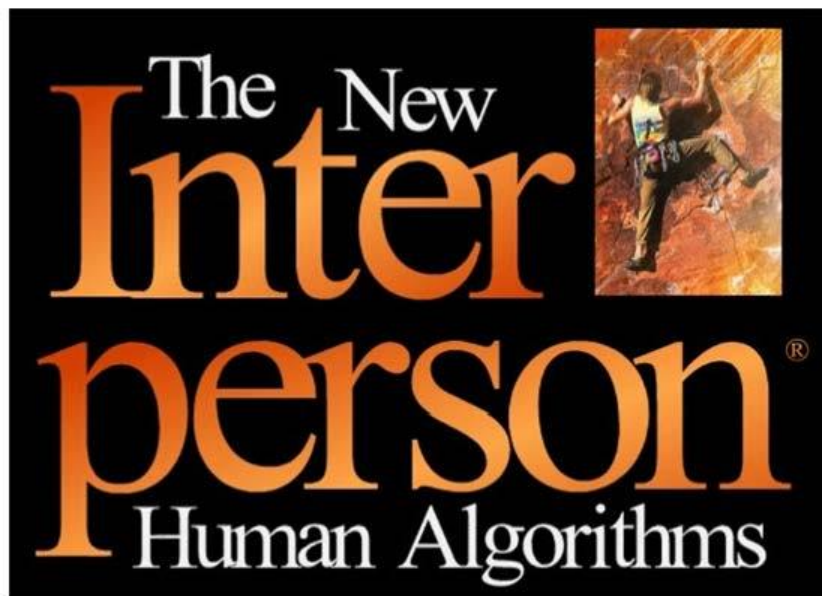


The TRUSTCard[®]

Protected by U.S. Patent

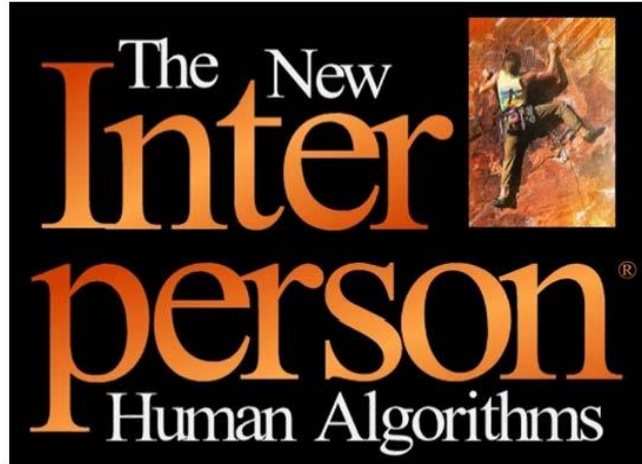
The TRUSTCard® is neither in fact a medical procedure nor intended for use as such.

Its use should NEVER be substituted for consultation with a medical professional. The TRUSTCard® is **not intended to treat or cure any disease.**



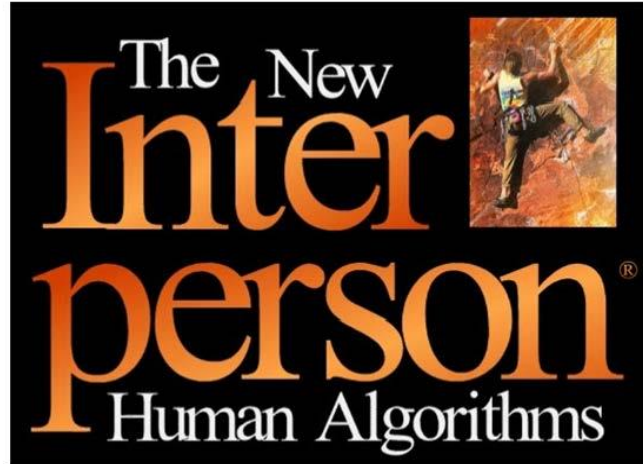
How Long Do You
Want To Live?

How Long Do
You
Want **Your**
Family
Members To
Live?



How Long Do **You**
Want To Live?

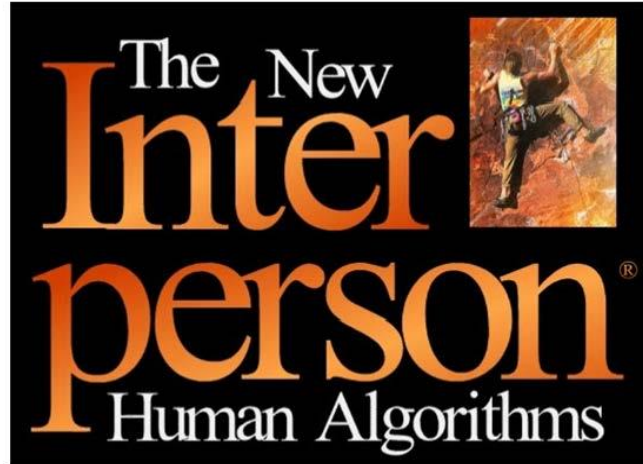
How Long Do
You
Want Your
Family
Members To
Live?



How Long Do
You
Want Your
Close
Friends To
Live?

How Long Do You
Want To Live?

How Long Do
You
Want Your
Family
Members To
Live?

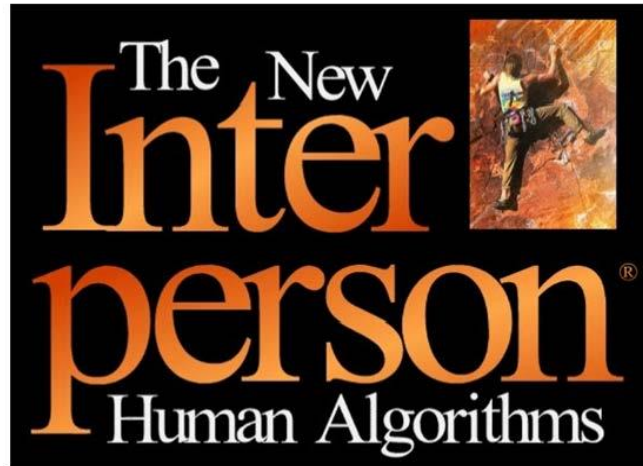


How Long Do
You
Want Your
Close
Friends To
Live?

How Long Do You
Want To Live?

And Just
How Healthy??

How Long Do
You
Want Your
Family
Members To
Live?



