



Testimonials sent to Dr. James Zender of Psychology Today

| Author | Blog Post | Comments |
|--|--|---|
| Tom April 4, 2019 - 7:57pm | Is It Post-traumatic Stress or Traumatic Brain Injury? | <p>Life changing</p> <p>For years I had been suffering from crippling migraines. Anxiety, depression, light sensitivity, noise and movement sensitivity controlled my life. I was confined to the darkest bedroom of my father's house, unable to work or live the normal life a 26-year-old should be. The VA deemed my disability 100% service connected. Within a year of starting Dr. Gordons protocol, my migraines were minimized to one or two a day, which have progressively improved to zero a day. I am now functioning normally, thanks to Dr. Gordon and WAF.</p> <p>Thank You Dr Gordon, Andrew Marr, and Joe Rogan!!</p> |
| Richard T Bleeker March 3, 2019 - 5:35pm | Is It Post-traumatic Stress or Traumatic Brain Injury? | <p>Words cannot describe how thankful and grateful, I am for the work Dr Gordon, Andrew Marr, and Joe Rogan. Those three wise man came to me though a Joe Rogan Podcast #700 on Christmas Eve 2015. They gave me a gift of Hope! Based on sciences, along with actionable steps I could take. To receive the treatment for my TBI. (3-4, 155 mm artillery rounds blow up next to my vehicle) I am now in control of my life!</p> |
| Rachel Allen January 22, 2019 - 12:15am | Is It Post-traumatic Stress or Traumatic Brain Injury? | <p>Life</p> <p>I don't think I could ever articulate the benefits that my husband, and as a result my family, have felt since Dr Gordon and his protocol came into our lives. This treatment has returned life to our family. I honestly thought it was gone. My husband has suffered multiple TBI's with NO treatment from the military or the VA. He was thrown off a bridge, 40 feet down, broke his back, neck, head, arm, face. Then 6 months later deployed to Iraq. Temporarily paralyzed, med evac'd and discharged, all without treatment. 13 years we battled his depression, anxiety, panic attacks, anger, rage, confusion, forgetfulness, hostility.</p> <p>We came across the Joe Rogan podcast Dr Gordon made with Andrew Marr and our lives were once again changed forever. I have my husband again. I have a man I lost 13 years ago. His eyes glow with life. He laughs, genuinely. He is present in our daily lives. He communicates, interacts, and cares for the first time in so long.</p> |



Author

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I cannot begin to express what this treatment has done for my family. I was at the absolute bottom, finally thinking divorce was the only way to save our girls, that I had tried long enough. But the moment Dr Gordon started to explain WHY these symptoms were occurring I knew I could get him back. I am appalled with the way that the VA views treatment, with the limitations that the physicians are faced with. If we truly want a stronger country it starts with stronger soldiers. My husband would still be protecting our lives if he had a chance to get real treatment after he was injured. Anyone that has been through what our soldiers have deserve the very best that we can offer. And Dr Gordon and Andrew Marr deliver the very best treatment.

Still following the protocol

Harry
January 19,
2019 -
3:47am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Hey Corby! Yes, I'm still on the protocol. I would recommend going to Dr Gordon if at all possible. He pretty much wrote the book on neuroendocrinology and uses some novel approaches to hormone replacement therapy. Dr Gordon and his office staff made the whole process painless. With Dr Gordon you know you're getting the best possible treatment, so you don't have to worry about playing clinic roulette. If you do end up going to a local clinic make sure to do your research and make sure you're getting quality care. Best of luck to you! Let me know if you have any further questions.

Bouncing back from brain injury

Ellie
January 15,
2019 -
9:36pm

[Omega-3s in the Treatment of Posttraumatic Brain Injury](#)

I'd like to see a more proactive approach using Omega-3 for those with mental illnesses, especially those with mixed diagnosis, instead of the toxic meds given to patients who ultimately reject them and stop taking them. Even better, I'd like to see results from studies that finally pinpoint the actual cause of mental illnesses. There has to be a physical cause! My grandfather had colon cancer, became very thin and then suffered a bad stroke. He made it home after the hospital, unable to walk and with a poor prognosis. I put him on a liquid protein diet. He actually recovered and was able to walk again. The medical science field needs to concentrate on more 'natural' ways to deal with some illnesses, with potentials like Omega-3. People's lives depend upon it.

Harry

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Life Changing Therapy



Author

Blog Post

Comments

January 9,
2019 -
5:15pm

I have been suffering from the results of TBI since 2011. My primary care is through the VA. For years I have been prescribed numerous headache medications and antidepressants none of which helped in the improvement of my symptoms which included frequent migraines, loss of libido, severe depression, and low energy to name a few. Recently I was told to accept this as the new me as I had reached the end of the treatment the VA offers. My emotions were completely out of control and I was taking my own pain out on my family. I had no impulse control. On a daily basis I contemplated the idea that my family was better off without me since I was so hard to be around. I considered suicide regularly with the only thing pulling me back from the edge being my son and the fact that I grew up without a father and did not want him to experience the same struggle. I found out about Dr. Gordon's therapy from the JRE podcast and decided to give it a try. After a year on the therapy, I am doing much better and am a much more pleasant person to be around. I wake up feeling refreshed on a regular basis, and my overall health and fitness has improved. I started working out again and am also doing much better in school. Dr. Gordon's therapy has turned my life around and I am extremely grateful to be under his care. It's unfortunate that the knowledge of this therapy seems to be lacking in the medical community where doctors are quick to prescribe antidepressants with horrible side effects instead of taking a closer look to identify the underlying cause. If the medical community is truly concerned with preventing veteran suicides, then they need to start focusing on what works even if they are unfamiliar with the methods. I hope that these comments are taken seriously and help to gain support of the therapy Dr. Gordon offers.

Gracious patient

Brendan
January 6,
2019 -
9:53pm

[Is It Post-traumatic
Stress or Traumatic
Brain Injury?](#)

For the past year, I have been a patient of Dr. Gordon's after suffering a hemorrhagic stroke over 3 years ago. I was told by several neurologists that I might not ever walk again and would not make a full recovery. After 2 years of traditional stroke recovery therapy and becoming tired of hearing the word "plateau", I decided to try a different approach. Instead of praying for spontaneous healing, I prayed for perseverance and more whole-hearted people to come in my life. My wife (one of those people) while looking for ways to help me, heard a podcast which featured Dr. Gordon and Andrew. We decided to start Dr. Gordon's tbi program and I started working daily with a physical trainer. Both I feel are the whole-hearted genuine people I was praying for. It was a tremendous



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morale boost to begin working with two people who believed in their program and most importantly believed in my ability to recover. From the time I started to now, Ive made tremendous progress mentally and physically. I am able to carry my 40-pound daughter up and down the driveway as part of my daily workouts as well as 40 minutes of cardio. Having the physical ability to play with my children has meant the world to me and I can't say thank you enough for that. Although I still have a long way to go, I have hope and feel like I can see the light at the end of the tunnel and that is all that I could ask for. It is awesome that there is a doctor and others in his program that still believe in putting others first. I'm forever in Dr. Gordon. Andrew and their staff's debt.

