



FREESPIRA IS A CLINICALLY PROVEN, FDA-CLEARED, DRUG-FREE TREATMENT THAT SIGNIFICANTLY **REDUCES OR ELIMINATES SYMPTOMS OF PTSD AND PANIC DISORDER.**



SYMPTOMS

Freespira's 28-day single course protocol addresses respiratory dysregulation caused by CO₂ hypersensitivity, which has been proven to trigger PTSD symptoms such as:

- Nightmares
- Startle
- Hypervigilance
- Avoidance of triggering situations
- Panic
- And other bodily symptoms



89%

Clinically Significant Symptom Reduction²

50%

In remission at 6 months

41%

Decrease in Suicidality³

29%

Decrease in Depression⁴

77%

Treatment Protocol Adherence

91%

Satisfaction Rate

FREESPIRA DELIVERS LONG-TERM BENEFITS¹



WHY VETERANS CHOOSE FREESPIRA:

- No need to relive trauma
- Medication-free
- Home-based therapy
- One time, short term 28-day treatment
- Personal training and support included
- Builds self-management skills

AVAILABLE THROUGH YOUR VA BENEFITS

WWW.FREESPIRA.COM



**YOU ARE NOT ALONE
LET'S DO THIS TOGETHER**

FREESPIRA

**THE FIRST FDA-CLEARED
NON-MEDICATION PTSD
TREATMENT IN OVER 10 YEARS**



I served in the Army for 17 years across 4 tours in country. My military career ended when I was injured on active duty. I came home physically disabled and was diagnosed with PTSD, chronic pain, and depression. I experienced uncontrollable outbursts of anger and feelings of worthlessness. Medications and therapy didn't help me. After 1 week of using Freespira, I started to feel better. I felt less angry and could sleep better. It wasn't a cure but it gave me an effective coping strategy. Now I'm able to enjoy family activities again. I can't imagine what quarantine would have been like as my old self.



— Gary
Sergeant First Class, Army

**HOW TO START YOUR
JOURNEY WITH FREESPIRA:**

Please contact us and we can help guide you and your provider through the referral process.

ONCE YOU HAVE BEEN APPROVED:

You will receive a call from FREESPIRA to schedule your first consultation.



FSS SCHEDULE 65 II A
CONTRACT #36F79720D0158



REQUEST INFORMATION AT WWW.FREESPIRA.COM OR
CONTACT US AT [800.385.1892](tel:800.385.1892) / FAX US AT [844.824.8779](tel:844.824.8779)
EMAIL US AT VA@FREESPIRA.COM



¹Ostacher MJ*, Investigation of the Freespira System in the treatment of PTSD; submitted for publication
²Reduction in CAPS-5 of at least 6 points
³Reduction in CHRT scores
⁴Reduction in PHQ-9 scores