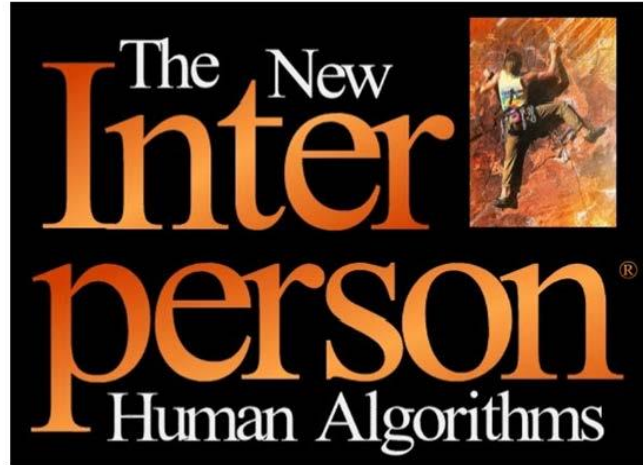
How Long Do
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How Long Do You
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And Just
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How Long Do
You
Want Your
Family
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Live?



How Long Do
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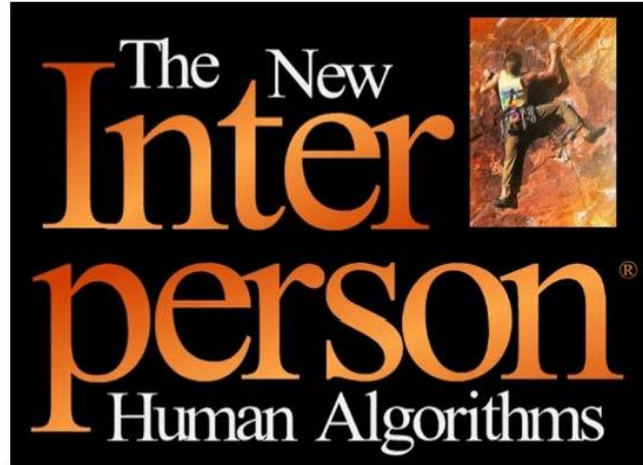


How Long Do You
Want To Live?

And Just
How Healthy??



How Long Do
You
Want Your
Family
Members To
Live?



How Long Do
You
Want Your
Close
Friends To
Live?



How Long Do You
Want To Live?



And Just
How Healthy??



**ARE YOU ONE OF THE 65% OF
AMERICANS WHO BELIEVE "STRESS"
IS NO BIG DEAL?**

ASK YOURSELF RIGHT NOW, PLEASE!

**THEN AFTER THIS BRIEF
PRESENTATION, ASK YOURSELF THE
VERY SAME QUESTION AGAIN ...
PLEASE!**

**AT THE END OF THE PRESENTATION,
WE WILL SHARE 3 FACTS ABOUT
"STRESS" YOU HAVE NEVER BEEN
TAUGHT IN OR OUT OF SCHOOL.**

**WE LOOK FORWARD TO YOUR
THOUGHTS AFTER THAT ...**

The Stress Response:
The Whole Brain/Whole Body Mobilization
to Run, Fight or Hide ... When
Uncertain, Threatened &/or Endangered.
Stress: When (you feel) the Demands being
made of you exceed your Resources to meet them.

THE STRESS RESPONSE ISN'T MOSTLY DORMANT, (AS WE WERE ALL TAUGHT OR AT LEAST LED TO BELIEVE), SUDDENLY SHOWING UP ONLY WHEN SOMETHING "STRESSFUL" HAPPENS. ON THE CONTRARY, IN ITS MOST POTENT AND FUNDAMENTAL, BUT UP UNTIL RECENTLY ITS MOST UNKNOWN AND ELUSIVE FORM, THE PRIMARY VERSION OF THE STRESS RESPONSE IS NOW PROPERLY RECOGNIZED, ACKNOWLEDGED AND ACCURATELY DESCRIBED AS **THE DEFAULT STRESS RESPONSE (DSR)**.

THE MORE **FAMILIAR STRESSFUL EVENT-DRIVEN**
STRESS RESPONSE (SED) STILL EXISTS BUT ...

A) DEPENDS ON THE PRIOR EXISTENCE OF THE
GENETIC-DEFAULT STRESS RESPONSE (DSR)
AND

B) DOES NOT PRODUCE THE DAMAGING HEALTH ILL-EFFECTS
THAT WILL BE SPELLED OUT SHORTLY BELOW, BUT DEFINITELY
CAN AND DOES ROUTINELY WORSEN THEM.



The **Stress Response Definition** Just Below You Probably Knew Or Had Likely Heard Of.

**The Stress Response:
The Whole Brain/Whole Body Mobilization
to Run, Fight or Hide ... When
Uncertain, Threatened &/or Endangered.
Stress: When (you feel) the Demands being
made of you exceed your Resources to meet them.**

The **Default Stress Response Definition** Explained Above, Upgrades Stress Science From Top To Bottom!





Where
STRESS
IMPACTS
YOU
PHYSICALLY
SEVEN (7)
DISTINCT
BODY
SYSTEMS

Here are ways in which some key body systems react.

1 NERVOUS SYSTEM

When stressed — physically or psychologically — the body suddenly shifts its energy resources to fighting off the perceived threat. In what is known as the “fight or flight” response, the sympathetic nervous system signals the adrenal glands to release adrenaline and cortisol. These hormones make the heart beat faster, raise blood pressure, change the digestive process and boost glucose levels in the bloodstream. Once the crisis passes, body systems usually return to normal.

2 MUSCULOSKELETAL SYSTEM

Under stress, muscles tense up. The contraction of muscles for extended periods can trigger tension headaches, migraines and various musculoskeletal conditions.

3 RESPIRATORY SYSTEM

Stress can make you breathe harder and cause rapid breathing — or hyperventilation — which can bring on panic attacks in some people.

4 CARDIOVASCULAR SYSTEM

Acute stress — stress that is momentary, such as being stuck in traffic — causes an increase in heart rate and stronger contractions of the heart muscle. Blood vessels that direct blood to the large muscles and to the heart dilate, increasing the amount of blood pumped to these parts of the body. Repeated episodes of acute stress can cause inflammation in the coronary arteries, thought to lead to heart attack.

5 ENDOCRINE SYSTEM

Adrenal glands
When the body is stressed, the brain sends signals from the hypothalamus, causing the adrenal cortex to produce cortisol and the adrenal medulla to produce epinephrine — sometimes called the “stress hormones.”