Dr. Gordon Head Trauma Treatment

I have been a patient of Dr. Gordon for the last 5 years after a serious head injury at work. After a 2 month Hospital stay and a year of rehab I was still having real problems physically and mentally operating on a day to day basis. I ended up doing a lot of reading a research on the effects of TBI and stumbled onto Dr. Gordon. He had me come in and did some testing and blood work and quickly found a few major issues. He put me on a strict treatment program, and I found myself able to return to a normal life in a few months. I soon was able to go back to training, sleeping, eating, exercising and interacting socially with people again, which opened the door for me to return back to work. I honestly don't know where I would be without his knowledge and treatment in the area of TBIs. Dr. Gordon gave me my life back, when all my other Doctors told me I would never recover from my injuries.

**Kieran
Gallagher**
January 4,
2019 -
4:45pm

[Is It Post-traumatic
Stress or Traumatic
Brain Injury?](#)

Saving lives

Psychology Today Comment
There have been an estimated 500,000 blast injuries since the Global War on Terror began 17 years ago (this does not take into account unreported combat and training exposures). In 2016 renowned histopathologist Dr Daniel Perl procured tissue samples from 5 deceased service members exposed to blasts who had either died subsequent to their wounds, or committed suicide due to the neuropsychiatric sequelae of their blast TBI. Dr Perl found diffuse scarring throughout the brains of these 5 men and hypothesized that this scarring was the cause of their psychiatric symptoms. These findings support what Dr Gordon has been saying for years. I was exposed to a roadside blast in Iraq in 2007. The explosively

Harry
January 3,
2019 -
4:12pm

[Is It Post-traumatic
Stress or Traumatic
Brain Injury?](#)



Author

Blog Post

Comments

formed projectiles missed our vehicle, but the blast wave from 70 lbs of plastic explosive pasted through our bodies, knocking us unconscious briefly. I don't remember much for about a month after the blast, although I continued to function in my role as our company medic. It took me 6 years of unknowingly dealing with the various post-concussive symptoms (anxiety, depression, irritability, cognitive dysfunction, memory issues, epilepsy, etc...) and suffering subsequent TBIs to realize that I had a problem. I contacted the other three members of my vehicle crew and found that they were having similar issues. Andrew Marr and the Warrior Angel Foundation reached out to me in 2015 and I have been on Dr. Gordon's protocol since. Having my hormones back in balance has made it much easier to deal with all of my issues and begin healing. I am one of the lucky few to have received treatment and I know of many who are still in need.

Dr Gordon

5 years ago I was suffering from something called post finasteride syndrome (finasteride being the main ingredient in propecia a pill that blocks dht by crossing the brain blood barrier, allowing men to keep their hair) what they don't tell you is that there are some men this causes irreversible damage to. Irreversible for the first three years I was suffering through it, loss of libido, erections but more importantly at 32 a loss of the desire to live. I spent three years trying to find a doctor that would even believe/listen to me let alone set a protocol. I finally found dr Gordon who instantly recognized how much damage propecia could potentially do to the endocrine system. After a full panel brain chemistry hormone test that showed the impact the drug had on my brain, he knew exactly where the damage had occurred and immediately started me on a protocol. Today I am a happy healthy 38 yr old and consider Dr Mark Gordon to be nothing less than my savior, a true pioneer.
Sincerely
Benjamin G

Benjamin Gutknecht
January 3,
2019 -
11:16am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

John Van Cleave
January 3,
2019 -
10:03am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Patient since 2016

after 24+ years of service in the US Army I retired in 2008 due to health reasons and fleeting opportunities. The spiral had started as far back as 1995 is when I started to notice a change to my sleep patterns and recovery, thinking it was just "getting" old I powered through it. My daily routine shortly forced me to start taking



Author

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supplements that had ephedrine, caffeine, protein, creatine, and whatever else was out there to assist me to "power" though and suck it up. After retirement the focus shifted to masking the darkness that was becoming part of my life, it started to come upon me fully in 2012 I started to take up residence in the valley of the shadow of death. I was able to mask this to everyone around me... or so I thought, my wife and family knew it was obvious, drugged to unconsciousness and sleeping and avoiding people became who I was.... Succumbing to a constant headache, frequent migraines, joint pain, and flirting with the reaper, she was very alluring and attractive. She was starting to have what appeared to be the answers I was looking for; Pain free and peace..... I was ready.... The doctors I was seeing only wanted to keep me drugged up, I was a shell of a man and quickly becoming the person I detested most.... she the reaper, was stalking me and at times I would go with her only to have my wife, children, my horse, or my Dog would pull me out of it and bring me back from the shadows.... it was coming to a point that it was getting harder and harder to mask this from my friends and coworkers, one of my best friends told me about a couple men he had met (Doc and Andrew) and told me briefly about Warrior Angels, the time was Dec of 2015, by January of 2016 Doc and Andrew had my blood work and setting up phone calls and a face to face meeting, February 2016 changed my life forever. Doc gave me my life back, his protocols pulled me from the grasp of every attractive reaper, built steps up out of the valley and he and Andrew lead me out of the darkness. To this day I do find myself drifting back into the valley only to notice I have slipped off Doc's protocols, thus showing me how effective they are. I have tried to tell myself I don't need them anymore, only to find myself back sliding, falling back to the darkness. In 3-4 weeks, the reaper returned only becoming more luring and attractive again, we (my family) has made the decision to prioritize the protocols over other things in our life, without the protocols not only is my life changed but indirectly so is theirs. Doc brought be back from the valley without the mind numbing prescriptions that were only masking my issues, masking and intensifying them that I believe is only one action, a catalytic event.....

It would be great if the VA would stop with the zombiefied medications they use and use Doc's protocols; try to set them straight, Doc returned me to my family, nothing is greater for any man or woman to have; the love from their family, to many families are getting ripped and shredded apart, if Doc and Andrew can help just 1, would it not be worth it..... I truly believe they can save many, if not most....

thank you, forever indebted John



Author

Blog Post

Comments

Morning Demons and Brain Fog

Tone Floreal

December 29,
2018 -
12:20pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

I have tremendous gratitude to Dr. Mark Gordon and Andrew Marr for helping me heal my TBI, anxiety and depression. When I heard them speak on the Joe Rogan Podcast, I realized that I may have been suffering from traumatic brain injury symptoms from years of contact sports and life's bumps and bruises. I had been managing my symptoms with different modalities over the years, but nothing fully corrected it until I became a patient of Dr. Gordon. Through him, I was able to get my blood work objectively measured to determine any possible deficiencies or abnormal ranges — which were clearly the case. I followed his protocol to the T. The results: I finally could get out of bed in the mornings, fully rested. I didn't feel anxious or depressed, nor have thoughts that life would be better if I didn't exist. My brain felt like it came back on-line. Any insecurities I had, vanished. It all made sense that if the endocrine system was balanced and chronic neuro-inflammation was significantly reduced, the brain can finally work for us and give us our lives back.

