

11 Jan 21

I am writing to update you regarding the progress of my recovery. But first, I want to thank you for all you've done for me. Please relay my appreciation to everyone at Element 7 Wellness and the Bridge Back Project. You are doing valuable work.

It may be valuable to provide a framework of what led to my need for help prior to me describing the changes I've seen. What follows is a brief rendering of my 40 year work history.

From ages 18-20 I was in the U.S. Army full-time in the Combat Engineers. In my 20s earned an A.A. degree in Criminal Justice, worked on a SWAT team for the Department of Energy and then as a deputy for the Ada County (Boise, ID) Sheriff's Office. In my 30s I completed a B.A. in Social Sciences and then taught Jr. High, mostly in schools for at risk kids. I also was a firefighter for the U.S. Forest Service. From ages 40-57 I worked as a fire fighter/EMT with the Pocatello Fire Department.

I share this work history to help illustrate the cause of my injury. It wasn't caused by one event. It seemed to build up over 40 years. Now I will address the changes I've experienced since my treatment in Sep/Oct 2020.

Immediately after the treatments I felt more light-hearted. I laughed more and was more able to enjoy people and experiences. I also at first, felt like I was being especially hyper-vigilant. I think however, what was really happening was a recognition of how I gear up mentally and physically when I am around other people and situations.

Two months post-treatment, I noticed cognitive changes. I was more able to problem solve, more able to focus and when looking at a situation I could see more possibilities and less limitations.

Three months post-treatment, I discovered more improvement. When the storming of the U.S. Capitol occurred we followed events closely in the media. I saw a lot of footage of cops being assaulted and people trapped inside who feared for their safety.

In the past this would have triggered me. You see, when I was a teacher, we were taken hostage by a student. He had been threatening to kill the principal and came to school with a gun and a plan. Usually, seeing the video and hearing the audio of events like this I would revert back physiologically to the state I was in that day in my school. This time I didn't. I could empathize with those folks and their predicament but it didn't become about me and that situation that I am no longer in.

I am very grateful for all you've done for me. My future is much brighter because of your work!

Thanks for all you do!

J.M.