

Appendix A

First time I met Dr. John Hughes was to be assessed for HBOT treatment at the Colorado Center for Hyperbaric Medicine. Kirk Hartley, who owns the Hyperbaric Center in Basalt, introduced us. I had arrived in Basalt with the love and support of some dear friends. I was so hypersensitive to light and sound that I had to wear ear plugs, headphones, sunglasses, giant sun hat, and a scarf just to attend the appointment and upon leaving the house. To help better explain, I could not be outside in the light for even 5 seconds. Just the sound of others talking and questioning me about my injury was overwhelming. For a year after the accident I could not drive, I lived in darkness at home, and struggled emotionally. Even the sound of a pipe creaking in the wall would overwhelm me. My three main weaknesses were light, sound, and emotion. My sensitivity to light and sound would elicit unreasonable emotional responses of fear. My memories from the day of meeting Dr. Hughes are limited. I felt like I wasn't even there but I somehow knew that he was going to be able to help me. I struggled through the standard medical questions squinting and winching from the pain that the light was creating. It was hard to communicate but I knew that I had arrived with a DR. that could help me. His demeanor was filled with humor, hope, and confidence. Since hope had pretty much gone out the window it was refreshing to learn about new therapies. HE discussed ozone, prolo, and blood therapy. I left the office relieved that I had passed the testing to allow me to begin HBOT sessions. I felt like a plan was going to develop between Dr. Hughes and I.

I began my sessions several days later spending the next 75 days in Basalt doing the HBOT treatment along with Kirk Hartley and taking rides in the hyperbaric chamber as often as possible. A few weeks after beginning my treatments Dr. Hughes came to visit me on my hotel room to assess my progress. He was surprised to find me completely in the dark except TV light. I cannot remember when we first discussed PRP treatment and administering through the nose. I felt like this was science fiction meets the modern world. I agreed to the treatment and we made a plan to begin the PRP treatment. I remember leaning my head back on his table and he began inserting the plastic into my nasal passage to the point where the nose makes a turn. With my heightened sensitivity this was incredibly intense for me. I held the piece high in my nose as he squirted the plasma into my left nostril. I could feel the medicine moving across my brain and spreading around as I moved my head for the next 20 minutes. He then administered the plasma into the right nostril. After this it was like a stream of information had been let loose like a dam that had busted. I saw clips of memories such as faces, numbers, and letters. After 5 minutes the stream of thoughts slowed down. I needed sugar during the process due to slight hypoglycemia. Upon completing the second treatment for the day I had the same reaction and results except the stream of information slowed down and I could

recognize images and conversations I had with people. It was almost like a computer file had been opened full of letters, numbers, and words. I started having expanded thought. I felt for the first time in a year that I had some clarity. The initial feeling of bubbly effervescent seemed to give me life. The light was on in the back of a dark warehouse.

I was excited and able to read more than 2-3 sentences without triggering a migraine. I found that I was able to get back on the computer and learn more about my trauma and recent treatment. Within the following days it was like an awakening. I could turn on lights for a few minutes and keep the TV on. It seemed like a light switch was turned back on inside my head even though it was dim. There was new activity occurring. I did not understand the blood brain barrier discussed by Dr. Hughes but I understood that we had crossed it. The next day while in the hyperbaric chamber at 1.7 ATA for an hour and a half I experienced what felt like men working inside my brain stretching and pulling the tissue. I almost felt like my brain was itching. I discussed this with Kirk Hartley after my session and he stated that any feeling inside the brain after TBI is good because it indicates blood flow where there previously was none. Over the next 7 days I continued to experience healing but the intensity faded a bit each day. After a week, I could spend 15 minutes in the sunlight. I was having memories from childhood return. I experienced music playing in my head. The ability to think and plan returned. Now with a renewed sense of purpose I started doing more research about PRP, stem cells, activating stem cells. It was then that I proposed to Dr. Hughes that we travel to Miami to learn more about stem cell technologies involving bone marrow and stem cells taken from liposuction. We set a date for later that year to pursue further treatments options available in Miami. The fact that I was able to make plans and travel was proof of the leaps and bounds I had experienced after PRP treatment.