Liver

When cortisol and epinephrine are released, the liver produces more glucose, a blood sugar that would give you the energy for “fight or flight” in an emergency.

6 GASTROINTESTINAL SYSTEM

Esophagus

Stress may prompt you to eat much more or much less than you usually do. If you eat more or different foods or increase your use of tobacco or alcohol, you may experience heartburn, or acid reflux.

Stomach

Your stomach can react with “butterflies” or even nausea or pain. You may vomit if the stress is severe enough.

Bowels

Stress can affect digestion and which nutrients your intestines absorb. It can also affect how quickly food moves through your body. You may find that you have either diarrhea or constipation.

7 REPRODUCTIVE SYSTEM

In men, excess amounts of cortisol, produced under stress, can affect the normal functioning of the reproductive system. Chronic stress can impair testosterone and sperm production and cause impotence.

In women stress can cause absent or irregular menstrual cycles or more-painful periods. It can also reduce sexual desire.



KEY BODY SYSTEMS REACTIONS TO STRESS

1. Nervous
2. Musculoskeletal
3. Respiratory
4. Cardiovascular
5. Endocrine
6. Gastrointestinal
7. Reproductive

Where STRESS IMPACTS YOU PHYSICALLY

SEVEN (7)
DISTINCT
BODY
SYSTEMS

PLEASE
PAUSE THE
VIDEO NOW
AND READ
EVERY LINE

USE
www.dictionary.com
FOR ANY NEEDED
DEFINITIONS

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PLEASE PAUSE
THE VIDEO
AGAIN
AND READ
EVERY LINE

Where STRESS IMPACTS YOU PHYSICALLY SEVEN (7) DISTINCT BODY SYSTEMS

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USE www.dictionary.com
FOR ANY NEEDED
DEFINITIONS

What

YOU

DON'T

KNOW IS

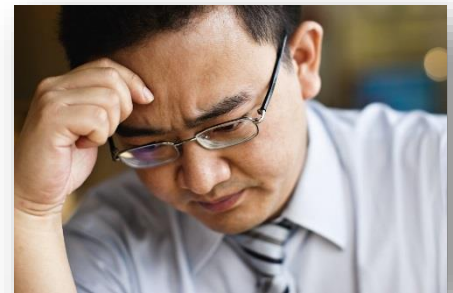
PRECISELY

WHAT IS LIKELY

TO KILL YOU

SOONER RATHER

THAN LATER!!!

