

# DO YOU SUFFER FROM PANIC ATTACKS?



*Now Enjoy All That Life Has To Offer*

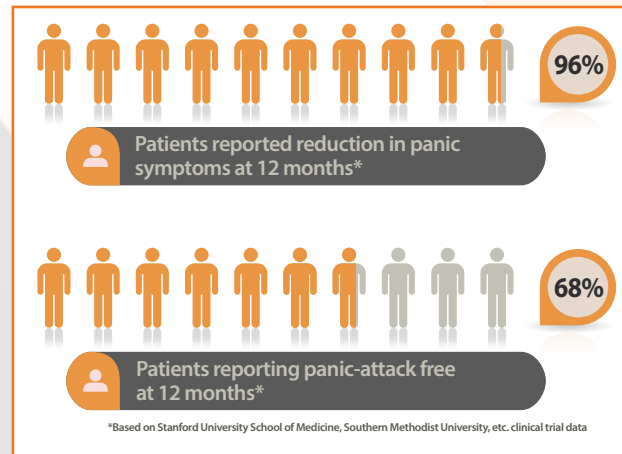


- FDA-Cleared
- Non-Pharmaceutical
- At-Home Treatment for Panic Disorder

## Is Freespira right for me?

If you have been diagnosed with panic disorder or suffer from panic symptoms such as sweating, trembling, shortness of breath, chest discomfort, dizziness, or nausea, the Freespira Breathing System may be right for you.

## What are the results?



While results may vary, most patients report a significant reduction in panic disorder symptoms. The studies also demonstrate long-lasting reductions in panic attack frequency and severity, anxiety symptoms, and avoidance behaviors, along with improvements in mood and quality of life in the majority of patients.

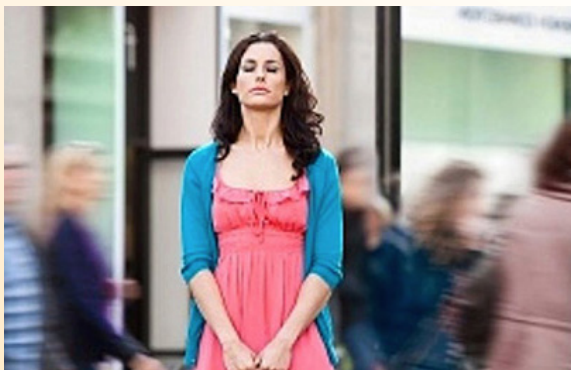
*“Freespira has enabled my world to expand again. The agoraphobia and panic symptoms that I experienced on a daily basis have **literally gone away**. This is priceless.”*

**Colleen, Freespira Patient**

## Freespira Breathing System

The Freespira Breathing System is an FDA-cleared, at-home therapy to treat symptoms of panic disorder and panic attacks. The System includes a handheld tablet computer with the Freespira Application (App) and a highly precise sensor that measures breathing rate and the level of exhaled carbon dioxide (CO<sub>2</sub>) in each breath. The App provides easy-to-follow audio and visual instructions that guide you through the breathing sessions. Under the guidance of a therapist, this 4-week treatment has been demonstrated to be safe and effective in several clinical studies.

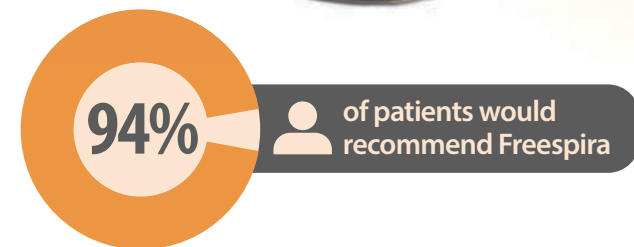
Panic disorder has a physiological component that needs to be addressed. People with panic disorder may not realize it, but they breathe differently than other people all of the time, not just when they are having a panic attack. The Freespira Breathing System teaches you to adjust your exhaled CO<sub>2</sub> level and breathing rhythm to normal patterns. This reduces or eliminates panic symptoms and panic attacks sometimes in as little as 2 weeks.



### How does it work?

The Freespira Breathing System utilizes a highly precise, proprietary sensor that samples and measures the CO<sub>2</sub> levels in your exhaled breath and digitally transmits this data to the App running on the included tablet computer. Real-time breathing information is displayed and the App provides verbal and visual prompts, guiding you to adjust your breathing pattern to optimize your CO<sub>2</sub> level and respiration rate.

Meet with a Freespira therapist who will teach you how to use the System. You will then take the Freespira Breathing System home and complete two 17-minute session each day for four consecutive weeks in the comfort of your own home.



### How do I get it?

Starting is very easy. Just contact a Freespira trained healthcare provider to get your authorization and be trained on the system.

**To get more information and obtain a referral,**  
**call (925) 786-0312**  
**or go to [www.freespira.com](http://www.freespira.com)**