Thank you Dr. Mark and Andrew for your amazing service!

Dr. Gordon's work

Michael I. Levy

December 28,
2018 - 10:38pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Dr. Gordon's work is amazing. He is on track to help so many people. not just of heroic vets but all have brain trauma. The VA and other medical organization need to support Dr. Gordon's efforts to help people with brain trauma.

Michael I. Levy

TBI and Dr. Gordon

Ed Shea

December 28,
2018 - 1:23pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

I'm a Marine Vietnam vet who suffered a TBI when I was blown up and knocked unconscious from a couple of enemy grenades in 1967. After my recovery and discharge from the Marines I went to the VA complaining about numerous symptoms that were interfering with me living a normal life. The VA prescribed some meds for me that made things worse so I gave up on the VA and stayed away from them for decades and did the best I could to live a normal life on my own. In the 1990' s when things really spiraled out of control for me I was desperate enough to go back to the VA and was diagnosed as having PTSD as well as the TBI I had suffered. The treatment they offered for both was the same - antidepressants and therapy. They



helped to a point and I felt I had gotten much of my life back, but I thought something was still not right in me and continued my search for relief. My research brought me to Dr. Gordon and the WAF and my next giant step forward had started. Dr. Gordon's treatment since 2016 has dramatically given me back the quality of life that I have been lacking since 1967. When I desperately reached out to the VA in the 1990's I didn't care if I lived or died. After their PTSD treatment things got better but still not that great. Since being treated by Dr. Gordon my life has dramatically improved and I'm so thankful to have ME back. I don't know how much time I have left but it's great to have it as me and not a shell of myself. I'm also very thankful Doctor Gordon and the WAF are reaching so many young veterans so they don't have to suffer for so long like many Vietnam veterans did.

Thanks DR. Gordon and WAF for caring.

Dr Gordon

Dan Bart
December 28,
2018 - 11:25am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

After several concussions during my military career, eating too many door charges and finally standing too close to a suicide bomber when he decided to light himself up, I was not doing too well. In general, I felt exhausted all the time, had memory loss and could not sleep. Additionally, my lite dyslexia became much worst. I could no longer spell words properly and would constantly switch numbers. After getting on Dr Gordon's treatment protocol things have improved drastically. I feel much better, am more energetic, and finally get a decent night's sleep. My memory and dyslexia have improved and I'm back to enjoying life.

Thanks to Dr G!

Gimmicks

Rob Foster
December 27,
2018 - 10:56pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

There are too many gimmicks with Veterans health. Dr. Gordon's protocol, beginning with the initial evaluation to the prescribed supplementation was the first program where everything lined up. Stupid ideas like recording an intense combat experience and listening to it to take the edge off never work. And there's no physical evidence. Learning how different hormones effect mood and implementing the fix has been a more logical of an approach. And has given me a greater understanding.

Kyle Smith

[Is It Post-traumatic Stress](#)

Grateful to find Dr. Gordon.



December 27,
2018 - 7:56am

[or Traumatic
Brain Injury?](#)

Dr. Gordon has made a huge difference in my life. I had been struggling with post concussion symptoms for 2 years following multiple concussions over my lifetime. I had extreme fatigue, anxiety depression, nausea, severe headaches, tinnitus, light sensitivity, etc. After being treated by DR. Gordon the last 3 month my symptoms have improved greatly. My only symptom that I have left is low grade headaches. I feel that I am still improving, the treatment just takes time and the headaches will resolve. The brain is slow to heal. I am grateful that I am able to work again and enjoying life.

My experience with TBI

Sharon Nichols
December 26,
2018 - 3:02pm

[Is It Post-
traumatic Stress
or Traumatic
Brain Injury?](#)

Before I started my treatment with Dr. Mark Gordon I had been misdiagnosed and over medicated for 6 years. My symptoms were bad enough: Anxiety, headaches, reproductive organ issues we won't get into, mood swings and severe depression. But then to top it off the doctors I went to before Dr. Mark Gordon prescribed me with anti-depressants that did not work and took away my ability to feel any emotion at all good or bad. The SSRI's also took away my ability to orgasm, and for what? They were never treating the issue in the first place. Then came the Xanax which made me too nauseous to leave the house. I was a shell of the woman my husband met, in his words. It tore our relationship apart and I almost gave up living. I went to over a dozen doctors who all repeated the same thing never bothering to even check my hormones. Mark Gordon is changing lives. Not just of his patients but their partners as well. His treatment works I promise you this.

TBI and Dr. Gordon

Mari Wickman
December 26,
2018 - 11:35am

[Is It Post-
traumatic Stress
or Traumatic
Brain Injury?](#)

My son suffered a TBI at the age of 22, in 2005, in a motor vehicle accident, where he was the passenger. Dr. Gordon started treating my son in June, 2016, with hormone replacement therapy. The change in my son has been amazing, he is unable to remember anything short term, even what he had for breakfast this morning. He still does not remember most of his daily functions, but his overall improvement has been unbelievable in terms of interaction with people, he interacts with people better and even initiates conversations, his overall health and well-being are improved, his weight is down. He knows that he is better and remembers more and more short time events and people and is able to recognize this. We



are very thankful to have heard about Dr. Gordon and his treatment of TBI.

Patient in protocol

Ron Schwerin
December 26,
2018 - 11:18am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

With years of suffering from mental anxiety and depression on and off throughout my adult life am now on a process of recovery. Thanks to Dr Gordon and his staff I am feeling much better and working on myself through the TBI protocol. I have been on the protocol for 6 months and I have improved energy, sleep & less anxiety and depression. This is a work in progress for me and i will keep hammering every day to improve! As a civilian that has had head trauma as a young adult I know it will take some time to achieve a full recovery .. Grateful,

Grateful patient of Dr Gordon

Summer H
December 25,
2018 - 11:26pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

A few years ago, I went into Dr Gordon's office desperate for help and a way to regain my health. I had spent many years suffering from a variety of ailments, unable to get answers from the traditional medical community about what was wrong with me and how all of my ailments were connected and had gotten to the point of not being functional. Within a few months of working with Dr Gordon and following his protocol my life was starting to turn around. The TBI program helped give me my life back and I am forever grateful for the care, diagnosis and treatment I have received from Dr Gordon. For people suffering from traumatic brain injuries, Dr Gordon and his program are a much-needed ray of light and hope.

No longer waiting/wanting to die....