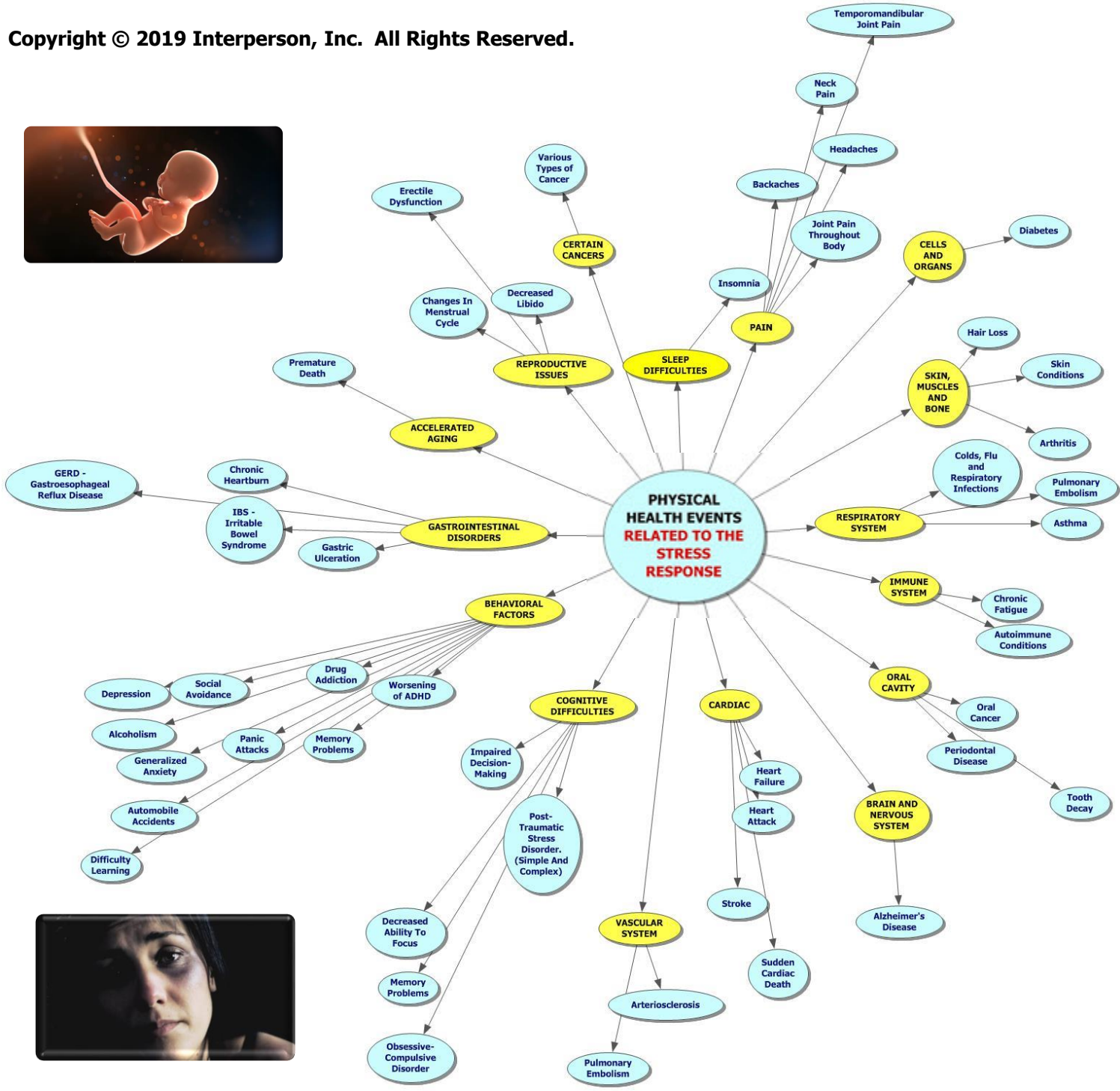




PHYSICAL
HEALTH EVENTS
RELATED TO

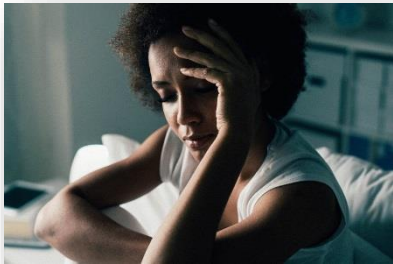
THE
STRESS
RESPONSE







**SLEEP
DIFFICULTIES**



Insomnia





Neck Pain

Temporomandibular Joint Pain

Backaches

PAIN

Headaches

Joint Pain Throughout Body



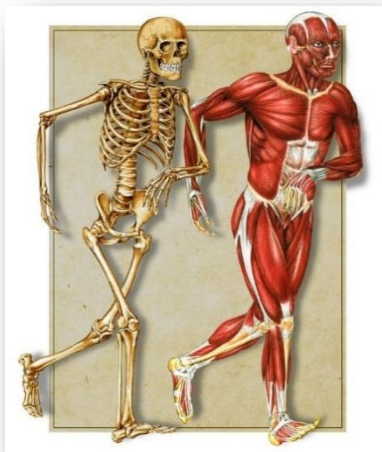


**CELLS
AND
ORGANS**

Diabetes

PANCREAS
CELLS
RESISTANCE
METABOLISM
GLUCOSE
STAGES
INSULIN
ISLETS
MONITOR
WEIGHT
CONGENITAL
NERVE
ENDOCRINE
ACUTE
WELL
DIABETES
TYPE
HEALTHCARE
SYMPTOMS
HYPERGLYCEMIA
KETOACIDOSIS
SUGAR
RESPOND
INSULIN
PANCREAS
MELLITUS
ADULTS
INJECT
SUGAR
RESPOND
INSULIN
PANCREAS
MELLITUS



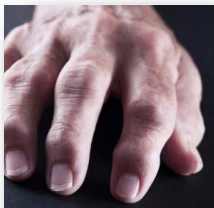


Hair Loss



**SKIN,
MUSCLES
AND
BONE**

Arthritis



**Skin
Conditions**



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DEFINITIONS



Pulmonary Embolism

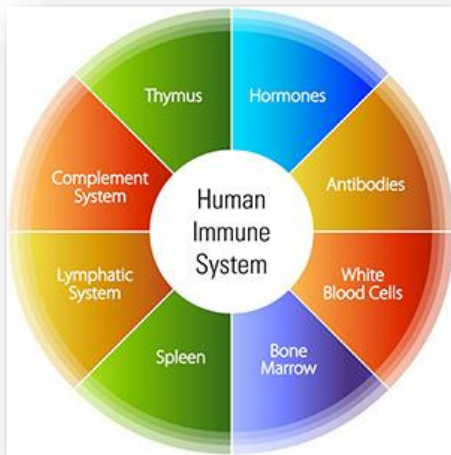


RESPIRATORY SYSTEM

Asthma

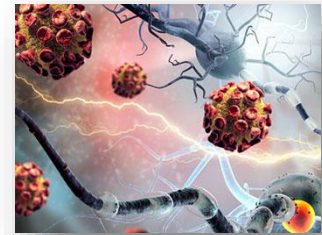
Colds, Flu and Respiratory Infections



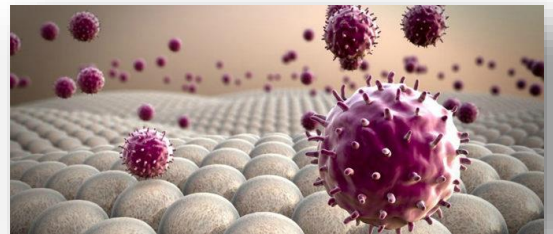


Chronic Fatigue

IMMUNE SYSTEM



Autoimmune Conditions



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DEFINITIONS



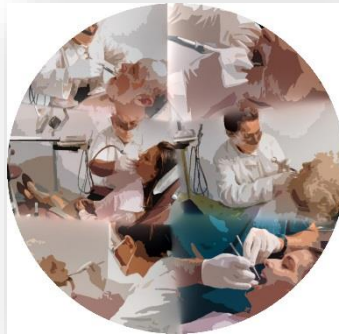
**Oral
Cancer**



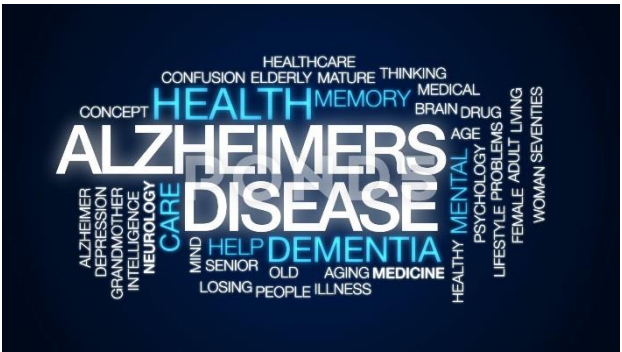
**ORAL
CAVITY**

**Tooth
Decay**

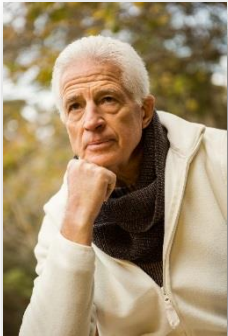
**Periodontal
Disease**



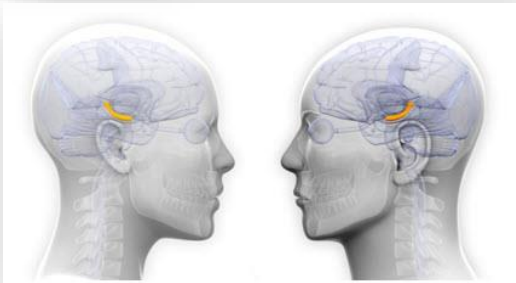
USE
www.dictionary.com
FOR ANY NEEDED
DEFINITIONS

