

MAJOR ED PULIDO, U.S. ARMY (RET.)

Sr. Vice President, **Folds of Honor Foundation**
Founder, **Warriors for Freedom**
Spokesperson, **AROGA Health**

Major Ed Pulido, U.S. Army (Ret.) is the Sr. VP of the Folds of Honor Foundation a Veteran's charity which provides the spouses and children of the fallen and wounded educational scholarships. Additionally, he is a Founding member of Warriors for Freedom Foundation a leadership institute focused on the mental, physical and wellness support of our wounded Veterans and their families. He is the spokesperson for AROGA Health. Finally, Major Ed is the Founder of Warrior Nation, a movement focused on the rights of liberty, freedom and patriotism with an autobiography entitled Warrior for Freedom: Challenge, Triumph and Change, the Major Ed Pulido Story.

Major Pulido has a degree in Military Science, Marketing, and Criminal Justice and a Master's Degree in Logistics Management/Human Relations. He attained the Rank of Major in his 19-year military career and on May 16, 2005, he was medically retired from the United States Army.

On the 17th of August, 2004, Major Pulido hit an Improvised Explosive Device (I.E.D) or roadside bomb while serving with the Coalition Military Assistance Training Team under the command of General David Petraeus. Due to the extensive injuries to his left knee, doctors had to amputate his left leg on October 1, 2004. For his heroism and valor on that August day, the President of the United States along with General David Petraeus awarded him the Bronze Star with Valor, Purple Heart, Meritorious Service Medal, and Joint Service Commendation and Achievement Medals.

Major Pulido's story of courage and sacrifice has been featured in Time Magazine, PGA Magazine, Fox News, CNN and many national and local Oklahoma City television stations and print media. Since his amputation, Major Pulido has been a staunch advocate for veterans with disabilities, specifically focusing on advocacy efforts to promote prosthetic technologies, peer visiting with fellow amputees at Brooke and Walter Reed Medical Centers, and raising awareness on the needs of veterans with PTSD and Traumatic Brain Injuries (T.B.I) on behalf of the DOD and VA Real Warriors National Campaign.

He has received countless awards including the prestigious Disabled American Veteran of the Year Award, HeartLine Festival of Hope Award for Suicide Prevention, the Hero's award from the American Red Cross, the Reaching our City Award, OKC Thunder/Devon Energy Community Hero Award, and the Daughters of the American Revolution Veteran Patient Award. Additionally, he has received the Valley Forge Freedom Foundation Award for national and state level service and the Tuskahoma Brown Miller Award for outstanding leadership.



On a personal note, Major Pulido during his time in the hospital experienced the inner darkness of depression, PTSD, and suicidal ideation that would cripple his positive spirit. This inner darkness he describes as a “deep wounding of a soldiers spirit”. It was at that time that he understood that as a Warrior he could not walk alone in this journey. In that moment, he asked for help from his God, Country, his family and the American people. The result of this intervention would put his life on the road to recovery. It would also be the building block for his understanding the inner wounds of war and making sure that mental health is a focus of the Department of Defense and the VA.

Major Pulido is a national and global spokesperson for Acadia HealthCare, Department of Defense and VA Real Warriors National Campaign and he is on the State Board of the Oklahoma Department of Mental Health and Substance Abuse Services with a mission to address the mental health needs of returning service members, Veterans and their families.

Ed Pulido has been married to Karen Pulido for 24 years. He has a daughter Kaitlin and a daughter Kinsley. He and his family reside in Edmond, Oklahoma.

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SPEECH TOPICS

Resilience

Suffering a loss or trauma will change one's life forever. On the 17th of August, 2004, Major Pulido hit an Improvised Explosive Device (I.E.D) or roadside bomb while serving in Iraq. Major Pulido during his time in the hospital experienced the inner darkness of depression, PTSD, and suicidal ideation that would cripple his positive spirit. This inner darkness he describes as a "deep wounding of a soldiers spirit". It was at that time that he understood that as a Warrior he could not walk alone in this journey. In that moment, he asked for help from his God, Country, his family and the American people. The result of this intervention would put his life on the road to recovery. It would also be the building block for his understanding the inner wounds of war. Major Pulido's firsthand account of coming out of the darkness of depression, make him an ideal candidate to educate the public on Resilience.



Overcoming obstacles

On the 17th of August, 2004, Major Pulido hit an Improvised Explosive Device (I.E.D) or roadside bomb while serving in Iraq. During his time in the hospital Major Pulido experienced the inner darkness of depression, PTSD, and suicidal ideation that would cripple his positive spirit. As if the physical and mental pain of these injuries were not enough to overcome he would eventually lose his leg as a result of what happened that day. The loss of that leg today is the incarnation of what it takes to overcome obstacles. Rather it is in one's personal or professional life there will be obstacles and Major Pulido's unique perspective make him an ideal candidate to educate the public on overcoming obstacles.

