



Taking Flight to Heal

Post-Traumatic Stress Disorder (PTSD) affects millions of veterans worldwide, leaving them grappling with intrusive memories, anxiety, depression, and other debilitating symptoms. While traditional therapies have proven helpful, emerging technologies like flying drones are opening new avenues for healing. Drones offer an innovative and immersive approach to therapy, enabling veterans to regain control, find solace, and reconnect with the world around them. In this article, we explore how flying drones can transform the lives of veterans by helping them overcome the challenges of PTSD.

Unleashing Freedom:

Many veterans feel confined and restricted due to the impact of PTSD. However, flying drones allows them to experience a newfound sense of freedom. Veterans can explore the skies by piloting a drone, witnessing breathtaking vistas, and capturing stunning aerial footage. This freedom of flight can help alleviate feelings of being trapped and provide a sense of liberation, enabling veterans to break free from the emotional shackles that bind them.

Rebuilding Trust and Confidence:

PTSD often erodes a veteran's trust in others and themselves. By operating drones, veterans can regain confidence in their abilities and rebuild trust. Flying drones requires focus, attention to detail, and precision. As veterans successfully maneuver the drone, their self-esteem and confidence naturally increase. Moreover, the trust built through this process can extend to their interactions with fellow veterans, therapists, and loved ones, fostering a supportive network for their recovery.

In summary, flying drones offer a transformative and multidimensional approach to PTSD therapy for veterans. By addressing various aspects of their well-being, including freedom, trust, creativity, peer support, and advocacy, drones provide a holistic platform for healing and personal growth. Together, let us embrace this innovative tool to empower our veterans, honor their sacrifices, and help them reclaim their lives from the grip of PTSD.

Complete Blog Article is available on <http://www.theveterandoctor.com/>

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Stolen Valor and the Myth of 'Homeless Veterans': A Closer Look

Stolen valor and the controversy around 'homeless veterans' are two interconnected issues that often capture public attention. Stolen Valor refers to the false claim of military service or embellishment of military records for personal gain, while the issue of 'homeless veterans' encapsulates the grim reality many ex-servicemen and women face, often due to a complex web of factors such as PTSD, substance abuse, and difficulty reintegrating into civilian life.

Stolen Valor: An Exploitation of Honor

The concept of stolen valor gained prominence with the Stolen Valor Act of 2005 in the United States, which made it a federal crime to falsely claim to have received specific military decorations or medals to obtain money, property, or other tangible benefits. It highlights a societal problem where individuals exploit the valor and sacrifice of military personnel for personal benefit, casting a shadow over the honor of those who have genuinely served.

The psychological motives behind stolen valor can be multifaceted, ranging from a desire for societal respect, personal validation, or tangible financial gain. Some individuals may impersonate veterans or military personnel to evoke empathy or admiration, while others may do so to access benefits or privileges intended for veterans fraudulently.

However, it's crucial to note that while these instances can be shocking, they do not represent the majority. Most people who claim military service or honors do so truthfully, and the actions of a deceptive few should not overshadow their contributions to national defense.

These issues present a complex challenge, requiring a multi-faceted approach for resolution. Addressing stolen valor and 'homeless veterans' is not just a matter of law enforcement or social services. It also involves fostering a societal culture that values truth, respects sacrifice, and is committed to supporting those who have served.

Continuous efforts are required to improve public awareness about stolen valor. Educational campaigns can teach individuals how to question and verify claims of military service or honors respectfully.

The Plight of 'Homeless Veterans': A Societal Paradox

Meanwhile, the issue of homeless veterans remains a significant challenge. While serving in the military often confers a degree of social respect and admiration, many veterans struggle with reintegrating into civilian life post-service. This struggle can be compounded by physical injuries, mental health issues like post-traumatic stress disorder (PTSD), and difficulty translating military skills into civilian employment.

As of 2020, approximately 37,000 veterans were homeless in the United States, according to the Department of Housing and Urban Development's annual report. This represents around 9% of all homeless adults in the country, which contradicts the respect and gratitude society professes for its veterans.

The issue is further compounded by the myth of 'homeless veterans.' While many veterans are genuinely homeless and in need of assistance, some unscrupulous individuals exploit this narrative for personal gain. They falsely present themselves as 'homeless veterans' to illicit sympathy and financial support from the public....