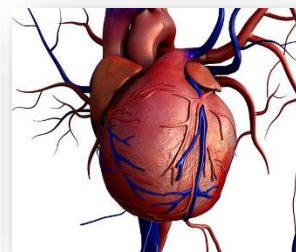
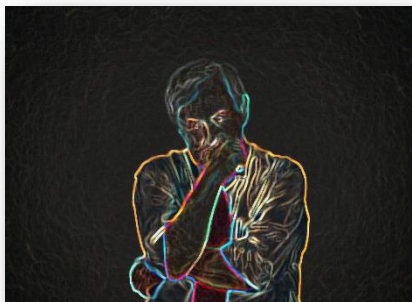
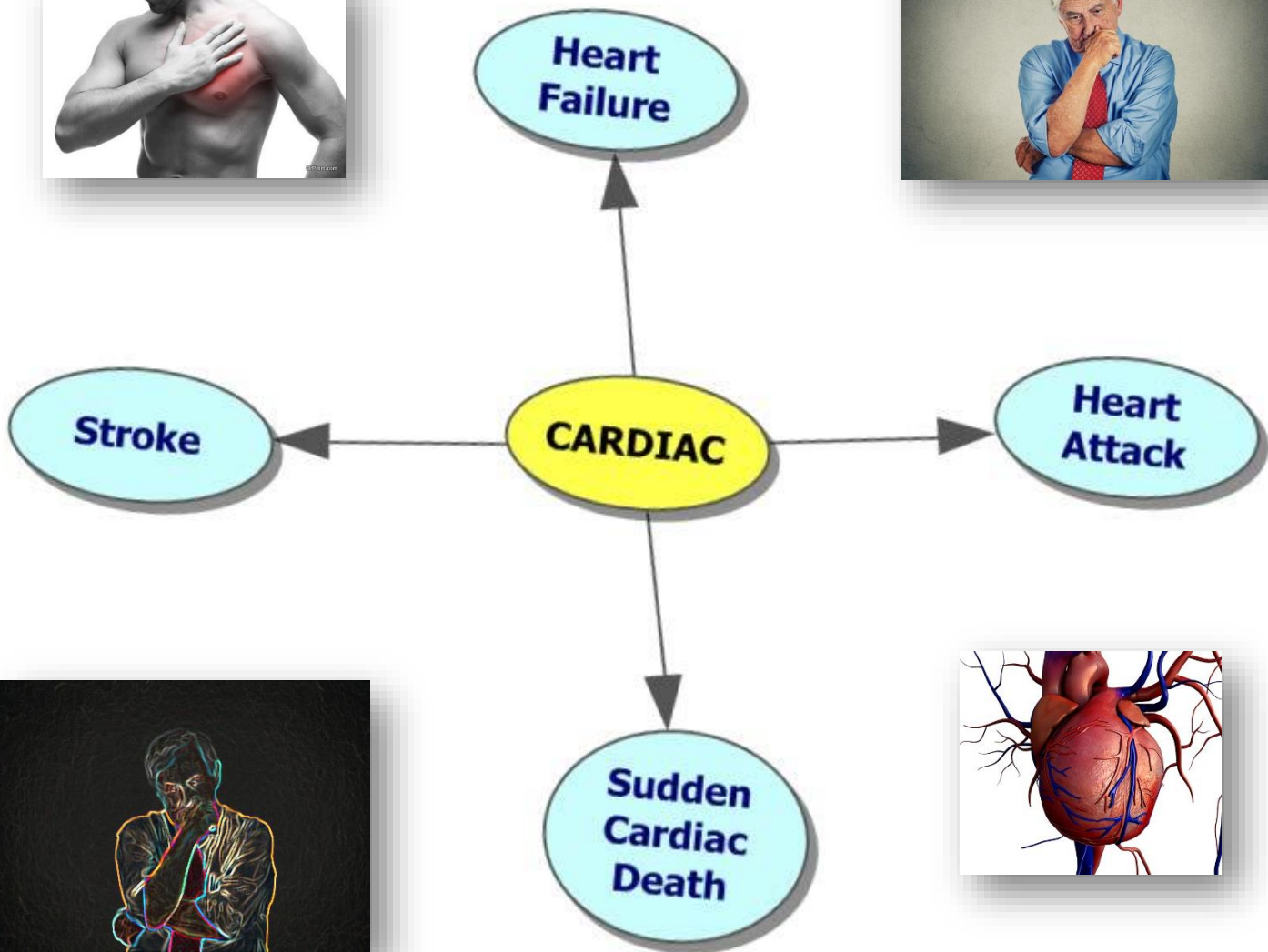


BRAIN AND NERVOUS SYSTEM



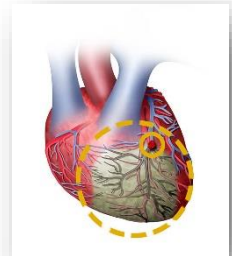
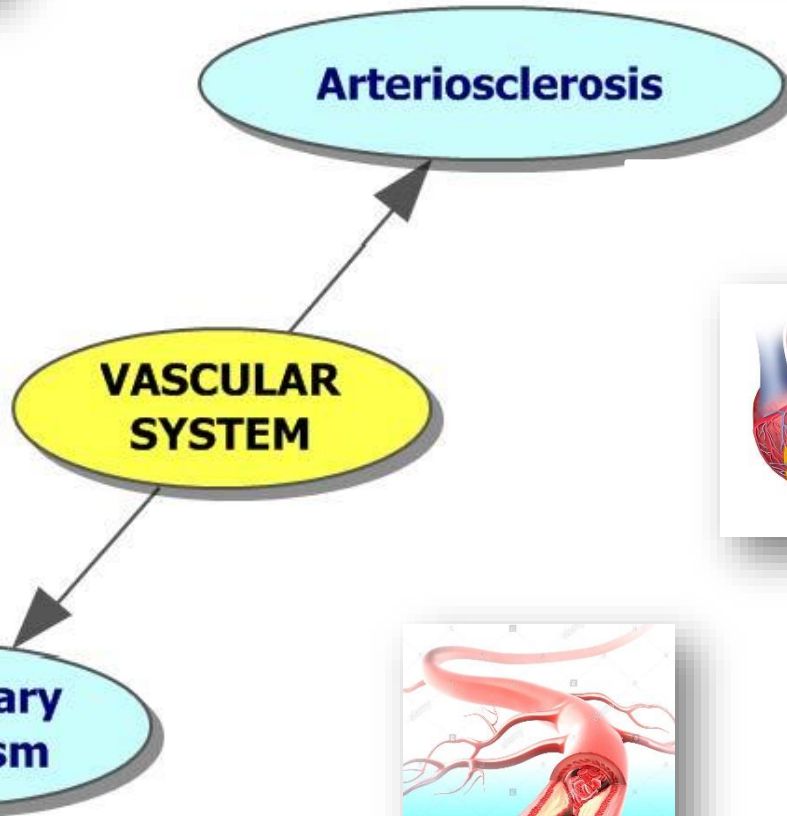
Alzheimer's Disease