Chris B
December 25,
2018 - 11:58am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

I joined the Army at 17 and for the next 25 plus years I served what I feel was a very successful career. My last five years being the most prolific as I was deployed to both Afghanistan and Iraq (x2) for a total of 32 months out of 48 months. As my career was ending, I began to feel completely withdrawn and angry at everything. Although I wanted to continue my service, my anger, agitation and apathy didn't allow it and I decided to retire. After retiring I looked for work and found what I thought was a great gig working for a contracting company supporting the warfighter in Afghanistan. My bosses loved my work ethic, but my wife loathed it. She never saw me, and it was apparent my drinking was becoming quite excessive and my anger outbursts more frequent. I was unable to control my



tongue, which was apparent when I explosively cursed out my supervisors and walking away from a very lucrative job.

My explosive episodes landed me in the VA and on short term disability as I went through cognitive processing therapy and individual prolonged exposure therapy after a diagnosis of PTSD. I got some relief from my anger outbursts from the therapy sessions, but the anti-depressants never seemed to work. Every visit to the VA only resulted in a change in meds or an increase in the dosage I was taking. After seven years on anti-depressants daily, I was down to 145 pounds from 210, not sleeping longer than 30 mins at a time, withdrawn from both my family and society, and angry at life. During this time my wife also deployed to Afghanistan and due to my instability, I was not able to care for my three-year-old daughter and it was necessary for her to go live with my in-laws across the country. All this took its toll and I began contemplating suicide daily. My days were spent wondering how I would carry out, what seemed like the easiest and best solution to what I was going through. Over the course of my treatment, I was prescribed a total of 27 different medications for depression and pain associated with my PTSD and none seemed to do anything to help. Every time I went to the VA I was met with apathy and even aggression towards me, to the point where two therapists walked away from me and refused to talk. Suffice to say, the care I was receiving or so-called care, was more of a detriment than help. I did find one Doc that finally tried her best to help but once again, the meds did nothing for me. She was amazing and worked with me every visit to help find something that might work... Eventually I walked away from the VA and gave up hopes they could do anything for me.

At my wits end and pretty much at the bottom of the deepest hole I have ever been in, a fellow service member asked me if I ever watched Joe Rogan's podcast. The recent episode featured Dr Gordon and Andrew Marr and discussed Traumatic Brain Injury (TBI). I never heard of his show but from what the individual was telling me I decided to give it a listen.

Needless to say, the pod cast featuring Dr. Gordon and Andrew was life changing. As I sat there listening to them speak and Andrew told his story, I felt as if he was describing my life and not his. It was somewhat surreal to hear someone describe 'Me' knowing I never met Andrew. Dr Gordon explained how TBI could resemble PTSD in symptoms, but the one key difference is, medications didn't work for suffered of TBI. I immediately got online and applied to Dr. Gordon's program, hoping and praying it really was that easy. I was skeptical but, after hearing Andrew discuss he dramatic changes, I



had hope for the first time in seven years. I never thought about TBI or that it was a possibility because I had never been knocked unconscious. Although I served in the infantry for 13 years, and was subjected to many concussive explosions; had multiple head traumas which resulted in me seeing stars and almost unconsciousness; been blown up a couple times in Afghanistan and Iraq; even split my head open with a ski but I neither considered TBI, nor did any of the doctors consider it.

Upon acceptance to the program, Dr. Gordon's team coordinated for the blood work and I anxiously awaited the results. Well, low and behold, I had all the hallmarks of MTBI, and I was both shocked and confused. I was asked after each deployment about blasts but when I said yes but I was never knocked unconscious, the questioning ended there. Dr. Gordon connected me with a local doctor in my state and I was prescribed what I consider a magical cocktail of both vitamins and hormones. It wasn't long before I started to feel human, and even better, my wife and daughter also noticed changes in my behavior. I followed Dr. Gordon's protocol to the letter. I watched what I ate, took my vitamins, adhered to an anti-inflammatory diet, and worked on calming my internal battles via mindfulness and yoga. (All of which I was incapable of doing previously) Within weeks I felt as if I was given a new lease on life. I would have to say that being on the protocol for TBI has changed my life. It has been the hardest battle I've ever faced and luckily, I didn't become one of the statistics that so many veterans become. I feel like I am 30 again, I want to do so much, go places, see things, and more importantly, participate in life with my family. I spent two years in a garage wasting away and ostracizing myself from the world, which is quite the opposite of who I was before all this started. I am no longer sitting in a 10x12 space hoping to die, I now want to live and for a very long time. I am reading books, learning to play guitar and piano (which I've always wanted to do), going to the gym, walking with my dogs and more importantly, spending time with my family. I owe it all to Dr. Gordon and Andrew Marr for not losing hope on folks like me and providing me with the ladder I needed to climb out of that hole I was in.

So in closing, I want to both thank Dr. Gordon and Andrew Marr for all they have done to help individuals suffering with TBI. I believe the name says it all, Warrior Angels Foundation... I would also like to say thank you Dr. James F. Zender, for presenting this outstanding and informative article regarding the overlapping symptoms of PTSD and TBI, especially to those, like 'Me' whose conditions did not improve with the traditional psychotherapy (CBT and Prolonged Exposure), or medication. I am hopeful this



information will reach more doctors, therapists, and the Veterans Administration so more individuals who face these debilitating issues, such as myself, can finally be diagnosed correctly and treated effectively instead of turning to suicide.

Just imagine if every patient suffering from PTSD who are not responsive to the normal PTSD protocols, have the simple blood test designed by Dr Gordon. It is simple blood work, and, if the individuals displayed the markers of encephalitis associated with TBI, they could be switched to the non-drug protocol designed by Dr Gordon, which is far cheaper and far less damaging than the pharmaceutical solution that is currently NOT working. The total cost would be very negligible but the benefits LIFE SAVING...

Healing

In the military, for almost any period of time: we beat ourselves up in training, deprive ourselves of sleep, bang our heads against airplane doors, walls, and the ground. Blow stuff up en masse. Not to mention the pressure of consistebtky having our lives on the line, even at rest. We should have been given the protocol during this intensity to feel good and thrive but instead we drink. A lot. The protocol allowed me to feel good all the time, reconnected me to my smile, and improved every facet of my wellbeing. It is THE catalyst to turn the corner and live again. It works, it feels great, and it is necessary if we are going to heal the physical and emotional pain of the extended pressures of war and warriurhood. Wake up military and invest in your greatest resource. Our guys need this supplementation and education at their fingertips. If you're in pain and reading this- get ahold of Gordon and Marr's team and they will take care of you.

Roman Horn
December 25,
2018 - 11:02am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Proud patient

Within weeks of starting the protocol I noticed a dramatic difference with the migraines, vertigo and outbursts I had been experiencing. After years of hiding the darkest room of the house, I was able to get outside everyday and exercise. Momentum started to build and within 6 months I was working long hours in the desert. The VA has been treating me for PTSD/TBI and insist my physical ailments are psychological. As a form of treatment, I was offered assisted suicide to fix the crippling migraines. Dr. Gordon and his protocol have saved my life, while the VA wants to take it. Luckily I was on Dr. Gordon's treatment and didn't accept the VAs final soloution or violently assault the Psychiatrist.

