



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 CO<sub>2</sub> 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 Reduction<sup>2</sup>

50%

In remission at 6 months

41%

Decrease in Suicidality<sup>3</sup>

29%

Decrease in Depression<sup>4</sup>

77%

Treatment Protocol  
Adherence

91%

Satisfaction Rate

**FREESPIRA DELIVERS  
LONG-TERM BENEFITS<sup>1</sup>**

## 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](http://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**

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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.

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— 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.

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



FSS SCHEDULE 65 II A  
CONTRACT #36F79720D0158



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