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DEFINITIONS





Post-Traumatic Stress Disorder. (Simple And Complex)

Obsessive-Compulsive Disorder

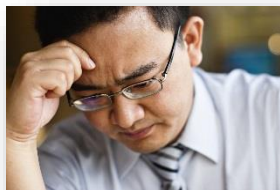
Impaired Decision-Making

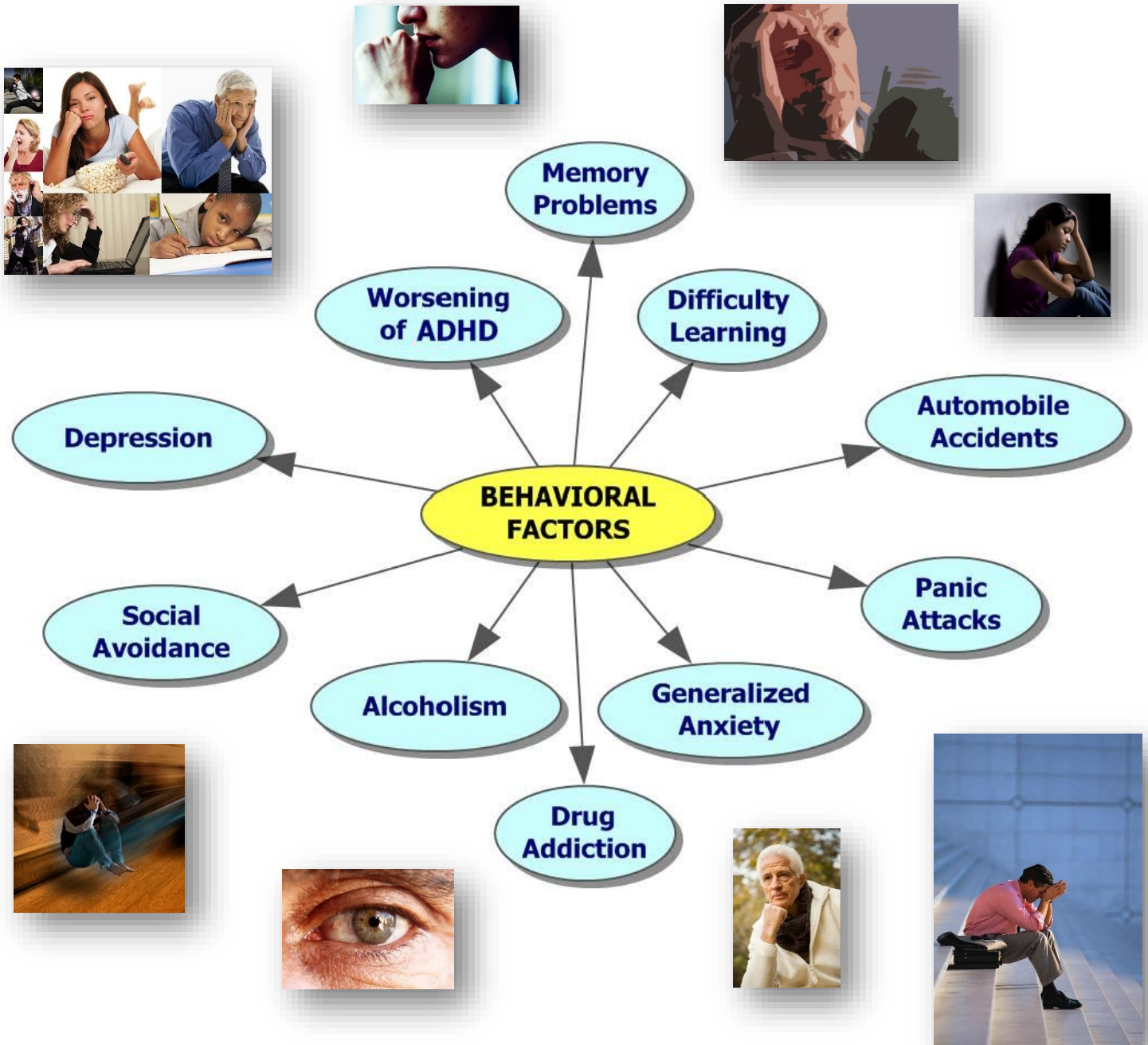
COGNITIVE DIFFICULTIES

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Decreased Ability To Focus

Memory Problems





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FOR ANY NEEDED
DEFINITIONS



**IBS -
Irritable
Bowel
Syndrome**

**Gastric
Ulceration**

**GASTROINTESTINAL
DISORDERS**

**GERD -
Gastroesophageal
Reflux Disease**

**Chronic
Heartburn**





**ACCELERATED
AGING**



**Premature
Death**





Erectile Dysfunction

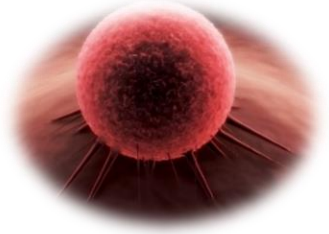
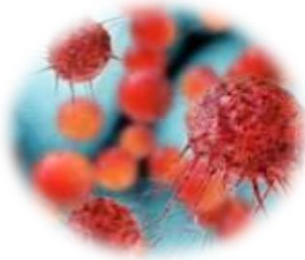


REPRODUCTIVE ISSUES

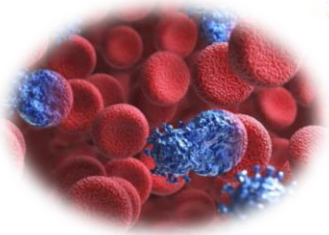
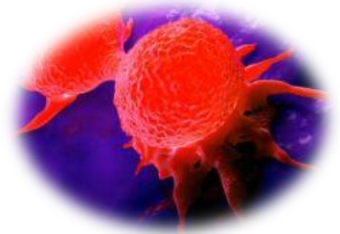
Decreased Libido

Changes In Menstrual Cycle

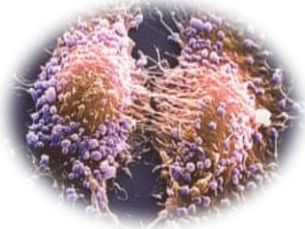
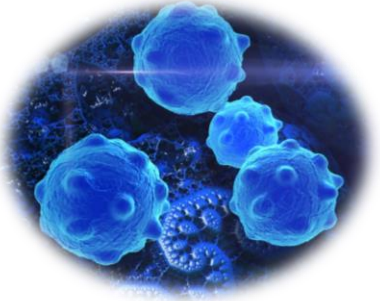




**CERTAIN
CANCERS**



**Various
Types of
Cancer**



What

YOU

DON'T

KNOW IS

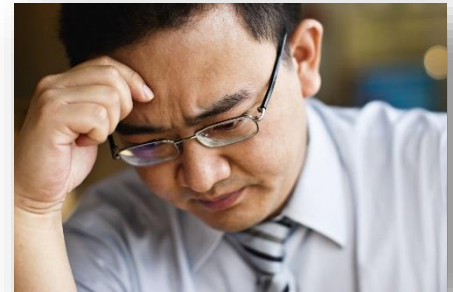
PRECISELY

WHAT IS LIKELY

TO KILL YOU

SOONER RATHER

THAN LATER!!!