Tom
December 24,
2018 - 8:25pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)



The results and science speak for itself. Thank you Dr. Gordon, Warrior Angels Foundation.

life changer

J
December 23,
2018 - 9:53pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

I am not a veteran, but suffered a severe TBI nonetheless. After years of different therapies resulted in minimal improvements in certain areas, Dr Gordon's program and protocol had a positive impact like nothing else. It was the only thing that turned around the emotional side of things that is difficult to describe, but makes living life miserable.

The positive impact on my quality of life is something I will be forever grateful to Dr Gordon for. His guidance through my protocol changed everything.

Dr. Gordon is making a difference!!!

JohnnyD
December 23,
2018 - 6:59pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

I would just like to add. ever since my last workplace TBI in 2012-2013ish (a metal pipe to the back of my head) my life had been on a steady decline. From having zero patients, being very irritable and angry to making very irrational decisions, I couldn't focus and found my balance to be way off. My memory was lapsing and i just didn't care anymore. I haven't been able to hold down a job, and have pretty much ruined every relationship I've been in. The anxiety & panic attacks were insane. Now being a single dad, it's especially hard with a 16-year-old who just doesn't understand what the hell is wrong with me and why I can't seem to get my shit together. .

I've made the decision that I want to get better and now I will get better... Thanks to Dr. Mark and Alison Gordon life is on the right track. "Keeping the good fight"

JohnnyD

Dr. Gordon and Andrew Marr saved my life.

Zak Fishel
December 23,
2018 - 2:30pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

After getting out of the Marine Corps, I experienced tons of issues with my brain and memory and inability to control my emotions. I was worried I was getting the early stages of Alzheimer's. When I went to the VA they said I just had too much stress and anxiety in my life so they put me on a rainbow of medications, all of which made my condition much worse.

As time passed, I started to lose hope. I just figured I'll be like this the rest of my life. That was until I heard Dr. Gordon on Joe Rogan's Podcast. He was describing the effects of TBI on the brain



and the symptoms individuals showed. I immediately knew that Dr. Gordon had the answers to all the questions I had about my mental state.

I quickly applied to be a patient of Dr. Gordon and was quickly approved and started my bloodwork. Within a month of signing up I already had my results from the bloodwork and was on a proper protocol to bring me back to normal. In just a few days on Dr. Gordon's protocol I already started noticing positive results. My memory was coming back, I was handling my emotions a little better, and was thinking more clearly. After the first month of treatment I felt like a new person entirely. During my treatment I was introduced to Andrew Marr and his company "The Warriors Angels Foundation". Andrew helped me so much by providing me all the supplements I needed. He quickly became a close friend and now I consider him my brother. I now run my own business and live on my own. I have an entire new way of thinking. I'm an entirely new person. I handle stress so well now and have complete control of my emotions. Thank you Dr. Gordon and Andrew Marr for EVERYTHING you have done for me. You gave me a second chance in life. I'm forever grateful. I hope you both know that you are family to me. Thank you for everything my brothers.

Respectfully,
Zak Fishel

Donald Burnett.
Special Forces
Medic SFC(R)
December 23,
2018 - 2:11pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Dr. Gordon - Warrior Angel Foundation

I served 23 years and 17 years of that as a Green Beret Medic. I am 100% service connected / combat related with the VA. I could not get any treatment for the VA for my TBI. Fortunately for me Dr. Gordon's and the Warrior Angel Foundation exist and are helping me with my hormone problems caused by my TBI.

Dr Gordon - TBI Treatment

BRZN
December 23,
2018 - 12:33pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

As a civilian defense contractor in Iraq and Afghanistan, my exposure to blast trauma was minimal to nonexistent. However, my return to normal life in the US wasn't without symptoms of TBI. It wasn't until I contacted Dr Gordon that I began to understand the effects everyday life on overseas military bases can have on the brain. The constant loud noises from generators, jets, helicopters, and normal gunfire can play a significant role in the effects of TBI. Dr Gordon explained how these factors only compound trauma the brain may have received from childhood via sports, auto accidents,



etc. The initial TBI assessment brought to light these compounding factors and explained the reasons for my sudden lethargy, brain fog, and lack of emotional connection with my significant others. Dr Gordon's TBI protocol has been a game changer and has saved my career, relationships, and quality of life. Thank you, Dr Gordon!

Gordon protocol treatment

Chase Martin
December 23,
2018 - 11:41am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

I have been dealing with post-concussion syndrome for five years. For this time, I have been in a dark hole, desperate to find any sort of treatment to get me out of the hell bound I've been trapped in. But today I tell you there is hope. Since I have started seeing Dr. Gordon and started his treatment protocol my life has completely turned around for the better. Within the first week, I made a complete turnaround. Now, 2 months into my treatment I am the best me I have been in 5 years. My prayers are coming true and thanks to Dr. Gordon, my life now again has meaning, purpose, and most of all. Hope. Thank you, Dr. Gordon, for your much time spent with your research. You've saved my life.

Chase,

Educating the VA

JordanC
December 23,
2018 - 10:34am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

My apathetic and even hostile attitude is what ended my military career. I had glowing evals before combat. I graduated first in my class with an almost perfect GPA from Corps School then after my deployment to Iraq I didn't have the energy or mental capacity to do my job or even remember what i just read. I was diagnosed with PTSD, given an SSRI and told to get back to work. We were also highly discouraged from putting anything on paper because it might hurt our career. As my mental status degraded, I concluded that it was best I ended my service.

If the military has the ability to get a hormonal baseline and track the changes over time than a lot of what we suffer from can be mitigated immediately. Dr. Gordon's protocol should be as standard as our Immunization schedule or Hearing loss prevention program.

Alex B.

[Is It Post-traumatic Stress](#)

My Life Back



December 23,
2018 - 10:28am

[or Traumatic
Brain Injury?](#)

I am so grateful for Dr. Gordon and his protocol for TBI. I am a former amateur kickboxer and a combat Veteran. I have had about 7 known concussions during my fight career, plus time deployed around vehicle incidents, explosions and firefights. I Came back from OIF already diagnosed with PTSD; after 10 years of working through therapy and meds, the rest of my hormones crashed into chaos after the birth of my son. I developed hypothyroidism, and my PTSD symptoms became more severe: depression, anxiety, irritability, rage, mood swings, inability to sleep, constant pain and exhaustion. I was no longer able to lose weight and I was exhausted all the time. My husband heard Dr Gordon, and it changed everything. I went from not being able to lose weight to finally have my metabolism move. In 6 months, I've been able to reduce my thyroid medication, and go from three pills down to 1 (and at a lower dose). I am able to respond to my therapy treatment so much more. Further, I can now isolate more root causes of the PTSD because I am not as focused on the symptoms. My energy is back, and I have far more endurance. I have seen dozens of doctors over the years and not been able to find one who just tried to medicate me further. We still have some work to do, but I'm confident have found the right protocol to get me back to ME.

