor fact I didn't want to let my doctor down. I told him 100% I was willing to down. I told him 100% I was willing to do it.

do it. I talked with my partner. She was I talked with my partner. She was completely behind me, and I ended up completely behind me, and I ended up going for it, and going for it, and because I was not able to work at the because I was not able to work at the time, Gupta became essentially my time, Gupta became essentially my full-time work. Whatever I could handle full-time work. Whatever I could handle for the day, for the day, I leaned into Gupta, and I latched right I leaned into Gupta, and I latched right onto it. Um the the principles and ideas onto it.

Recovery, Return to Work, and Personal Growth

Um the the principles and ideas and philosophy behind it, and philosophy behind it, um ended up just drawing me in, and my um ended up just drawing me in, and my Monday through Friday, anywhere from an Monday through Friday, anywhere from an hour to three or four hours was spent hour to three or four hours was spent just fully delved into Gupta. I would just fully delved into Gupta. I would put myself at about 95% recovered put myself at about 95% recovered um from the Gupta program and the other um from the Gupta program and the other treatment I've been through. I would say treatment I've been through. I would say I was probably 50 to 70% better within 3 I was probably 50 to 70% better within 3 to 4 months. And then it's been a very, to 4 months. And then it's been a very, very long tail end of recovery, which is very long tail end of recovery, which is kind of the nature of of my kind of kind of the nature of of my kind of illness. I found that just doing it more illness. I found that just doing it more and more over time, I was able to not and more over time, I was able to not only use Gupta for um my illness of my only use Gupta for um my illness of my symptoms and all that stuff, but as I symptoms and all that stuff, but as I started getting better over those started getting better over those months, then I was able to use Gupta for months, then I was able to use Gupta for if I had social anxiety, if I had if I had social anxiety, if I had something going on at work, cuz I was something going on at work, cuz I was able to return part-time. Um so, as far able to return part-time. Um so, as far as what Gupta helped with as [snorts] as what Gupta helped with as [snorts] far as emotional stability and physical far as emotional stability and physical symptoms and all of that, it kind of symptoms and all of that, it kind of helped me overall. Over time, it's just helped me overall. Over time, it's just kind of expanded how it's helped me grow kind of expanded how it's helped me grow as a person.

as a person. Um, me and my partner kind of talk about Um, me and my partner kind of talk about me as a pre-Gupta person and me as a me as a pre-Gupta person and me as a post-Gupta person because it's made that post-Gupta person because it's made that big of a difference. I have turned so big of a difference. I have turned so many corners. It keeps getting better. I many corners. It keeps getting better. I keep talking with my partner. We keep keep talking with my partner. We keep saying like, "Okay, I'm doing better. I saying like, "Okay, I'm doing better. I keep going out and doing more things for keep going out and doing more things for for longer." And I just continue to feel for longer." And I just continue to feel better. The solar eclipse that's better. The solar eclipse that's happening in a few weeks, we're going to happening in a few weeks, we're going to take a 5-hour trip uh south and

and go take a 5-hour trip uh south and and go experience that. That's going to be the experience that. That's going to be the farthest I've been away from the house farthest I've been away from the house in in in 5 years. So, I mean, 5 years. So, I mean, as far as what it looks like from here, as far as what it looks like from here, it looks like however I want it to look.

it looks like however I want it to look. It looks like I have freedom again, and It looks like I have freedom again, and that's the best thing I could possibly that's the best thing I could possibly have asked for compared to when I have asked for compared to when I started getting sick. It it's been an started getting sick. It it's been an incredible recovery and and I don't I incredible recovery and and I don't I don't think I could have gotten here don't think I could have gotten here