

# A Health Care Professional Uses TheTRUSTCard™

# Calming Influence™

The TRUSTCard™

Everyone would agree that Stress enters our lives on a continual basis, grabbing on to our belt loops of our pants and dragging us in a direction that we don't want to go. We feel helpless in the course that Stress has taken us. I am guilty of this feeling like many of us. Regularly we cope and deal with this as a matter of survival and ultimately regain control and direction to have it all replay down the road. Is there an end to this vicious cycle? Yes there is...

For the past few months I have been using a device called TheTRUSTCard™ as a way of addressing my stress and taking control of my life. TheTRUSTCard™ utilizes mechanisms in the brain that are already there for us to use. We just need to tap into that resource in order for its utilization. Simply put, I am taking my ingrained survival tactics and taking it to another level.

Utilization of the TheTRUSTCard™ before your day starts, anytime during the day when stress seems to be growing, and in the evening before going to bed, **has helped me tremendously**. I also have recommended to my patients as well the use of TheTRUSTCard™. Many have said to me upon using TheTRUSTCard™ their experiences have been fantastic. Anxiety during the day, helpless feelings, and physical actions caused by stress has lessened as a result of using TheTRUSTCard™.