



## **Veterans' Support Sources:**

**Veterans' Crisis Hotline:** <https://www.veteranscrisisline.net/> or call **1-800-273-8255 and Press 1**, or send a text message to **838255** to receive confidential support 24 hours per day.

**American Veterans:** <http://www.amvets.org/> 1-877-726-8387

**Armed Forces Foundation:** <http://www.armedforcesfoundation.org/> 910 585 8003

**Beastmode for the Brave:** <http://www.bmfb.org/> : Our mission is to help veterans re-enter civilian life by facing 3 main forces: Combat-related wounds, PTSD and TBI.

**Boot Campaign:** <http://www.bootcampaign.org/> Our Military Recovery Fund (MRF) is a program dedicated to making a significant impact in the lives of eligible Service Members, past and present, and their families. By offering monetary relief through direct grants and dependable referrals, we pledge to provide a hand-up, not a hand-out, to those committed to their own upward mobility during difficult or unforeseen transitions.

**Bring Everybody in the Zone:** <http://www.bringeveryoneinthezone.org/>

**Code of Support:** <https://www.codeofsupport.org/> : Customized, one-on-one holistic assistance: "We are dedicated to leveraging the nation's full spectrum of resources to ensure all members of our military, veterans and their families receive the support services they need and through their collective sacrifice have earned."

**Cohen Veterans Network Clinics:** <https://www.cohenveteransnetwork.org/clinics/>

**Disabled American Veterans:** <https://www.dav.org/> : We fight for the veterans who fought for our freedom. Whether they are dealing with physical injuries, or invisible wounds like traumatic brain injury (TBI) or post-traumatic stress disorder (PTSD), these patriots deserve to get the benefits they have earned serving our country.

**EOD Warrior Foundation:** <http://www.eodwarriorfoundation.org> This is a 501c3 non-profit organization that honors fallen EOD warriors, and provides assistance to wounded EOD warriors and families of wounded and fallen EOD personnel.

**Families Near and Far:** <https://www.familiesnearandfar.org/resources/>

**Family of a Veteran:** [http://www.familyofavet.com/financial\\_help\\_for\\_veterans.html](http://www.familyofavet.com/financial_help_for_veterans.html) Multiple lists of resources for financial help for veterans.

**Federal Employees Education and Assistance Fund:** <http://www.feea.org/> 303-933-7580

**Freedom Alliance :** <https://freedomalliance.org/> (800) 475-6620

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**Goodwill Industries:** <http://www.goodwillhouston.org/services/for-veterans/> / Assistance for homeless veterans or veterans on the brink of homelessness. This link is for the **Houston/Conroe** area, but other locations might have similar services.

**Guardians for Heroes Foundation:** <http://www.guardianforheroesfoundation.org/>: Guardian for Heroes Foundation provides free, in-home fitness equipment, facilitation of donated health club memberships, individualized programs, personal training and life coaching to in-need veterans with disabilities, Gold Star families and those suffering from Post-Traumatic Stress Disorder (PTSD). We use physical and mental fitness to spark conversation and create a source of support for combat veterans.

**Help Honor Our Soldiers:** <http://www.honoursoldiers.org/> (202) 361-8283

**Help Our Military Heroes:** <http://www.helpourmilitaryheroes.org> Improving the lives of wounded military heroes through mobility and independence.

**Help Our Wounded:** <http://www.helpourwounded.org/2011/02/aid-and-attendance-for-veterans/> This website explains the **Aid & Attendance benefit** for wounded service members.

**Help Our Wounded:** <http://www.helpourwounded.org/how-we-help/financial-assistance/> Financial Assistance for wounded service members.

**Hope For The Warriors®.** <http://www.hopeforthewarriors.org/>

**Injured Marine Semper Fi Fund:** <https://semperfifund.org/>

**Make the Connection:**

[http://maketheconnection.net/resources?utm\\_source=facebook.com&utm\\_medium=cpc&utm\\_campaign=offsite\\_resource\\_resources&utm\\_term=RC\\_LookalikeRL\\_live\\_NoList\\_18\\_65\\_all|59361311&utm\\_content=sshort\\_group-1\\_1\\_live\\_726173300801999](http://maketheconnection.net/resources?utm_source=facebook.com&utm_medium=cpc&utm_campaign=offsite_resource_resources&utm_term=RC_LookalikeRL_live_NoList_18_65_all|59361311&utm_content=sshort_group-1_1_live_726173300801999)

