Smarter

The TRUST Card™

THE OPPOSITE OF SMART IS STRESSED
THE OPPOSITE OF STRESS IS TRUST™



A Word About Research on The Human Brain AT STLLC ...
MOST BRAIN RESEARCH IS -NOT- DONE WITH THE IDEA OF COMPLETING THE STUDY AND THEN IMMEDIATELY PROVIDING PEOPLE WITH A NEW UNDERSTANDING OF THE BRAIN, HOW IT WORKS AND HOW IT CAN BE HELPED TO WORK BETTER !RIGHT AWAY/RIGHT AWAY! AT SALVAGE TRUST, LLC OUR EMPHASIS IS DIFFERENT. IT IS ABOUT ENCOUNTERING, UNDERSTANDING AND DESCRIBING HARD RESEARCH AND EMPIRICAL RESULTS, EACH, AS SOON AS WE FIND OUT ABOUT THEM, IN A FORMAT WHERE YOU -CAN- EASILY UNDERSTAND THEM ON AN IMMEDIATE BASIS: SO YOU CAN USE THEM TO YOUR BENEFIT IN EVERYDAY LIFE, WITH YOUR FAMILY, AT WORK AND IN YOUR COMMUNITY ... RIGHT AWAY AND MORE SO OVER TIME. IN REVIEWING ANYTHING WE'VE WRITTEN HERE, ON ONE OF OUR WEBSITES OR ELSEWHERE, WE ASK THAT YOU PLEASE KEEP OUR PRIMARY ORIENTING PRINCIPLE IN MIND!

Intuitive
Calm Salvage Genius
TRUST LLC
Strong

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A Truly Remarkable Discovery ...

A "PASSWORD"

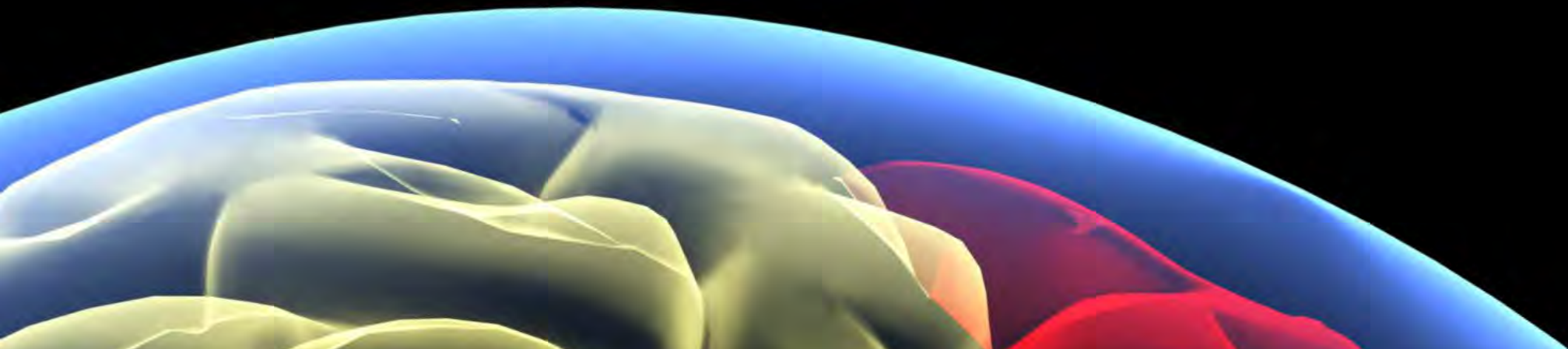
For Your Own Access To Your Own Brain

and ...

A "Mini-User's Manual"

Once You Are "Logged In"!





Presenting...

The Brain Basics Behind
Calming Influence - The TRUSTCard(tm)

Imagine a sort of "PASSWORD" that is also a 24-7, Non-Medical,

Non-Drug, Non-Addictive, Non-Hypnotic

Non-Therapy, Completely Portable...

SOLUTION

Leading To a Brand New (Self- & Interactive)
Communication Technique for Dissipating

S-T-R-E-S-S ... That Has Or May Become
Regular PTSD or COMPLEX-PTSD!

Tested For 7 Years & Useable by Adults and Children Alike ...

