



GARY'S STORY



Before the treatment, I took everything out on my wife and kids, and I didn't want to be around my family. Since completing Freespira, I am able to control my anger, and I am not as depressed anymore. I've learned to cope better and am functioning well.

I enjoy family activities again, and my family enjoys being around me too. I can't imagine what quarantine would have been like as my old self. Freespira gave me an outlet to control my symptoms so I am able to function in everyday life. We are all believers now.



— Gary
SFC United States Army

Gary followed in his father's footsteps and enlisted in the Army after graduating high school. He was assigned to multiple Infantry Divisions and in this capacity, was forced to make split second decisions every day to protect the lives of his brothers.

Gary served in the Army for 17 years across 4 tours of duty in country, achieving the rank of Sergeant First Class. His military career ended when he was injured in active duty.

Gary returned home physically disabled and was diagnosed with PTSD, chronic pain, and depression. He experienced uncontrollable outbursts of anger, and feelings of worthlessness.

Gary endured multiple knee-replacement surgeries along with degenerative joint disease of the hips. He began to sink deeper into depression, unable to participate in activities he previously enjoyed. He was prescribed multiple pain medications, anti-depressants, and tried therapy but nothing helped. He began to self-medicate.

Finally, Gary learned about Freespira. He didn't believe something like that could help, but he was motivated to try because he was miserable, and he knew his wife and kids were too. It was hard always feeling like he wanted to isolate from his family.

After 1 week of the treatment, Gary's symptoms started to go away. His feelings of anger diminished, and he began to sleep better. It wasn't a cure, but it was an effective coping strategy, as Gary learned how to breathe differently to redirect his feelings of anger and frustration.

IF YOU THINK FREESPIRA CAN HELP YOU,
TALK TO YOUR CLINICIAN OR CALL US AT [800.385.1892](tel:800.385.1892).