**Military One Click:** <http://militaryoneclick.com/give-back-military-charities/#charities>

**Military Warriors Support Foundation:** <http://www.militarywarriors.org/> - 4 main programs: Homes 4 Wounded Heroes/Apartments 4 Heroes, Homes 4 Gold Stars, CEO's for Heroes, and Skills 4 Life

**Modest Needs:** <https://www.modestneeds.org/for-applicants/>

**Operation Homefront:** [www.operationhomefront.net/](http://www.operationhomefront.net/) 210 659 7756

**Operation Family Fund:** <http://operationfamilyfund.org/> 760 793 0053

**Operation Military Kids** <http://www.operationmilitarykids.org/public/home.aspx> is the U.S. Army's collaborative effort with America's communities to support children and youth impacted by deployment. Regardless of whether Families are experiencing deployment for the first time, the second time or another in a series of multiple deployments, OMK's goal is to connect military children and youth with local resources in order to achieve a sense of community support and enhance their well-being.

**Operation Phantom Support:** <https://www.phantomsupport.org/>

**Operation Silver Star:** <http://operationsilverstar.org/>

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**Operation We Are Here:** <http://www.operationwearehere.com/index.html> -- (charity started by a military spouse): We are a one-stop HUB of resources for the military community and military supporters .

**Our Military Kids:** <http://www.ourmilitarykids.org>: Our Military Kids provides grants to children of National Guard, Reserve, and Active Duty Wounded service members.

**PenFed Foundation:**

[http://www.pentagonfoundation.org/site/PageServer?pagename=home\\_index](http://www.pentagonfoundation.org/site/PageServer?pagename=home_index)

**Real Warriors Emergency Financial Resources:** <http://www.realwarriors.net/family/change/financialrelief.php>

**Rebuild Hope:** <http://rebuildhope.org/> Helping families of disabled veterans of the wars in Afghanistan and Iraq rebuild their civilian lives.

**Rosalynn Carter Institute for Caregiving:** <http://www.rosalynncarter.org/> Caregivers need support and community programs to help them remain healthy and maintain caring for another.

**Salute America's Heroes:** <http://www.saluteheroesproject.org/> 914 432 5400

**Salute, Inc.:** <http://www.saluteinc.org/>

**Semper Fi Fund:** <https://semperfifund.org/> (Through their Americas Fund they also provide support to other branches of service besides Marines).

**Senior Veterans Service Alliance:** [http://www.veteransaidbenefit.org/assisted\\_living\\_facilities.htm](http://www.veteransaidbenefit.org/assisted_living_facilities.htm) - Free membership. Help with getting certain benefits.

**Texas Center Point:** <http://www.austintexas.gov/edims/document.cfm?id=227708>

**Texas Military Forces Family Support Services:** [http://www.txfss.com/FSS\\_Programs.html](http://www.txfss.com/FSS_Programs.html)

**Texas National Guard Family Support Foundation:** <http://www.txngfoundation.org/> (512) 782-1954

**USA Cares:** <http://www.usacares.org/> 800 773 0387 (they say they respond within 48 hours)

**U.S. Senior Vets:** <http://www.usseniorvets.com> – 877 245 8387 – National 501c3 non-profit organization dedicated to assisting and educating our nation's senior veterans and their surviving spouses about the Non-Service Connected Disability Pension with Aid and Attendance.

**U. S. Vets:** <http://www.usvetsinc.org> : Housing, Counseling, and Career Development

**VA Claims: Filing & Processing:** Go to the VA's DRC (Decision Ready Claims) section. DRC is the fastest way to get a decision on your claim within 30 days or less:

[https://www.benefits.va.gov/compensation/drc.asp?utm\\_source=GovDelivery&utm\\_medium=email&utm\\_content=jan2018&utm\\_campaign=DRC](https://www.benefits.va.gov/compensation/drc.asp?utm_source=GovDelivery&utm_medium=email&utm_content=jan2018&utm_campaign=DRC)

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**Veterans One Stop: (The Heart of Texas Veterans One Stop):** <https://veteransonestop.org/> : a 501c3 serving active-duty, veterans, and their families alongside our local, state, and national partners. Our mission is to provide access to fundamental resources to our veterans as well as their dependents all at one location.