In conclusion, the intersection of stolen valor and the plight of homeless veterans presents a poignant paradox in our society. It illuminates a chasm between the respect and admiration we profess for our military and the reality many veterans experience upon returning from service. At the same time, the trust and empathy extended to struggling veterans are often exploited by those seeking to profit from the sacrifices of others.

Complete article is on [The Veteran Doctor Blog](http://www.theveterandoctor.com/). Please go to <http://www.theveterandoctor.com/> for this article and more.



From Battlefields to Cooking: How Veterans use Cooking to Recover from PTSD

Post-traumatic stress disorder (PTSD) is a mental health condition that is triggered by a terrifying event - either experiencing it or witnessing it. It's an unfortunate reality that many military veterans face upon returning from deployment. While numerous therapies and treatments are in place to aid these heroes, recent evidence suggests that culinary cooking can serve as a remarkably therapeutic tool. So, how exactly does this art form help veterans recover from PTSD?

The Therapeutic Power of Cooking

Culinary cooking is far more than just the process of preparing a meal; it's an immersive experience that engages multiple senses - sight, smell, touch, taste - and requires both physical activity and mental concentration. It can be a highly mindful practice, which can help to alleviate symptoms of PTSD by grounding an individual

in the present moment, thereby helping them disconnect from traumatic memories.

Structure and Control: In the kitchen, veterans can regain a sense of control and order that is often lost in the chaotic aftermath of traumatic experiences. Following a recipe provides a set structure, and successfully creating a dish can instill a sense of accomplishment and self-efficacy.

Creativity and Expression: Culinary cooking is a form of art. It allows veterans to express themselves creatively, which can be a cathartic and healing experience. This freedom of expression can aid in emotional processing, a critical part of recovery from PTSD.

Focus and Mindfulness: The act of cooking requires attention to detail, which can serve as a form of mindfulness practice. Chopping vegetables, kneading dough, or

monitoring the perfect sear on a steak can help veterans remain focused on the task at hand, distracting from intrusive thoughts and memories related to trauma.

Physical Engagement: Cooking involves a level of physical activity, which can help to reduce symptoms of anxiety and depression, often associated with PTSD. The act of preparing food can lead to increased physical health and promote better sleep, further supporting mental health recovery....

While culinary cooking is not a stand-alone treatment for PTSD, it is a promising complementary therapy. For those struggling with the aftermath of trauma, the kitchen may just provide a path toward healing and a renewed sense of self...

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Monthly Resource Picks



Waypoint Vets

www.waypointvets.org

Waypoint Vets is a 501(c)(3) Non-Profit Organization that facilitates unique opportunities of Camaraderie and Healing for Military Veterans across America. Our adventures combine mental and physical intensity with the stillness and beauty of nature. We strive to deliver meaningful and lasting experiences that our Veteran participants can look forward to and reflect upon. The Heartbeat of Waypoint's Mission is to Honor our Fallen by *Living*, and by taking back our Health and Happiness – *together*.



NV Outdoor Adventure Foundation

www.nvoaf.org

The Nevada Chapter of the Outdoor Adventure Foundation is a 501 (c) (3) We provide Hunting, Fishing, and outdoor adventures for veterans in need, some are wheelchair-bound caused by injury during active military service or who have lost a limb during active military service.

We also provide hunting, fishing, and outdoor adventures for children under the age of 18 and young adults under the age of 25 with cancer or another life-threatening illness.

Our Outdoor adventures include numerous Big game and Bird Hunts Including Dove, Pheasant, and Quail, Fresh and Saltwater Fishing trips, Camping and many other outdoor adventures.

Upcoming Local Events

- Branded One CrossFit-BJJ Fundamentals – Branded One CrossFit – 2055 E. Windmill Ln #125, Las Vegas, NV 89123 USA –Thursday, July 6th, 13th, 20nd, 27th, 2023 @ 8:00am – Occurs Every Thursday!
- NVOAF Fundraising Banquet – Gold Coast Hotel and Casino – 4000 W. Flamingo Rd, Las Vegas, NV 89103, USA, Saturday, July 8, 2023 @ 6:00pm – 9:00pm
- SNVCC 3rd Quarter Professional Mixer – The Rouge Room (Red Rock Resort and Casino) – 11011 W. Charleston, NV 89135, USA - Thursday, July 27, 2023 @ 5:00pm



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