The Stress Response:
The Whole Brain/Whole Body Mobilization
to Run, Fight or Hide ... When
Uncertain, Threatened &/or Endangered.

Stress: When (you feel) the Demands being
made of you exceed your Resources to meet them.

The UNCONSCIOUS Stress Response
IS THE (NEW DATA) DEFAULT,

NEVER-ENDING

(NATIVE STATE)

CONDITION OF

EVERY HUMAN BEING

BEGINNING

IN THE WOMB!



PROMISED

FACT

No. 1

The Stress Response: The Whole Brain/Whole Body Mobilization to Run, Fight or Hide ... When Uncertain, Threatened &/or Endangered.

**Stress: When (you feel) the Demands being
made of you exceed your Resources to meet them.**

THE **DEFAULT STRESS RESPONSE** IS
PERPETUALLY CONTRIBUTING
TO THE CREATION
OF ALL OF THE HEALTH
EVENTS LISTED ABOVE
IN EVERY HUMAN BEING
BEGINNING
IN THE WOMB!



**PROMISED
FACT
No. 2**

THE MORE IMMEDIATE,
(NOT-CONTAINED-RIGHT-WHEN-IT-ERUPTS)
STRESS AN INDIVIDUAL ENDURES ...
THE MORE THAT **ONE, MORE, OR MANY**
OF THE ABOVE ADVERSE HEALTH EVENTS
IS/ARE LIKELY TO OCCUR!

The Stress Response:
The Whole Brain/Whole Body Mobilization
to Run, Fight or Hide ... When
Uncertain, Threatened &/or Endangered.
Stress: When (you feel) the Demands being
made of you exceed your Resources to meet them.

TO CONTAIN THE DSR'S CAPACITY TO CREATE OR WORSEN
DISEASE IT NEEDS TO BE STOPPED AS CLOSE TO THE MOMENT IT
IS NOTICED AS POSSIBLE.

EVENT-DRIVEN STRESS HASTENS THE WORSENING
OF ALL THE DISEASES LISTED ABOVE.

THE TRUST CARD® IS ADVISED FOR USE IN 5 DISTINCT
SITUATIONS DAILY. ALL 5 USUALLY TAKE UP NO MORE
THAN 6-8 MINUTES SPREAD THROUGHOUT ANY GIVEN DAY.

THE TRUST CARD's® BEST USE IS ...

1. 3x Every Day: At Times You Do Not "Feel" Stressed.
2. Any Other Moment You Do "Feel" Stressed.
3. Before Doing or Deciding Anything Important!
4. First Thing After Waking; Last Thing Before Bedtime.
5. During Moments of Fear, Anger, Worry, Anxiety, Upset or Dread!

PLEASE
PAUSE THE
VIDEO
AND READ
EVERY LINE

FIRST NOTE ABOUT



”CONTAINMENT”

def. **Contain ...** To Keep Under Proper Control; Restrain; Enclose.

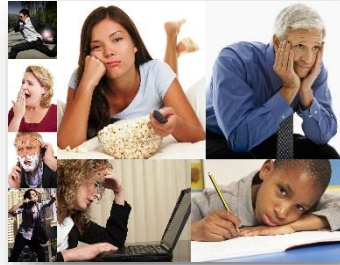
def. **Default (as used here) ...** The Original State (i.e., Stressed) which the Human Brain assumes from the Womb; and which it maintains **EXCEPT** when the Electrical-Chemical Signals from The Conscious Prefrontal Brain Overrides & Contains it. The Starting and Fallback Brain State except when interrupted; the Brain's “Starting/Native” State.

The term, **Default Stress Response** (in contrast to 100 years of “Stress Science”) refers to the Recently [2018] Confirmed Neuroscience Finding that Humans are **IN AVOIDANCE MODE UNCONSCIOUSLY BY DEFAULT.**

This means Humans **TEND TO Run, Fight, Hide, Ignore Rewards & Take Reckless Risks “By Nature”.** This Response **CAN NEVER BE EXTINGUISHED BUT ONLY CONTAINED BY THE CONSCIOUS BRAIN WHEN OBVIOUS SAFETY SIGNALS ARE PRESENT IN ONE'S ENVIRONMENT.** **ONLY THEN CAN/WILL RATIONAL THINKING AND BEHAVIOR TAKE OVER.**

PLEASE PAUSE
THE VIDEO
ONCE MORE
AND READ
EVERY LINE

SECOND NOTE ABOUT "CONTAINMENT"



The **Default Stress Response** Is As Indispensable To Survival As Breathing. You Can No More Safely and Successfully Suppress it Than Breathing. Whereas the IMMUNE SYSTEM is **Our Evolutionary First Line Of Protection** Against **INTERNAL** Physical Uncertainties, Threats & Dangers ...

The DSR Is **Our Evolutionary First Line Of Protection** Against **EXTERNAL** Physical Uncertainties, Threats and Dangers Unknown" Around Us.

PLEASE PAUSE
THE VIDEO
ONCE MORE
AND READ
EVERY LINE

SECOND NOTE ABOUT (cont.)



”CONTAINMENT”

To Repeat, **The Default Stress Response** Is **As Necessary To Survival As Breathing**. You Can No More Safely & Successfully Suppress It Than You Can, Breathing. It Is **Our Evolutionary First Line Of Protection** From “The Uncertain/Unknown” Around Us.