**Vets 4 Warriors:** <http://www.vets4warriors.com/about/> - Peer Support from Veterans

**VFW Unmet Needs:** <https://www.vfw.org/UnmetNeeds>

**Warrior Expeditions:** <https://warriorexpeditions.org/> : recognizing the therapeutic effects of long distance outdoor expeditions, Warrior Expeditions created the Warrior Hike, Warrior Bike, and Warrior Paddle programs which are designed to help combat veterans transition from their military service.

**Widows of Deceased Veterans:**[www.widowsofdeceasedveterans.com](http://www.widowsofdeceasedveterans.com) - (813) 616-0864

### **AIR TRAVEL:**

**Hero Miles:** <http://www.fisherhouse.org/programs/hero-miles/> : Round-trip airline tickets for wounded, ill or injured service members and/or their families at a military or VA medical center or who are attending an authorized event.

**Air Compassion for Veterans:** <https://www.aircompassionforveterans.us/>

**Veterans' Airlift Command:** <http://www.veteransairlift.org/> : The VAC provides free air transportation to post 9/11 combat wounded and their families for medical and other compassionate purposes through a national network of volunteer aircraft owners and pilots.

### **CLOTHING ALLOWANCE:**

Veterans who are rated for a service-connected disability for which he or she uses prosthetic or orthopedic appliances may receive an annual clothing allowance. The allowance is also available to Veterans whose service-connected skin condition requires prescribed skin medication that irreparably damages the Veteran's outer garments:

[https://www.prosthetics.va.gov/psas/Clothing\\_Allowance.asp](https://www.prosthetics.va.gov/psas/Clothing_Allowance.asp)

### **EMPLOYMENT RESOURCES:**

**American Petroleum Institute:** <http://www.api.org/news-policy-and-issues/american-jobs/veterans-and-energy>

**iHeart Radio: Connect veterans with employers:** <http://www.showyourstripes.org/>

**Military Veteran Peer Network:** <http://www.milvetpeer.net/>

**My Computer Career:** <http://www.mycomputercareer.edu/>

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**Next Op Vets:** <https://nextopvets.org/>

**Northwest Bible Church's Between Jobs Ministry:** <http://www.nwbc.org/betweenjobsministry> (in Spring, Texas near Houston)

**Orion International:** <http://www.orioninternational.com/>

**Recruit Military:** <https://www.recruitmilitary.com/> "Connects Employers with High-Quality Veteran Talent"

**Texas Veterans' Commission:** <http://www.tvc.state.tx.us/Military-Veteran-Peer-Network.aspx>

**Warriors to Workforce:** <https://www.acquisitionacademy.va.gov/>

### **FINANCIAL SERVICES:**

**Military One Source:** <http://www.militaryonesource.mil/financial-legal> - Protect your credit with the Military Lending Act that will take effect on October 3, 2016, to protect all active-duty service members and their families from the predatory lending practices that have put some service members in a cycle of debt.

### **LEGAL SERVICES:**

**Drug Dangers:** <https://www.drugdangers.com/>: Medications and medical devices that have serious complications.

**Houston Bar Association Veterans' Legal Initiative:** <http://www.hba.org/services/veterans-legal-initiative/> Free legal advice and legal representation for U.S. Veterans.

**Lone Star Legal:** <http://www.lonestarlegal.org/>

**Mesothelioma Lawyer Center:** <https://www.mesotheliomalawyercenter.org/>

**VA Prioritizes Improving Veterans' Access to Pro Bono Legal Services:** <https://www.va.gov/OGC/LegalServices.asp>

### **MESOTHELIOMA:**

**Mesothelioma:** <https://www.mesothelioma.com/mesothelioma/>

**Mesothelioma Lawyer Center:** <https://www.mesotheliomalawyercenter.org/>

### **NEWSPAPERS:**

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**Scuttlebutt:** <http://www.myscuttlebutt.com/>: Free veterans' newspaper