The KEY to Suicide Prevention

Like many I found out about Dr Gordon's program through the Joe Rogan podcast. At the time I listened to the podcast my wife was on her almost a year of military treatment for a TBI. Mood swings, severe depression, and memory issues were a daily occurrence. She was at the point where she thought she'd never get better. We immediately reenrolled her in the program because we were fed up with the military only treating her symptoms. Within less than 60 days I had my wife back. She went from five of six prescriptions to one, which is completely unrelated to her TBI. It was unreal to believe how quickly she was back to her old self.

TBish
December 21,
2018 - 5:25pm

[Is It Post-
traumatic Stress
or Traumatic
Brain Injury?](#)

I can also personally attest to how incredible this treatment is. I was knocked unconscious during a firefights and never sought treatment or help for issues I began having. Anger, sleeplessness, and horrible anxiety became a "normal" way of life for me. I was diagnosed with PTSD and did counseling and medication. I would get temporary relief but couldn't stand the numerous side effects of the medication. After seeing my wife's recovery I decided to see if I had possible suffered a TBI during the firefights vs having PTSD. After consulting with Dr Gordon he confirmed that the blood panel showed I had



clear indications of head trauma. Just like my wife I noticed huge changes within a few months. I went to dealing with anxiety daily to rarely ever. I noticed my mood and motivation increased greatly. I'm only 6 months into the program and feel like this is the missing piece of the puzzle to help veterans with TBI, PTSD, and suicide.

I'm still here!

Troy J Mylius
December 21,
2018 - 7:15am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

When I started the Treatment Plan put forth by Dr. Mark Gordon, I was on the verge of ending it all. I too have suffered multiple concussions and have had a lot of head trauma but didn't realize how important it was to start from the ground up and rebuild the body through the endocrine system along with proper diet and nutrition which he and his team also address. The truth is that the pharmaceutical industry just tries to give you pain medicine when you have a tack in your foot and psychiatric drugs to deal with the aggravation of it all, but Dr. Gordon helps you pull the tack out and gets to the root cause. I believe conventional medicine is failing this country, and to no fault of doctors as that's just the way it is set up. Dr. Gordon and his team are changing all that and teaching the body how to heal itself and thrive in life again. I still have a long way to go but if it wasn't for Dr. Gordon accepting me as a patient, I'm pretty positive I wouldn't be here anymore and for that I thank him and the Millennium Health Group. To anyone not sure about this treatment plan and feeling like they're starting to lose hope, there is a way to get back that zest for life you had when you were younger, and this is the perfect place to get started.

Dr. Gordon helped me get my life back!

Kory
December 20,
2018 - 10:35pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

I am so thankful for Dr. Gordon! We met after I heard him on a podcast, and I searched him out, as I had never heard someone with his insight into a maturing man's issues. Flying from Wisconsin to LA was more than worth it! I was not military, but I was very aware that my body and body chemistry was drastically changing; I was not feeling that youthful vigor anymore with my usual energy or positive attitude. I was tearing tissues in my joints and I just felt I was breaking down faster than I should. It did not take long after we met, for Dr. G to figure out I received one too many concussions in my years of high school and college football. Being a dentist, he knew I understood a good deal of the science, (of course not like him), and he took time to share that with me. He tested me, treated me, and has helped me feel like a man again! I am 53 and I am very happy, healthy, and feel like I could tackle the world. I will be forever grateful I met Dr. Mark Gordon. He is not only my doctor,



but I consider him an absolute treasure to the medical field, a selfless soldier for real healthcare, and mostly, I consider him my friend!

Dr. Gordon Protocol significantly improved my quality of life

martin altarejos
December 20,
2018 - 4:15pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

I have been on Dr. Gordons protocol for more than two years. Before I started treatment, I suffered from severe social anxiety, depression and panic attacks and was dependent on benzodiazepines for relief. Since starting his protocol, my anxiety and panic attacks have decreased dramatically. My depression is nonexistent. My sleep is much better. Although I am still taking benzodiazepines, my dose has been cut in half due to improvement in my symptoms. I am forever grateful to Dr. Gordon and the rest of his staff.

Civilian Patient of Dr Gordon

I first contacted Dr Gordon after having tried natural remedies, counseling and regular medical treatments from which little to no major changes came from. When I initially went through the testing protocol, I was diagnosed with hypopituitarism. I've had numerous concussions over my life but the worst and most damaging was from an attack I had experienced as a child where I was beaten in the head with a bat.

Anonymous
December 19,
2018 - 11:29am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

My symptoms included increased sensitivity to cold, inability to put on weight even though I lifted weights regularly, anxiety/depression along with a host of other minor issues that when taken together made my life much more challenging.

Within 2 months of treatment, my whole body and outlook had changed for the better; within a few years I feel quite like I did when I was in my twenties and psychologically I was light years beyond anything I had experienced. I'm incredibly resistant to all forms of stress, can hold an extremely demanding job with long hours all while maintaining a healthy relationship with my fiancé.

I'm not a Doctor and won't try to present my experience as though I'm an authority on PTSD or TBI, but I AM an authority on my life and it's quality, and I have a very big Thank You for Dr Gordon for helping to change my life for the better in almost every way.

| Author | Blog Post |
|---|---|
| Michael P December 19, 2018 - 11:19am | <u>Is It Post-traumatic Stress or Traumatic Brain Injury?</u> |

Comment

Immense Gratitude for Dr. Gordon and Andrew Marr of WAF



Author

Blog Post

Comment

I cannot thank Mark Gordon and Andrew Marr enough for their compassion, generosity, and life-altering support. Their assistance and, specifically the regimen of healing developed and directed by Dr Gordon, has had a tremendous, positive impact, over a rather short period of time, on my overall health and ability to perform at home and in the office.

Dr Gordon and Andrew Marr's Program

If it wasn't for Dr Gordon and Andrew's program, I wouldn't be where I'm at today. When I started my protocols, I was having a hard time holding down jobs, being around people to include my family, having anxiety, not sleeping, and having thoughts that were irrational. After several weeks, I began to see and feel a difference. My thought process started to clear up, decisions weren't being made irrationally and i began to get back into the lives of family and friends. It was a slow process but ultimately, I'm in a place where I've always wanted to be in and it's because of the effort of Dr Gordon, his staff, and Andrew Marr.

For a little background on me, I've had 5 concussions that I'm aware of. Three of which were from football in my teens. I've been around thousands of explosions as an EOD Tech and shot thousands of rounds downrange with .50 caliber weapons.

Patient of Dr. Gordon

Andrew Marr and I served together in the 1st special Forces Group. In 2011 I was shot in the abdomen and had 20% of my colon removed, fractured hip and severe damage. Several years after my injuries I felt like the walls were caving in. I was in pain all of the time, barely slept and began having panic attacks. Luckily for me I reconnected with Andrew Marr who introduced me to Dr. Gordon. After undergoing treatment with dr. Gordon, the difference was night. He gave me life back. Thank you.