Selfless service

God, Country and Family. That sums up Ed Pulido. Following in the footsteps of his father Ed Pulido joined the Army and rose to the rank of Major. Unfortunately on the 17th of August, 2004, Major Pulido hit an Improvised Explosive Device (I.E.D) or roadside bomb while serving in Iraq. As a result of that day he'd eventually lose his leg. Although he has experienced the inner darkness of depression, PTSD, and suicidal ideation through service to others he has found purpose outside of the military. As a father, Sr. Vice President of the Folds of Honor Foundation and Founder of the Warriors for Freedom Foundation Major Pulido has been able to touch more lives than he ever imagined. Major Pulido's unique perspective on selfless service and the sacrifices that it may entail make him an ideal candidate to educate the public on selfless service.

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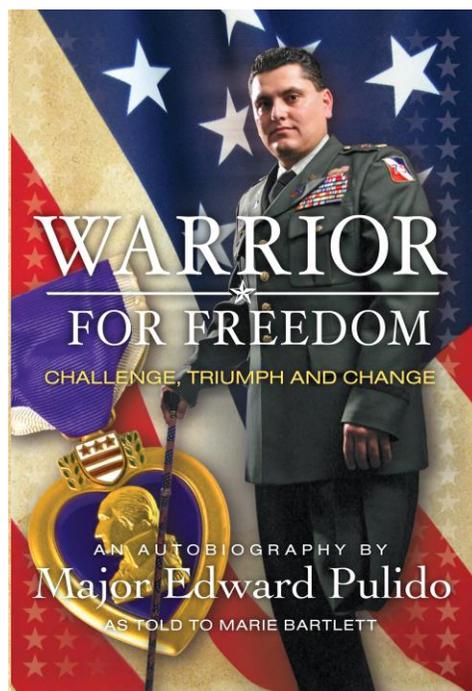
Finally, on a personal note, I had the opportunity to self-publish my book entitled Warrior for Freedom (WFF): Challenge, Triumph and Change. Warrior for Freedom is based upon my true story and recounts a life-changing incident which occurred on August 17, 2004, after 19 years with the U.S. Army and U.S. Army Reserve. It was on that day, where I would be hit by an Improvised Explosive Device (IED) or road side bomb that would change my life forever.

After that day, I was faced with multiple challenges, which, included 17 operations, unclear and miscommunication on my whereabouts, numerous hospital stays, rehabilitative sessions, a diagnosis of post-traumatic stress, traumatic brain injury and finally, among the toughest battles of all – whether to stay in my beloved military or become a medically discharged veteran.

In conclusion, I want you to know that my final decision, to leave the military, was based in part on a compelling desire to reach out to other wounded veterans and their families who were seeking help for their injuries and post-war obstacles.

Developing this book has been an opportunity for me to reflect on the extreme lows and highs of the past ten years and everything in-between. It is my utmost hope that my journey, chronicled within Warrior for Freedom (WFF), will help the American people understand the visible and not so visible costs of war. But more importantly, help the general public and the corporate community understand how they can help our nations heroes and their families.

Warrior for Freedom is now available on [Amazon](https://www.amazon.com) and on my web site <http://www.majored.org>. Furthermore, a portion of the proceeds from each book sale will go to the veteran charity that I currently represent. Folds of Honor Foundation <http://www.foldsofhonor.org>



Major Ed Pulido 2017 Short Speakers Video:

<https://vimeo.com/liquidmediaonline/review/209763184/8e02a26ed8>

Major Ed Pulido 2017 Long Speakers Video:

<https://vimeo.com/liquidmediaonline/review/199888374/94bf75daf8>

Major Ed Pulido NRA Speech 2014:

<https://www.youtube.com/watch?v=on8xBrDkEws>

Major Ed Pulido RSU-TV spotlight:

<http://www.youtube.com/watch?v=zAz5XSrwWr4&sns=em>

Major Ed Pulido Family Story Karen, Kaitlin and Kinsley:

<https://vimeo.com/121377972>

Fox and Friends Christmas Special Major Ed Pulido and Family

http://video.foxnews.com/v/2970576852001/folds-of-honor-gives-scholarships-to-military-families/?playlist_id=162223#playlist_id=162223&sp=show-clips&v=2970576852001

IT'S A GREAT DAY TO BE AN AMERICAN! Hoorahhh!

- Major Ed Pulido