## **PTSD/TBI TREATMENTS/COUNSELING:**

### **Books:**

- **Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain for Life:**  
[https://smile.amazon.com/Brain-Maker-Power-Microbes-Protect/dp/0316380105/ref=sr\\_1\\_1?ie=UTF8&qid=1529935423&sr=8-1&keywords=brain+maker+by+david+perlmutter+md](https://smile.amazon.com/Brain-Maker-Power-Microbes-Protect/dp/0316380105/ref=sr_1_1?ie=UTF8&qid=1529935423&sr=8-1&keywords=brain+maker+by+david+perlmutter+md)
- **Brain Save by Dr. Titus Chiu:** [https://www.amazon.com/BrainSAVE-Concussions-Injuries-without-Surgery/dp/1732334404/ref=sr\\_1\\_1?ie=UTF8&qid=1531424369&sr=8-1&keywords=brain+save+titus](https://www.amazon.com/BrainSAVE-Concussions-Injuries-without-Surgery/dp/1732334404/ref=sr_1_1?ie=UTF8&qid=1531424369&sr=8-1&keywords=brain+save+titus)
- **Concussion Repair Manual: The Practical Guide to Recovering from Traumatic Brain Injury:**  
[https://articles.mercola.com/sites/articles/archive/2018/03/18/traumatic-brain-injury.aspx?utm\\_source=prnl&utm\\_medium=email&utm\\_content=art1&utm\\_campaign=20180318Z1\\_UCM&et\\_cid=DM194069&et\\_rid=245263610](https://articles.mercola.com/sites/articles/archive/2018/03/18/traumatic-brain-injury.aspx?utm_source=prnl&utm_medium=email&utm_content=art1&utm_campaign=20180318Z1_UCM&et_cid=DM194069&et_rid=245263610)
- **Head Strong by Dave Asprey:** [https://www.amazon.com/Head-Strong-Bulletproof-Activate-Faster/dp/0062652419/ref=sr\\_1\\_1?ie=UTF8&qid=1531082871&sr=8-1&keywords=head+strong+by+david+asprey](https://www.amazon.com/Head-Strong-Bulletproof-Activate-Faster/dp/0062652419/ref=sr_1_1?ie=UTF8&qid=1531082871&sr=8-1&keywords=head+strong+by+david+asprey)
- **Memory Rescue by Daniel G. Amen, MD:** [https://www.amazon.com/Memory-Rescue-Supercharge-Reverse-Remember/dp/149642560X/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1531082948&sr=1-1&keywords=memory+rescue+by+daniel+amen](https://www.amazon.com/Memory-Rescue-Supercharge-Reverse-Remember/dp/149642560X/ref=sr_1_1?s=books&ie=UTF8&qid=1531082948&sr=1-1&keywords=memory+rescue+by+daniel+amen)
- **Why Isn't My Brain Working?:** [https://smile.amazon.com/Isnt-Brain-Working-Revolutionary-Understanding/dp/0985690437/ref=sr\\_1\\_1?ie=UTF8&qid=1529862991&sr=8-1&keywords=why+isn%27t+my+brain+working+by+datis+kharrazian](https://smile.amazon.com/Isnt-Brain-Working-Revolutionary-Understanding/dp/0985690437/ref=sr_1_1?ie=UTF8&qid=1529862991&sr=8-1&keywords=why+isn%27t+my+brain+working+by+datis+kharrazian)

### **Brain Regeneration:**

- **Brain Regeneration: Why It is Real:** <http://www.greenmedinfo.com/blog/brain-regeneration-why-its-real-how-do-it>
- **Brain Regeneration: Can Infrared Light Reverse Parkinson's and Alzheimers?:**  
<http://www.greenmedinfo.com/blog/brain-regeneration-can-infrared-light-reverse-parkinson-s-and-alzheimer-s>

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- **How to Boost Brain Health and Reverse Neurological Disease Without Drugs:**

<https://www.organicconsumers.org/news/how-boost-brain-health-and-reverse-neurological-disease-without-drugs#close> and <https://articles.mercola.com/sites/articles/archive/2018/06/10/how-to-boost-brain-health-support-neuroregeneration.aspx>

**Color Therapy:** <http://irlen.com/>

### **Diet:**

- **20 Foods to Naturally Increase Your Brain Power:** [https://www.mindbodygreen.com/0-21756/20-foods-to-naturally-increase-your-brain-power.html?inf\\_contact\\_key=a135396213b4b1c94e5d79b6cb6360000ee2558b4ac5501b52127cc482a47a3](https://www.mindbodygreen.com/0-21756/20-foods-to-naturally-increase-your-brain-power.html?inf_contact_key=a135396213b4b1c94e5d79b6cb6360000ee2558b4ac5501b52127cc482a47a3)
- **Brain Health:** <https://blog.bulletproof.com/brain-health/>

**EMDR** (Eye Movement Desensitization & Reprocessing): <http://psychotherapy-center.com/therapy-methods/emdr-eye-movement-desensitization-and-reprocessing/> or <http://www.emdr.com>

