

**That file you are looking for is now outdated.**

The National Gulf War Resource Center's "NGWRC Self-Help Guide 2015.pdf"

The new guide link is:

<http://ngwrc.org/docs/2017%20NGWRC%20Guide.pdf>

**We will be making the guide into a page so that you can view it on your smart phone. We will not mailing out a printed guide**