

When I was diagnosed in October of 2023, like many other ALS patients, my doctor basically told me to wait it out and try to enjoy the last couple years of life. At the time I was 34 years old and was enjoying the beginning of a marriage, fatherhood, and had just found out my wife was pregnant with our 2nd son. So "waiting it out" wasn't going to fly.

I came up with my own game plan that involved putting my body in the best position. That plan began with an overhaul of testing to better understand the strengths and weaknesses of my body's make-up, foods my body thrived on and struggled with, existing issues that had may have been lingering, deficiencies that required additional supplements and vitamins, etc. I'm still gathering and further investigating this information after almost an entire year but have already learned so much about myself and this disease that has been proving extremely helpful in my journey.

Shortly after getting diagnosed, I started studying all the commonalities from Dr. Richard Bedlack's (Professor of Neurology at Duke) ALS Reversals and was able to come up with an arsenal of supplements that were taken by the reversal patients. I'm glad I did this from the beginning because it immediately started keeping progression at bay which at the time was getting severely worse.

Three months after being diagnosed, I was having trouble lifting a water bottle to my mouth with my right hand. I struggled to keep food on my fork and my handwriting was getting worse by the day. My pointer finger on my right hand was almost completely limp. I had very little ability to straighten it out. Today I can lift that water bottle, that fork, and my fingers are stronger.

The next step was to find alternative ways to supplement my healing. With the grace of God, I have been able to assemble a dream team of professionals and integrative doctors that are genuinely committed and passionate about helping me reverse this disease. Over the next 6 months, I started trying everything and working with as many professionals/specialists that landed a good feeling in my gut. Here is a comprehensive list of what I'm doing.

****Disclaimer: It's not lost on me that these treatments and therapies are expensive. Athletes vs. ALS and Augie's Quest to Cure ALS are not financially responsible for these treatments, nor are they able to endorse them.***

Here is a list of my treatment and therapy activities that all of you have provided me the opportunity to explore:

SUANA / ICE BATH - DAILY

30-45 minute full spectrum infrared sauna followed by a 3 minute ice bath @ 45 degrees.

- SAUNA:

- Cleanses cells and purges toxins from the body

- Improved Blood Circulation
- Soothes sore muscles
- Boosted immunity
- ICE BATH
- There is not a lot of research on ice baths and ALS but I find it strengthened my weakened muscles. My grip strength is always stronger the hours following and ice bath.
- Muscle Recovery
- Elevated Mood
- Inflammation
- Circulation
- Improved Sleep

BEMER - DAILY

I sleep on a Bemer mat and use the Bemer belt around sore muscles and joints every day and night.

- Enhanced Circulation & Blood Flow
- Improved Nutrient Supply and Toxin Disposal

NERVE REGENERATION -2X/WEEK @ Ascent in Costa Mesa *Adaptation & Regeneration with Danielle Palmer*

- Using Scenar Therapy, the Scenar devices reboots and reprograms my cells and nerves through shock therapy. Manually firing specific nerves using electrodes and shock therapy.
- I have seen so much improvement from this. I am completely capable of fully straightening out my pointer finger on my right hand and having no issues lifts a water bottle to my mouth.

CVAC - 2X/WEEK

- The CVAC is like a Hyperbaric chamber but instead of dropping in altitude the CAVC increases and drops drastically from close to 30k feet back to sea level through a pressurized chamber several times over the course of an hour.
- Boosts Cellular Integrity
- Strengthens and Multiplies Mitochondria
- Inflammation
- Potentially decreases fasciculations

QIGONG - 2X/WEEK Treatments / Daily Practices

- Optimizes energy within the mind, body, and spirit to accomplish chi and overall well-being.
- The number 1 treatment I have found to decrease fasciculations
- The keeps my mental game sharp!

MUSCLE WORK - 2X/WEEK

Muscle work consists of variations of massaging and stretching muscles.

1 hr assisted stretch weekly, daily stretching on my own

1-2 hours of massage work weekly, daily rolling out on my own...taking care of the muscles is a huge positive for me physically; preventing me from getting sore which also can be draining mentally.

BLOOD TESTS / LABS - MONTHLY

I'm constantly getting bloodwork done to test for abnormalities and deficiencies. I have found to have a high sensitivity to Gluten and a leaky gut that I'm taking steps to fixing. I'm on a gluten free Paleo diet consisting of High Protein, High Fat, Low Carbs. I have traces of mycotoxins, Lymes, and even mold that require further testing. I see an integrative doctor that combines the best practices from the western and eastern culture of medicine.

VITAMINS / PEPTIDES - DAILY

I inject methylcobalamin (b12) nightly as well as peptides (TA1, NAD, Humanin, and BPC 157) on a rotating basis.

My supplement list is extremely long. I take about 40 pills a day and am always trying to reduce that number by find alternative ways to take in supplements and vitamins.

Advanced Lipid Support
Excitotoxicity Support
Neurotransmitter Support
Inflammation Support
Muscle Support
Diet Support

I'm crushing rehab/treatments 3-6 hrs a day M-F and 2-3 hours on the weekends.

I'm also actively enrolled in the Healy trial, through UCI, which is a drug that is hopeful to slow progression symptoms. 50/50 drug/placebo.

In addition to a hyperbaric chamber, I'm also doing nerve regeneration 2x a week to try to wake the dead motor neurons in my extensor muscles on my right and left arm. I basically lay down on a table and get zapped for an hour lol.

I've been studying the 50 cases of ALS patients that have reversed this disease and matching up supplements and vitamins they were on with my regimen.

I started working out again and although I'm nowhere near where I was in terms of strength, it feels great to get the edge again.

Overall, I can feel I have a lot more energy and have never felt healthier. I still have a tough time using eating utensils in my right hand but I'm grateful that's all I can complain about.

The commitment to staying consistent with my faith, health, diet, exercise, treatments, and 3-4 hours of appointments every day is a non-negotiable obligation for me and I'm not going to lie, it's exhausting.