**Essential Oils for Depression & PTSD:** [https://draxe.com/essential-oils-for-depression/?rs\\_oid\\_rd=595153618286158&utm\\_campaign=20180707\\_week27\\_curated\\_newtemplate&utm\\_medium=email&utm\\_source=smart+blast](https://draxe.com/essential-oils-for-depression/?rs_oid_rd=595153618286158&utm_campaign=20180707_week27_curated_newtemplate&utm_medium=email&utm_source=smart+blast)

### **Exercise for Brain Health:**

- **Exercise Boosts Brain Health:** [https://fitness.mercola.com/sites/fitness/archive/2018/06/29/leg-exercise-importance-on-brain-nervous-system-health.aspx?utm\\_source=pnl&utm\\_medium=email&utm\\_content=art1&utm\\_campaign=20180629Z1&et\\_cid=D217381&et rid=349040571](https://fitness.mercola.com/sites/fitness/archive/2018/06/29/leg-exercise-importance-on-brain-nervous-system-health.aspx?utm_source=pnl&utm_medium=email&utm_content=art1&utm_campaign=20180629Z1&et_cid=D217381&et rid=349040571)

### **Free Detox Treatment for Veterans with Gulf War Illness:**

The Gulf War Illness (GWI) Detoxification Program is a research program approved by the Department of Defense. Its purpose is to "evaluate the ability of rehabilitative therapy to decrease the symptoms and improve the quality of life of Gulf War Veterans who suffer from Gulf War Illness." The toxin mobilization and elimination strategies discussed above (niacin, exercise and daily sauna therapy) are employed in this program.

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The program is free, and is open to veterans deployed to the Persian Gulf region any time between August 1990 to July 1991, and who are experiencing symptoms associated with Gulf War Illness. This includes but is not limited to fatigue, muscle and joint pain, sleeping difficulties, and memory problems. The therapy facility is located in Annapolis, Maryland. You can obtain more information about this program by contacting:

Crystal Grant, PhD, Clinical trial Coordinator, University at Albany

Tel: 667-217-0218 (M)

E-mail: cgrant6@albany.edu

David O. Carpenter, MD, Principal Investigator, Director, Institute for Health & the Environment, University at Albany

Tel: 518-525-2660 (O)

E-mail: dcarpenter@albany.edu

Source: <http://articles.mercola.com/sites/articles/archive/2014/05/04/detoxification-program.aspx>

### **Gut/Brain Connection:**

- **G.A.B.A. for PTSD:** [https://articles.mercola.com/vitamins-supplements/gaba.aspx?utm\\_source=prnl&utm\\_medium=email&utm\\_content=secon&utm\\_campaign=20180321Z1&et\\_cid=DM194090&et\\_rid=249789957](https://articles.mercola.com/vitamins-supplements/gaba.aspx?utm_source=prnl&utm_medium=email&utm_content=secon&utm_campaign=20180321Z1&et_cid=DM194090&et_rid=249789957)
- **Gut to Brain: The Inflammation-Depression Connection:** <http://kellybroganmd.com/from-gut-to-brain-the-inflammation-connection/>
- **Gut Inflammation Affects the Brain:** <https://www.drperlmutter.com/gut-inflammation-affects-brain/>
- **Help Support Your Immune System and Total Body Health With Probiotics:** [https://probiotics.mercola.com/probiotics.html?utm\\_source=prnl&utm\\_medium=email&utm\\_content=dpe&utm\\_campaign=20180626Z1\\_UCM&et\\_cid=DM217391&et\\_rid=347140120](https://probiotics.mercola.com/probiotics.html?utm_source=prnl&utm_medium=email&utm_content=dpe&utm_campaign=20180626Z1_UCM&et_cid=DM217391&et_rid=347140120)
- **Inflammation Today Means Brain Shrinkage Tomorrow:** <https://www.drperlmutter.com/inflammation-today-means-brain-shrinkage-tomorrow/#more-6086>
- **Neurologist Speaks Out About the Importance of Gut Health:** <https://articles.mercola.com/sites/articles/archive/2015/05/17/gut-bacteria-brain-health.aspx>