Alan L.
December 18,
2018 - 6:15pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Kevin Flike
December 18,
2018 - 6:03pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Tamim S.
December 18,
2018 - 5:10pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Huge Improvements



Author

Blog Post

Comment

I have been on Dr. Mark Gordon's hormone replacement therapy for a little over two years and have seen huge improvements to my overall life quality and productivity. I have spent a great deal of time trying to figure out what caused my TBI and am fairly certain it was primarily caused by a softball to the head when I was 6 and a fall on the playground where I banged my head on metal monkey bars at 7. I spent two years trying to improve the symptoms on my own after hearing of Mark Gordon, I was in denial about the brain damage. During those two years my symptoms only got worse until finally I went to see Mark. After starting treatment I quickly went from feeling about a 3/10 to a 7/10. My ability to be productive and get things done became about two to three times greater. I felt that my cognitive abilities had improved. I spent less time focusing on a negative past and more time focusing on a positive future. It has helped significantly with my PTSD and depression, mood swings and sleep quality. I went from an average of 2 or 3 hours of sleep per night to now an average of 6 to 9 hours.

Dr. Mark Gordon's TBI protocol has helped me become a functional member of society. Thank you, Mark.

LUCKY TO BE HERE

Dr. Gordon's T.B.I. program not only saved my life but has also given me the tools to finally truly live. Like a lot of us I stumbled upon all of this by accident. I was looking for answers for a long time and had already given up by this point. I was mislabeled with PTSD at 16 years old and again by the state at 25. Both times following a string of TBIs. I accepted what the pill Drs kept telling me because it was an easy fit and sort of made sense. The depression, suicide, irritability, anxiety, insomnia, night terrors, loss of ability to cope etc fell under the category of PTSD but I always wondered about the migraines, throbbing sore joints, ringing in ears, confusion, extreme weight loss, memory loss etc. Which didn't fall into the PTSD category. So, I was amazed when I heard Andrew's story on The Joe Rogan Podcast #1056. To not only finally figure out was wrong but to also have a breakthrough treatment program available seemed too good to be true. But it is true. And pretty simple. With Dr. Gordon's protocol my life has improved in all areas. Besides all the symptoms listed above becoming irrelevant and almost forgotten I was able to completely stop taking benzodiazepines after 16 years of heavy use. Take away the pain. No need for drugs. Simple. Dr. Gordon is an extremely committed selfless person who is literally changing the world. My treatment is overseen by **Dr. Alison Gordon NMD** who has been very

Aaron Cannizzaro
December 18,
2018 - 4:35pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)



| Author | Blog Post | Comment |
|--|--|--|
| JohnnyD December 18, 2018 - 2:32pm | Is It Post-traumatic Stress or Traumatic Brain Injury? | <p>understanding, patient and encouraging thru my recovery process. I can't thank them enough. I strongly recommend this treatment to anyone who wants to better themselves and improve their overall quality of life.</p> <p>Dr. Gordon is making a difference!!!</p> <p>I'm a civilian patient of Dr. Gordon's with a history of concussions from football, waterskiing, mountain biking, automobile to BASE jumping accidents. I have been on his protocol for the last few months and can honestly say he is making a difference in my life. Slowly but surely every day is getting better and better. I still have a lot of work to do but I'm now looking forward to tomorrow. A simple blood test can reveal a ton of information and I would recommend it to everyone. Thank you, Andrew Marr and Dr. Gordon, for making a difference!</p> |
| Tom W. December 18, 2018 - 2:23pm | Is It Post-traumatic Stress or Traumatic Brain Injury? | <p><u>Improved Life</u></p> <p>As a combat Veteran I was suffering from PTSD, anxiety, depression and poor sleep quality before and after leaving the service. I was introduced to Dr. Mark Gordon through the Warrior Angels Foundation and was able to implement his TBI treatment protocol with outstanding results and improvement to my quality of life. Within weeks of starting the TBI protocol my symptoms dramatically reduced. The biggest benefit that I noticed was an increase in focus, concentration, energy and sleep quality. I can proudly say that I am now free of all medications from the VA and living a productive and healthy life thanks to the results of Dr. Gordon's treatment. Thank you to Dr. Mark Gordon and his team for all that they do for the Veteran community!!</p> <p>Amazing Results</p> |
| Mark Tullius December 18, 2018 - 2:01pm | Is It Post-traumatic Stress or Traumatic Brain Injury? | <p>When I began Dr. Gordon's program I was not expecting much. I didn't think I was that bad, especially compared to several of the cases I'd heard him describe. After only three weeks I realized just how much I had downplayed my symptoms and what I had been dealing with. The protocol minimized anxiety, depression, irritability, and other issues and I am such a happier and more productive person because of it. I'm very grateful for Dr. Mark Gordon and Dr. Alison Gordon and highly recommend them.</p> |



Author

Blog Post

Comment

Searching for help for Decades

FL

December 18,
2018 -
11:30am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Anger issues, depression, mood swings, migraines, night sweats, this old Marine could not find peace. Always searching for an answer, visiting dozens of health care professionals over the years.

Via a podcast, I came across Dr Gordon. When I am on the TBI protocol - I feel better, I am more self-aware, less angry and more focused. It's part of my total recovery along with Yoga and eating smarter and connecting with people that matter to me.

I have been a tough S.O.B. for a long time and that's not who I wanted to be. So if you're looking for help, committed to making a change to be better - than a visit to Dr Gordon could be the best investment you make in yourself.....and your family.

Thank You Mark for helping veterans when others couldn't.

Healthy and happy

Shawn Dollar

December 18,
2018 -
11:18am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

I've been on Dr Gordon's protocol for a year + and It's balanced my body and brought me back to being mentally stable. Dr Gordon's treatment is one that I recommend to anyone with a TBI or any mental challenges that make them feel unstable. Our brain health is our foundation. This has given me my life back.

Dr Mark Gordon and his Protocol

Chris T

December 18,
2018 - 7:27am

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Dr Mark Gordon and his protocol for treating TBI are nothing short of a miracle in my life. After years of multiple suicide attempts and an inability to maintain my composure due to overwhelming mood swings, I felt hopeless and alone. I have been on many different medications over the past fifteen years and nothing seemed to work.

After two months on the Dr. Gordon protocol my physical symptoms of depression are gone! I no longer wake up feeling worthless and weak. Instead I wake up feeling refreshed and ready to face the day. Now it has not solved all my problems magically, but it has brought me to a place where I can manage my emotions and through time repair the wreckage of my past.

Thank you Dr Gordon!

