

# Dakota Meyer Shares Battle with Anxiety on Instagram

Feb 18, 2017 | Anxiety, featured, Media Articles, News, Testimonial



## Dakota Meyer, Medal of Honor Recipient and Marine Veteran, Shares Battle with Anxiety and Use of Proven, Non-Drug Treatment Providing Him Relief

Meyer Discusses Alpha-Stim by Electromedical Products International, Inc.

### Mineral Wells, Texas – March 10, 2017

Anxiety can have a crippling effect on veterans of war and service members involved in operations. Post-traumatic stress (PTS) often becomes a cycle of despair, intrusive memory followed by efforts to numb it till it breaks out again. Hypervigilance kept the veteran alive in dangerous situations but can cause changes in the biochemistry of the brain.

Dakota Meyer, a marine veteran and Medal of Honor recipient, opened up on Instagram about his personal struggle with anxiety and a non-drug treatment that he says has changed his life.

Treatment information and clinical studies are available by clicking <https://www.alpha-stim.com/alpha-stim-technology/>.

“So I don’t talk about it much because it’s definitely something I’m not proud of, but I have a rough time with anxiety. I just started this new Alpha-Stim treatment. It’s the only thing that I have found so far that’s not medication that helps a ton. I just wanted to share in case you all are looking for something,” Meyer said on February 13, 2017, using hashtags like #lookoutforoneanother and #anxietyhelp.

Scores of veterans and civilians alike have replied with words of support and encouragement, including comments such as:

- “Nothing to be ashamed of!”
- “People who don’t have it can’t possibly understand what we go through.”
- “Thank you for posting this. As a Soldier that deals with this, I can relate. And I’m sure so many other of our military brother and sisters can as well.”

In a private interview with Meyer, he shared how debilitating his anxiety had become. After seeking help and expressing a desire for a non-drug treatment, his counselor prescribed Alpha-Stim. Two months after use, Meyer says that his anxiety is much improved, as is his quality of life.

While Alpha-Stim is currently available in more than half of the VAs across the nation, it’s his opinion that everyone should have access to this treatment. Others agree, including Lila Massoumi, MD, Chair of the American Psychiatric Association Caucus on Complementary, Alternative and Integrative Medicine (CAM).

“I recommend the Alpha-Stim device primarily. Many of my patients have PTSD, and I have found no medication treatment better for PTSD than Alpha-Stim,” Massoumi said in the November/December 2016 issue of The Carlat Report, a prestigious psychiatry publication.

**About Dakota Meyer** Dakota Meyer gained national attention for his actions in Afghanistan during his second deployment. On September 8, 2009, Meyer entered an insurgent inhabited area, where he found and moved the bodies of four missing servicemen so they could be safely extracted. During his search, he “personally evacuated 12 friendly wounded and provided cover for another 24 Marines and soldiers.”

**About Alpha-Stim®** Alpha-Stim® is a FDA cleared medical device that provides safe, fast and effective treatment of anxiety, insomnia, depression and pain. The brain functions electrochemically and can be readily modified by electrical intervention. The Alpha-Stim AID utilizes cranial electrotherapy stimulation (CES) to deliver the only patented waveform which is clinically proven to significantly decrease anxiety and comorbid depression. It can be used alone, along with other therapies, or with medication (without the risk of drug interactions). There are no serious adverse effects, no risk of addiction, and more than 100 research studies over 35 years that prove effectiveness. To learn more, call 1-800-FOR-PAIN or visit [www.alpha-stim.com](http://www.alpha-stim.com).

Full disclosure of the minor and self-limiting risks at [www.alpha-stim.com/risk](http://www.alpha-stim.com/risk).