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- **The Benefits of Probiotics Are Well-Documented – But Can They Improve Mental Health?:** <https://www.menshealth.com/health/a20646914/probiotics-benefits-gut-mental-health/>
- **The Gut Brain Connection: What Remedies Can Both Heal and Improve it?:** <https://draxe.com/gut-brain-connection/>
- **The Microbiome Solution — Healing Your Body From the Inside Out:** <https://articles.mercola.com/sites/articles/archive/2017/01/29/microbiome-solution.aspx>
- **The Microbiome: Implications for Global Health:** <https://www.drperlmutter.com/the-microbiome-implications-for-global-health/#more-6296>
- **The Mind/Gut Connection:** <http://www.psychiatrictimes.com/neuropsychiatry/mind-gut-connection-what-it-and-how-did-it-evolve>
- **Psychobiotics: Bacteria for Your Brain:** <http://kellybroganmd.com/probiotics-brain/>

**Healing the Warrior Brain (Part 1):** <https://www.youtube.com/watch?v=c55Np4CAIHM>

**Healing the Warrior Brain (Part 2):** <https://www.youtube.com/watch?v=wRvpNwxCKzs>

**Hyperbaric Oxygen Therapy May Have Therapeutic Value in the Treatment of Brain Trauma & PTSD:**

<http://www.greenmedinfo.com/article/hyperbaric-oxygen-therapy-may-have-therapeutic-value-treatment-brain-trauma-and-post>

**Inflammation & the Brain:**

- **Inflammation Today Means Brain Shrinkage Tomorrow:** [https://www.drperlmutter.com/inflammation-today-means-brain-shrinkage-tomorrow/?inf\\_contact\\_key=16cab0e18f756905ddeb158eae6a4553e7111d21e427a014bff1186f4f8e304e](https://www.drperlmutter.com/inflammation-today-means-brain-shrinkage-tomorrow/?inf_contact_key=16cab0e18f756905ddeb158eae6a4553e7111d21e427a014bff1186f4f8e304e)
- **Reduce Inflammation to Protect the Brain:** <https://www.drperlmutter.com/reduce-inflammation-protect-brain/>
- **Inflammation Affects Every Aspect of Your Health:** <https://articles.mercola.com/sites/articles/archive/2013/03/07/inflammation-triggers-disease-symptoms.aspx>
- **Inflammation at the Root of Most Diseases:** <https://draxe.com/inflammation-at-the-root-of-most-diseases/>

**Light Therapy:**

- **Brain Regeneration: Can Infrared Light Reverse Parkinson's & Alzheimer's?:**  
<http://www.greenmedinfo.com/blog/brain-regeneration-can-infrared-light-reverse-parkinson-s-and-alzheimer-s>
- **Healing the Body with Photobiomodulation:**  
<https://articles.mercola.com/sites/articles/archive/2017/02/26/photobiomodulation.aspx>
- **Near Infrared Light Therapy (NILT) Effectively Treats Traumatic Brain Injury:**  
<https://www.prnewswire.com/news-releases/new-study-discovers-near-infrared-light-therapy-nilt-effectively-treats-traumatic-brain-injury-tbi-patients-300131804.html>
- **Photobiomodulation for Brain Disorders:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5066074/>
- **Red/Near-Infrared Light-Emitting Diode Therapy to Improve Cognition in Chronic TBI:**  
<https://www.ncbi.nlm.nih.gov/pubmed/28001756>
- **Transcranial light-emitting diode therapy for neuropsychological improvement after traumatic brain injury: a new perspective for diffuse axonal lesion management:**  
<https://www.ncbi.nlm.nih.gov/pubmed/29731669>

**National Center for PTSD:** <https://www.ptsd.va.gov/>

**Samaritan Center:** <http://samaritan-center.org/> Professional counseling, integrative medicine, and psychiatric services for families in the Central Texas area (especially for veterans struggling with the emotional wounds of war and their families).

**SCUBA Diving:** <https://www.facebook.com/groups/597871937028118/>

### **Supplements:**

- **Berberine Corrects Brain Chemistry in Anxiety & PTSD:** <http://doctormurray.com/berberine-alleviates-symptoms-of-anxiety-in-animal-model/>
- **Berberine May Ease Symptoms of Anxiety & Depression:**  
<https://articles.mercola.com/sites/articles/archive/2018/04/05/berberine-anxiety-depression.aspx>
- **Brain Supplements Formulated by Dr. Daniel Amen:** <https://www.brainmdhealth.com/>

