

My name is Kauai Mayural. I am a former Navy SEAL and I have had my life saved and turned around from Hyperbaric Oxygen treatments. I am currently the program director of the Helping Heroes Heal program, which is a program under the America's Mighty Warriors foundation. What we do is offers funding for HBOT to combat veterans suffering from PTSD and TBI as our primary pillar of treatment and care.

We have helped over 450 veterans and active service members suffering from PTSD and TBI to very positive outcomes and even complete reversal of some symptoms.

I speak with every person that enters our program, check in through out and after their treatments. When we first meet, our veterans are often completely broken compared to who they once were. They are depressed, anxious, anti-social, reclusive, have debilitating headaches, greatly diminished cognitive function, they cannot focus, have insomnia and at the very worst, have suicidal ideations. It would be an injustice to not mention the hardship and strain this all puts on their family life too. There is often inability to form and maintain meaningful relationships, communicate or emote effectively. They cannot fully support their families because they cannot maintain work or be present and "available" even though they are right there.

By the middle of their treatment protocol, I can hear change in their voices and their outlook on life. Everyday situations are more positive and they are sleeping better.

At the end of treatment, I am speaking to a brand new person that is no longer dealing with these symptoms at the same level or at all, who is sleeping better, is cognitively sharper, can focus, is not thinking of suicide and is now available for their family and present to live a better quality of life.

Before I came on with the foundation, I was suffering from both PTSD and TBI. One deployment, I had been shot and almost lost my leg, lost teammates that were like blood Brothers to me and on different occasions, I had been in within close proximity to two separate explosions that went off and unquestionably changed me for the worse. When I came home, I was not the same. I couldn't think like I could before. I had terrible executive function and decision making, I could not focus, had headaches, felt broken and weak, had insomnia and I could not hold down a job to support my family due to how my symptoms exhibited. I was always debilitated by anxiety, chronic depression and I was stuck. I was about to lose my family due to the symptoms and strain. I even came to the precipice of committing the unthinkable.

I am not a quitter and remained in the fight knowing I was in deep water. I tried everything that was available to help in healing. The only thing that moved the needle in being healed in a permanent way was the HBOT that I received from the foundation.

For me, I started to feel a difference in the second week of treatments. I became more social and I didn't feel a black cloud over me. By week 4, I was smiling for the first time in a long time. I felt grateful for things and able to sleep. At the end of treatment, I was a completely different person, unchained from the debilitating symptoms and free to love my family and live life again.

These are understandably, subjective, personal accounts but we also have Pre-treatment scans of the brain showing the damaged areas and the post treatment scans objectively showing the healing and proper function of the previously damaged areas.

Evidence shows that the pathophysiological changes that occur during an acute traumatic event can lead to long-term alterations in the structure and function of the brain culminating in clinical symptoms. HBOT has proven effective for treating disruptions of brain structure and functions by ensuring saturation of neuronal cells with adequate oxygen necessary for recovery from damage caused by injury. This is specifically true for PTSD and associated suicidal ideation, as was dramatically demonstrated in a recently published Israeli study. The study was done over a four-year period by the world's foremost team of experts in the field. Results are dramatic and conclusive – HBOT heals PTSD and prevents suicide. <https://neurosciencenews.com/hbot-ptsd-psychology-28018/>

I consistently see the positive outcomes that HBOT has in healing the brain and reversing symptoms. HBOT is a noninvasive, safe, effective, and cost-efficient way of treating these neurological conditions where others have failed. Studies have shown the regenerative biological effects of HBOT to include among others, activation of genes involved in the repair process and promoting proliferation of neuronal stem cells in the brain. These are remarkable results with lasting tissue repair long after the discontinuation of HBOT treatments.

I know that HBOT can offer new hope and healing possibilities for those suffering from TBI and PTSD. I am living proof and I see the outcomes all of the time from our Helping Heroes Heal Program. I wholeheartedly support this bill for our veterans who have fought so hard and sacrificed so much for our freedoms.

Sincerely,

Kaui Mayural
America's Mighty Warriors Foundation
Helping Heroes Heal Program director