SO, WHEN YOU OR ANYONE, **INSTEAD OF GENTLY CONTAINING THE UNCONSCIOUS DEFAULT STRESS RESPONSE**, USES SUFFOCATING DRUGS, INCLUDING ALL THE NEW, FAD, -(IL)LEGAL- **DRUG(S)** IN FRENETIC DISTRIBUTION CURRENTLY, THE APPARENT “BENEFIT” COMES ONLY FROM THE PERCEPTUAL OBSTRUCTION, i.e., **SUFFOCATION, OF THE “FIRST LINE OF BRAIN PROTECTION”**.

FIRST, THAT “UNCERTAIN UNKNOWN” DOESN’T GO ANYWHERE OR DISAPPEAR – WHATEVER IT CAN DO TO HURT YOU IS -NOT- ADDRESSED OR NEUTRALIZED.

SECOND, THE USE OF **THESE** LEAVES YOU FEELING **UNCONSCIOUSLY** THAT **YOU, BY YOURSELF ARE POWERLESS** TO OVERCOME THAT “UNCERTAIN/UNKNOWN” AND IS A MAJOR CONTRIBUTING FACTOR TO DEMENTIA AS YOU AGE.

THIRD NOTE ABOUT ”CONTAINMENT”



SOMETIMES, THOUGH, WHEN THE ENVIRONMENT IS ANYTHING BUT (OBVIOUSLY) SAFE AND THE DEFAULT STRESS RESPONSE CHURNS AND CHURNS AND CHURNS, IT EVENTUALLY TAXES THE BRAIN AND BODY, PRODUCING THE ILL-HEALTH EFFECTS SHOWN IN THIS VIDEO. DENYING OR SUFFOCATING OR “CONCEPT-COMBATTING” IT RARELY “WORKS” FOR LONGER THAN “SECONDS” OR “MINUTES” OR “A FEW DAYS”.

... THE ONLY KNOWN

*And
Gentle
^*

ON-DEMAND
IMMEDIATE
DURABLE

PLEASE PAUSE
THE VIDEO
HERE TOO
AND READ
EVERY LINE

STRESS CONTAINMENT SOLUTION

CAPABLE OF FORESTALLING
AND EVEN PREVENTING ALL
THE PREVIOUSLY-MENTIONED HEALTH EVENTS IS ...

TheTRUSTCard®

Protected by U.S. Patent

The Stress Response:
The Whole Brain/Whole Body Mobilization
to Run, Fight or Hide ... When
Uncertain, Threatened &/or Endangered.

Stress: When (you feel) the Demands being
made of you exceed your Resources to meet them.

THE ONLY KNOWN

ON-DEMAND

IMMEDIATE

DURABLE

*And
Gentle*
^



STRESS CONTAINMENT
SOLUTION

CAPABLE OF DISENTANGLING
YOUR BRAIN'S ABILITY TO
RECOGNIZE OBVIOUS
SIGNALS OF SAFETY IS ...

PROMISED

FACT

No. 3A

PLEASE PAUSE
THE VIDEO
HERE TOO
AND READ
EVERY LINE

The TRUSTCard®

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SINCE **THE STRESS RESPONSE** IS -THE- HUMAN **DEFAULT** OR **NATIVE-STATE**, **PRIMARY-GUARANTEE-OF-SURVIVAL** **OPERATING** **CONDITION**, IT CAN -NEVER- BE EXTINGUISHED, ONLY CONTAINED, WHEN OBVIOUS SAFETY SIGNALS AND CIRCUMSTANCES ARE PRESENT ...

... THE ONLY KNOWN

ON-DEMAND

IMMEDIATE

DURABLE



*And
Gentle*
^

STRESS CONTAINMENT SOLUTION

PLEASE PAUSE
THE VIDEO
HERE TOO
AND READ
EVERY LINE

PROMISED
FACT
No. 3B

CAPABLE OF FORESTALLING
AND EVEN PREVENTING ALL
THE ABOVE HEALTH EVENTS IS ...

The TRUSTCard®

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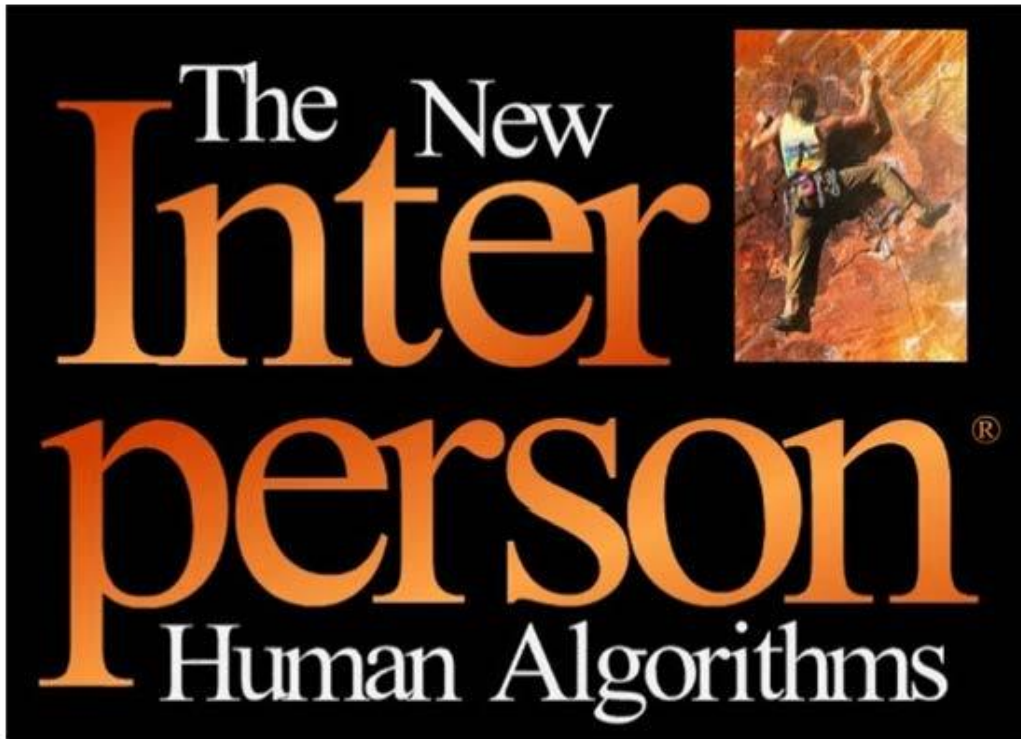
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The TRUSTCard® is neither in fact a medical procedure nor intended for use as such.

Its use should NEVER be substituted for consultation with a medical professional. The TRUSTCard® is **not intended to treat or cure any disease.**

How Long Do YOU



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