- **PQQ, Berberine and Other Mitochondrial Enhancers:** (Boosts brain health and lowers inflammation): <https://articles.mercola.com/sites/articles/archive/2018/04/15/pqq-berberine-mitochondrial-enhancers.aspx>
- **PQQ Supplement: The Brain-Boosting, Life-Extending Benefit of PQQ:** <https://draxe.com/pqq-supplement/>
- **PQQ Supplement for Brain Health:** <https://www.naturalhealth365.com/dementia-nutrition-news-2677.html>
- **Resveratrol Boosts Brain Blood Flow:** <https://articles.mercola.com/sites/articles/archive/2010/05/27/resveratrol-boosts-brain-blood-flow.aspx>
- **Turmeric: How Whole Turmeric Heals the Damaged Brain:** <http://www.greenmedinfo.com/blog/how-whole-turmeric-heals-damaged-brain-1>
- **Vitamin C for Better Brain Health:** <https://www.naturalhealth365.com/vitamin-c-brain-health-2557.html>

**Six Ways to Improve Brain Function:** [https://www.glutenfreesociety.org/6-ways-to-improve-brain-function/?inf\\_contact\\_key=1622f178d642ed4f017c9726ad79e55ee188aef7a3fa2faa46601694206c32d5](https://www.glutenfreesociety.org/6-ways-to-improve-brain-function/?inf_contact_key=1622f178d642ed4f017c9726ad79e55ee188aef7a3fa2faa46601694206c32d5)

**Transcranial Magnetic Stimulation:** <https://www.youtube.com/watch?v=z2aBf8XzORU>

**Transcranial Magnetic Stimulation:** <https://www.youtube.com/watch?v=sd0gTbFe4uI>

**Transcranial Magnetic Stimulation: Dr. Oz Explains:** <https://www.youtube.com/watch?v=67ybtPCYeVE>

#### **Treatment Centers:**

- **Amen Clinics:** <https://www.amenclinics.com/> : “Getting a SPECT (single-photon emission computed tomography) scan allows our doctors to analyze the blood flow and activity inside your brain. Once we identify the root of the problem, we can customize a treatment plan to begin the process of healing your brain. 79% of diagnoses and treatment recommendations were different after the clinicians used the information from the SPECT scans, compared to current diagnostic methods. “
- **Brain Treatment Center in Newport Beach, CA:**
  - Website: <https://www.braintreatmentcenter.com/>
  - Mini-Documentary: [https://www.youtube.com/watch?v=WVw8\\_MSbM\\_g](https://www.youtube.com/watch?v=WVw8_MSbM_g)
  - Their treatment corrects brain wave patterns through MRT (Magnetic Resonance Therapy): “An affiliate of the USC Center for Neurorestoration, BTC is a progressive brain health clinic focusing on the

intersection of physics and neuroscience. We are known for our innovative way of analyzing the brain, and our evidence-based approach to a wide range of neurological issues.

- **Creativets:** <http://www.creativets.org> : **Combat Veterans struggling with PTSD & TBI are given the opportunity to heal from those unseen wounds of war through the use of art, music and creative writing .**
- **Mighty Oaks Warrior Programs:** <http://www.mightyoaksprograms.org/>
- **Plasticity Brain Center:** <https://www.plasticitybraincenters.com/our-approach/>
- **PTSD Foundation (Camp Hope/Houston location):** <http://ptsdusa.org/>
- **Road Home Program:** <https://roadhomeprogram.org/>

### **RESEARCH:**

#### **Hidden Damage Found in Vets' Brains From IED Blasts:**

[http://www.newsmax.com/Health/Health-News/brain-soldiers-johns-hopkins/2015/08/13/id/669978/?ns\\_mail\\_uid=37297935&ns\\_mail\\_job=1631984\\_08162015&s=al&dkn\\_nbr=lacrgqfb](http://www.newsmax.com/Health/Health-News/brain-soldiers-johns-hopkins/2015/08/13/id/669978/?ns_mail_uid=37297935&ns_mail_job=1631984_08162015&s=al&dkn_nbr=lacrgqfb)

### **SUICIDE PREVENTION:**

- Veterans Crisis Line: 1-800-273-8255
- DoD Safe Help Line: 1-877-995-5247
- Military OneSource: 1-800-342-8255

### **VETERAN FRIENDLY BUSINESSES:**

**Home Ownership Made Easy:** <http://home384.com/> ; Jerry Mastroeni at 214-770-1252

**Kari Marie Photography:** <http://www.karimariephoto.com/>

**Tyler Ford;** Tyler, Texas