

Christmas Day 2011 I had a dirt bike accident while riding in a remote area on the Big Island of Hawaii. I broke three ribs, compressed a lung, and hit my head, which left me in and out of consciousness for three hours during my transfer to the hospital via life flight. My healing process was painful and isolating but I quickly returned to work as a middle school teacher and went on with raising my young son. Fast forward to 2017 when I met Jill and Darren and we talked about my injuries. With the support of One Hit Away I was seen by Dr. Ron Desmarais who helped by explaining that some symptoms I experienced for years were likely related to the accident. Symptoms included sound and light sensitivity, neck pain, increased motion sickness, and concentration issues. I also learned about emotional changes post-accident and I started to understand how I had been coping to handle my injury without any direction from my doctors or professionals. I saw four therapists in 18 months and was having difficulty with my personal relationships. Regardless, life continued forward and I handled as best as I could.

The visit where Jill brought me to Dr. Ron Desmarais was very emotional for me. Someone finally knew what was going on; it was validation about the severity of my injury. After the visit with the neuro-chiropractor, One Hit Away provided a HBOT in my home for three months. I had a treatment most days and started a supplement regimen to heal my brain. The HBOT was in my home May to July 2017. At the end of the treatments

I had increased clarity and organization to my thoughts. I am increasingly able to follow a task to completion. I think the HBOT and supplements also helped with my moods. The HBOT treatments and information I learned gave me a chance to reset and proactively care for my brain.

May 2017 I was accepted into the MBA program at University of Oregon. I am a mom, a partner, a Realtor, and a full-time student. I am finishing my first year of the MBA program this June and I believe that One Hit Away helped make this year a success through their support, generosity, and compassion. Thank you so much Jill, Darren, the Doctors, and One Hit Away donors.

Molly M.

I was so happy to see your email. I cannot tell you how often I think of you and what an angel you were in a time when we felt so helpless. The calls at strange hours, your wisdom and your courage really motivated me to keep searching and advocating for Cyrus. *R.H.*

I can't thank you enough for all you have done to help me get better. All of your advice and suggestions have helped me get better vaster than I ever expected. Most importunely with out your funding I would never be able to afford Dr Azz...and all his help so a thousands thanks!

P.S I have just recently been cleared to play soccer again, so I am so excited, thanks again. *B.V.*

I had an appointment to get adjusted with Dr. Azzolino today, and I wanted to email you as I've been reflecting a lot lately. I was at a music festival a few weeks ago for my vacation, and had some time to really just sit down and be grateful for everything I have right now, and I truly could not be where I am without you and One Hit Away. Thank you so much for all of your hard work, dedication, and faith. You were there for me during a period where I couldn't advocate for myself, and during a time when I felt completely alone and misunderstood, and for that, I will be forever grateful.

It's been a long, strange trip, and I'm coming to a point where this chapter in my life is coming to a close, sort of. I'll be graduating from USF this winter with a Bachelor's of Arts (hopefully with honors) in International Studies, with a minor in Middle Eastern Studies. After this semester, I have a Farsi class that I need to finish, but I'm planning on getting an internship somewhere that relates to my undergraduate, and figuring out where I'm going to do my Masters'. I'm going to have quite a bit more free time, and it's important for me to give back in some way for all of the blessings I've received over these last few years--so, I would like to start volunteering or interning for One Hit Away in whatever capacity you think I'll be the most useful to the organization. You have truly and immeasurably changed my life for the better, and I hope that I can help others have a similarly wonderful experience or chance at redemption and healing.

Obviously this is an ongoing conversation, and I wanted to give you some time to think about what you need within One Hit Away, and how I can help. Aside from that, I really just wanted to tell you how much I appreciate you and the rest of the Cde Baca clan. Again, I know that non-profit work can often be emotionally draining, and at times, thankless, but believe me when I say that your labor has not gone unnoticed or

unappreciated. You've given me a gift that I can't even begin to describe, and I'm doing my best to make the most of it.

Let's circle back around, and discuss things in more detail as my semester draws down, but for now I just wanted to say hello, let you know that I was thinking of you, and start laying the ground work for a fabulous 2018!

Love always!

Pilar

OnettitAway pretty much saved me from myself. Before I met Jill and the wonderful team of doctors that she recommends, I fought a daily battle of feelings that ranged from high to low. I had been diagnosed with depression, anxiety, and bipolar disorders. The doctors that I saw put me on random medications that just dulled me and made me not want to get out of bed in the morning. One of my best friends, and Jill's niece, Lindsay Sumpter set up a call between Jill and I and I set a week to go to San Francisco and get the help I so desperately needed. OnettitAway took me to The Amen clinic where I met a wonderful doctor that I am still working with today who has gotten my medication balanced and through the scans found where my imbalances were. I am able to have phone appointments with him and continue my treatment. I was taken to an amazing chiropractic neurologist who found things that no other doctor would of thought to look for. Through the chiropractor I was also treated by an MD who prescribed Oxytocin to me, the wonder drug! Since having gone to San Francisco and meeting with OnettitAway's wonderful team, my life has taken a

turn for the much better! I feel like I'm in control of my life again. I am happy for the first time in I don't know how long. I don't wake up feeling crazy or like I want to sleep through the day. OneHitAway was the best thing that could have happened to me. It was the answer to all of my prayers. K.S.

Thank you or all all you have done and especially for your kindness!! You have definitely been the answers to our prayers K.S.

When our son suffered a possible concussion playing high school football, we were overwhelmed with the abundant information but lack of personal guidance we found on the Internet. Fortunately a close friend pointed us towards One Hit Away. Within hours, Jill had reached out to us and walked us through the local resources and specific steps we needed to take next. Concussions can be simultaneously dangerous yet challenging to evaluate accurately and respond to in a meaningful way beyond resting. Yet with Jill's help we were meeting with a Neurological Chiropractor, exploring hyperbaric chamber benefits, and modifying our diet with 24hrs. A series of exams revealed a full-blown concussion with significant impairment to our son's balance, visual/spatial skills, and concentration (in addition to the lingering headache). Without this resource, he would have likely been back on the field in practice within a couple of days, oblivious to the real risk of a second hit to the head. We're very grateful for the foundation's

personal, relevant, and practical guidance to us as parents of very active athletic kids. Thank you!

J.S.