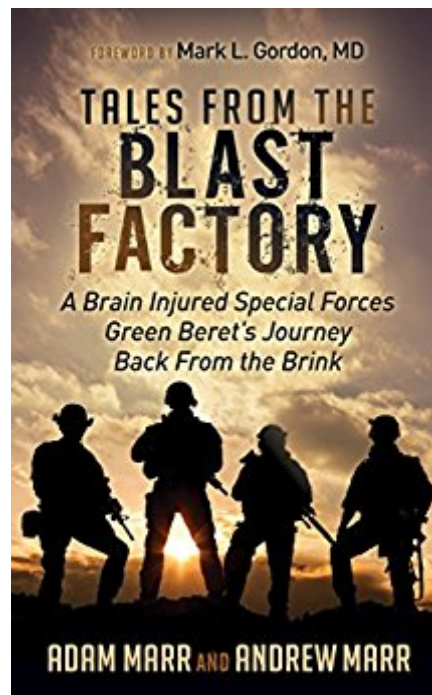




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# Tales From The Blast Factory: A Brain Injured Special Forces Green Beret's Journey Back From The Brink



## Synopsis

Andrew Marr, a former Green Beret with multiple tours of duty in Afghanistan, fought in the war incurring dozens of traumatic brain injuries that really began off the battlefield. It almost destroyed him and his family, and almost cost him his life. Marr's triumph in seeking answers and treatment outside a military medical establishment that repeatedly failed him began and ended with the kind of initiative, journey, defiance of convention, and solutions found in *Tales From the Blast Factory*. With thousands of veterans and other TBI sufferers wallowing in the wake of inadequate treatment, the TBI nation is primed to learn the science behind this very specific kind of healing and why conventional protocols fail.

## Book Information

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## Customer Reviews

As a therapist & doctoral candidate in clinical psych who specializes in trauma & recovery, I have the opportunity to work with & advocate for trauma survivors & those struggling with TBI's in both civilian and military populations. The insights shared in this book are essential for professionals in

the field on multiple levels, as well as a resounding roll call for us to broaden our scope of treatment & to come together as a unified team with a shared mission: helping folks get their lives back. SFC Marr's story of tremendous personal determination, sacrifice & recovery within the contexts of his enduring family, the military & the current medical system highlight the many flaws in our system, as well as the amazing potential for more effective triage. I'd highly recommend this read for anybody with even faint interest in this subject, and particularly those who want to more effectively, and holistically support our vets both at home & abroad.

I would like to personally thank Andrew for bravely giving an account of his nightmare scenario in dealing with traumatic brain injury and seeking treatment in a completely inept and woefully inadequate military medical system. The mindset of many veterans is that we are expected to suffer in silence all while 22 of our brothers and sisters choose to take their lives every single day and it takes a true leader to stand up and say enough is enough. The book is an account of the true story of a Green Beret who has experienced a severe brain injury due to an explosion while serving overseas. While being knocked unconscious from a massive explosion is horrific enough, the true battle began as this man sought treatment for this injury through the military medical system. The full effects of traumatic brain injury are just beginning to be understood in this day in age with the awareness being brought front and center not from the medical community but from the sufferers themselves in many cases. We see this in professional football and in the military now with horrible effects that manifest themselves in the form of anxiety, depression, hormonal imbalances, and then eventually suicidal or even homicidal tendencies. We are literally watching the best within our society mentally deteriorate in front of our eyes and nothing is being done. Andrew expertly describes how he was able to find help against all odds to treat his condition and be the hero for his family that he knew he had to be. I have personally been frustrated with the extreme amount of health problems our fellow veterans experience after leaving the service. I have essentially had more friends die of service connected health issues than I have while serving overseas in combat and I have lost confidence that the military and VA medical systems will come up with a solution. If you are a veteran reading this and you feel that your post service quality of life has decreased then I challenge you to read this book and begin assessing your symptoms. You do not have to suffer from depression, weight gain, diabetes, suicidal thoughts, increased risk of cancer and heart disease, and a feeling of hopelessness. The root cause of these problems could possibly be hormonal imbalances and increased inflammation seen in service connected incidents such as exposure to burn pits, repeated shock from being near explosions (Count IED teams, EOD,

Engineers etc.) and the general high stress lifestyle of combat deployments. Seek help at all costs and never take no for an answer. Your glory days are yet ahead my brothers and sisters!

I first heard Andrew Marr and Dr. Mark Gordon speak on the Joe Rogan Experience Podcast episode #700. On that episode, Andrew shared his story - which is laid out in TALES FROM THE BLAST FACTORY - on how he was able to fully recover from his Traumatic Brain Injury and Post Traumatic Stress symptoms through the help of Dr. Gordon's protocol. Andrew's comeback story touched my heart. I finally understood that my grandfather, a World War II and Korean War veteran, may have suffered similar brain injured symptoms that Andrew had described but never received the treatment that is now available through pioneers like Dr. Gordon. My grandfather wasn't the easiest person to be around growing up due to his temper but had he had access to a proven solution for the brain to heal, he may have felt more like himself, been more kind and less intimidating to be around. Who do you know that may have had their light dimmed due to physical and emotional trauma to the head and/or body? I thought about all millions of people who had acute and chronic head/body traumas, not only the wounded warriors like Andrew, but those from full-contact sports, car accidents, physical abuse, being a curious child, traumatic birth, a combination of these and etc. I thought about my own life and the numerous times I've hit or been hit in the head. Maybe that's why I had issues with depression, anxiety, anger and thoughts of suicide throughout my life? So, I reached out to Andrew who referred me to Dr. Gordon to have my levels checked out, like what is referenced in Tales From The Blast Factory. Turns out, I was deficient in a few key hormones and nutrients. Armed with objective measurements, Dr. G put me through an individualized nutraceutical protocol. Within a couple of days, I felt my brain turn back on! I felt like me again!! Besides a host of physiological and psychological benefits I received from Dr. G's protocol, I finally felt like that internal parking brake toward life was finally let go. Although stress still exists, my brain and body can now adapt and thrive in life because it's FULL, instead of "running on empty." Certainly read this book if you or someone you know is suffering mentally and/or physically. There are over 20 plus veteran suicides happening in the US each day?!! This doesn't include the civilian population that is suffering as well!! The solution to healing and optimizing the brain is finally available. TALES FROM THE BLAST FACTORY is true real-world example that actually works and is saving lives.

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