Ben W

December 18,
2018 - 2:03am

[Is It Post-traumatic Stress](#)

Dr Gordon's protocol



| Author | Blog Post | Comment |
|---|--|--|
| jane December 18, 2018 - 1:07am | or Traumatic Brain Injury? | <p>During the year or so I was on Dr. Gordon's protocol, I noticed a general improvement and fine-tuning of my overall health. My level of energy, sleep and attitude all improved.</p> <p>It only makes sense that one's system needs the proper hormonal and nutrient balance to achieve proper function. Any disruption in this process will have adverse effects.</p> <p>The goal of Dr. Gordon's approach is to identify any such disruption and to correct same by supplementing and stimulating the body's natural process.</p> <p>Bravo to Dr Gordon!</p> |
| | | <p>emerging help for many</p> |
| | Is It Post-traumatic Stress or Traumatic Brain Injury? | <p>I applaud those who venture into uncharted territory, especially in the health and medical field as there seems to be heavy resistance against breaking the norm. Finding nuances and sleuthing to the point of correlating circumstances and symptoms to uncover a root cause and then properly treat it is a rare find...and so is Dr. Gordon. This article really encourages me...that those with rare (and unfortunately more common than believed) TBIs can find hope and recover.</p> |
| | | <p>Changed Life</p> |
| Brian M December 17, 2018 - 10:09pm | Is It Post-traumatic Stress or Traumatic Brain Injury? | <p>I first heard of Dr. Gordon on Joe Rogan's podcast with Andrew Marr. It was background noise for the most part and I found it mildly interesting until Dr. Gordon referenced civilians as suffering from the same symptoms as soldiers with PTSD. Dr. G explained that he had a civilian patient suffer head trauma in a car accident at the age of 19. The head trauma was caused by hitting the windshield. The symptoms from that head trauma got progressively worse over the years and in his thirties was suffering many of the same symptoms as the PTSD candidates. I was shocked by the story. I was 38 at the time of hearing the podcast and had a car accident exactly like the example patient he described.</p> <p>I immediately got tests done to understand what my levels were, they turned out to be way below average in some critical areas, basically at the bottom of the chart. I contacted Dr. Gordon and have been on his program for about 5 years. Many improvements have occurred since being on the program, one being I was boarder line diabetic which has been erased to normal levels. The two unexpected improvements to my daily life weren't even problems I realized I had.</p> <p>My sleep has greatly improved where I don't always feel tired and to this day I'm still getting good deep sleep in shorter time periods. Also, dealing with stress and focusing has improved. Before the program, I</p> |



Author

Blog Post

Comment

found I would get wound up in my own brain on a topic and would be consumed with worry, doubt, and stress. I now handle those situations so much better. I still can't believe how I was able to accept my situation before the program.

I don't like stating the phrase "life changing," but my life has improved greatly in that my family life is fantastic, work life has been less stressful, and I'm starting a new business.

I can't thank him enough. I hope others who are struggling with the same issues realize what they are suffering from and get help.

Comment

I would like to start by saying thank you to Dr. Gordon and Andrew. It was through their work that I have been able to stabilize and now excel in life. I was too one of those guys that shot a few too many Carl G's, hung out in the mortar pit, blew doors when making entry, and just went hard. When I got back things were just way more difficult... When I got mad it went from on edge to punching tile walls, lashing out at loved ones, sleepless nights, ect. My ability to remember things was gone. I would forget my families names even. I was being treated by the Army and they had me on what they called the combat cocktail. Basically a bunch of antidepressants and downers to try to slow me down. It only got worse. Then I was told about Dr. Gordon through a friend of a friend that was a contractor doing similar work that had had problems. I did the thorough blood tests and Dr. Gordon came up with a plan. WITHIN 2 WEEKS my symptoms began to dissolve. When I woke up in the morning I didn't feel like the ocean was on top of me, I could drive on Los Angeles freeways without loosing my mind, I started to get better physically too. Now the last part I think is interesting because it is not something that Dr. Gordon has connected as part of his treatment, at least from what I have read. For me It was a full 180 once I started treatment with Dr. Gordon. Mental and physical.

Dr. Gordon's Plan Saved My Life

Unlike many soldiers for whom I have great respect and admiration, my issues with TBI was from numerous head-on collisions when playing football and the concussions that came with it. This was well before the new protocol in high school through the NFL.

Depression, anxiety, irritable for no reason, and the thought of I don't want to live if I have to live like this. My wife happened upon Dr.

Jake Ryan
December 17,
2018 -
10:00pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

Timothy Boatwright
December 17,
2018 - 9:24pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)



Author

Blog Post

Comment

Gordon and we set up a visit. He himself drew my blood and ran every test in the book. After a few days he formulated a plan specific for my needs and set up a time to discuss with me line by line what everything meant and why I was in the state I was in. I'd say in roughly a weeks' time I was a completely different person. My wife likens it to turning on a light switch, and I have been trending upward ever since.

Thank you^10 Dr. Gordon for not only your cutting-edge work, but for caring. Which reminds me I need to get into your office as I am due to have my blood drawn. See you soon, and again thank you.

Tim

Proud patient of Dr G's

My wife found Dr Gordon, and it changed me back to who I was, when I was at my best. At the end of a long and eventful multi decade military career I was considered homicidal and unfit to serve by installation medical professionals. I had two mild and one moderate TBI's during my career. I had many other physical injuries and sustained multiple concussions. I was a shut in, depressed, angry and confused as I dealt with nightly terrors in the few hours I slept. I had migraines and maddening tinnitus. After starting the prescribed nutraceutical and hormone protocol (based off my blood work), I was fully back to my old self within 4 months. I am now holding down a six-figure salary and my cognitive, problem solving and affect are as good as they have ever been.

Andrew, Dr G and my wife, saved my life!

I am one of his patients

I would like to start by saying thank you to Dr. Gordon and Andrew. It was through their work that I have been able to stabilize and now excel in life. I was too one of those guys that shot a few too many Carl G's, hung out in the mortar pit, blew doors when making entry, and just went hard. When I got back things were just way more difficult... When I got mad it went from on edge to punching tile walls, lashing out at loved ones, sleepless nights, ect. My ability to remember things was gone. I would forget my family's names even. I was being treated by the Army and they had me on what they called the combat cocktail. Basically, a bunch of antidepressants and downers to try to slow me down. It only got worse. Then I was told about Dr. Gordon through a friend of a friend that was a contractor doing similar work that had had problems. I did the thorough blood tests and Dr. Gordon came up with

Joe
December 17,
2018 - 7:53pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)

War Machine
December 17,
2018 -
12:10pm

[Is It Post-traumatic Stress or Traumatic Brain Injury?](#)



Millennium-WAF TBI Project



Author

Blog Post

Comment

a plan. WITHIN 2 WEEKS my symptoms began to dissolve. When I woke up in the morning I didn't feel like the ocean was on top of me, I could drive on Los Angeles freeways without loosing my mind, I started to get better physically too. Now the last part I think is interesting because it is not something that Dr. Gordon has connected as part of his treatment, at least from what I have read. For me It was a full 180 once I started treatment with Dr. Gordon. Mental and physical.