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About the Size of A Laminated Bookmark With
Useful Information & Exercises on Both Sides
To Help You Become Smarter and Smarter ...
Anywhere, Anytime ...
No Matter What!
To Help You ...
Solve The Problems In Front of You

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The Principles are derived in part from the study of ...

Distraction

and

Reappraisal

The SMARTER TRUSTCardSOLUTION Utilizes Many Validated Scientific Principles, Which Illuminate Its Design and Instructions.

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Distraction

Definition: A condition or state of mind in which the attention is diverted from an original (in this context, Stress-Related) focus or concentration.

Reappraisal

Definition: the assessment or estimation AGAIN of the worth, value or quality of a person, thing or event.

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In 2011, Professor Kanske, and others from the Department of Cognitive and Clinical Neuroscience, Central Institute of Mental Health, Mannheim, Germany. completed research [The Mannheim Study] regarding Two (2) MENTAL STATES or CONDITIONS ...

Distraction and Reappraisal

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In The Mannheim Study the Scientists REPORTED that:

1. The regulation of emotion is vital for adaptive (adapt: to adjust someone or something, esp oneself, to different conditions, a new environment, etc) behavior in a social environment.

2. Different strategies may be adopted to achieve successful emotion regulation, ranging from Attentional Control (Distraction) to Cognitive Change (Reappraisal).

3. Its purpose was to directly compare Reappraisal and Distraction in a *Functional Magnetic Resonance Imaging study using "emotional pictures".

* Functional Magnetic Resonance Imaging, or fMRI, is a technique for measuring brain activity. It works by detecting the location of and changes in blood oxygenation and flow that occur in response to neural activity ::: When brain cells in any brain area become more active they immediately demand additional oxygen to replenish the energy expended. In meeting this increased demand, blood flow must and does increase (gets re-routed) to the active area; to the brain cells that were just, seconds earlier, active. Hence researchers can learn which brain cells perform which functions - IN REAL TIME. fMRI's are capable of registering these blood "re-directs", since they are prompted by test pictures shown to subjects by fMRI Researchers.



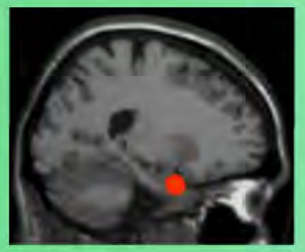
Some Examples of Changes (not from The Mannheim Study) In Oxygen Levels and Blood Flow (Note: The Colors below are an Artist's Rendering and are not Biologically Relevant)...

As Recorded In These fMRI Brain Images* ...



Love

This subject looked at photographs of their loved-ones.



Fear

This subject reported being fearful when shown frightening pictures

More About (The Importance of) Changes In Neural Activity And Blood Flow In The Brain, Below!

More About (The Importance of) Changes In Neural Activity And Blood Flow In The Brain, Below!

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In The Mannheim Study:

1. The subjects were asked to view NEGATIVE EMOTIONAL PICTURES while in the fMRI unit.

2. To achieve the Distraction condition the study participants performed a simple Arithmetic Task (subtraction).

3. To achieve the Reappraisal condition participants reconsidered and reinterpreted the emotional situation from the pictures which resulted in their being able to "down-regulate" (intentionally lower) their felt emotional intensity.

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The Mannheim Study Results:

Both Distraction & Reappraisal were SUCCESSFUL in reducing subjective (negative) emotional state levels:

In other words,

The Participants Felt Better!

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To Help You ...
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TheTRUSTCard SOLUTION Can Be Viewed As creating a "PASSWORD" To Your Brain ...



Because its various Processes, including but not only Single-Digit Math fully open up Positive Emotions (see above) and Consistently Clear, Conscious Thought (see below)!

Reiterating,
TheTRUSTCard SOLUTION ...

Utilizes the accepted
and established
scientific principle
of "DISTRACTION" ...



2 + 1

3 + 2

4 x 1

2 + 1

3 + 2

4 x 1

"DISTRACTION" is a very important Brain Operational State when deployed, because it energizes Actual Biologic Changes in the Brain, which change how we feel.

(Note: The Colors are an Artist's Rendering and are not Biologically Relevant)...

Please review the fMRI Brain Images shown earlier ...



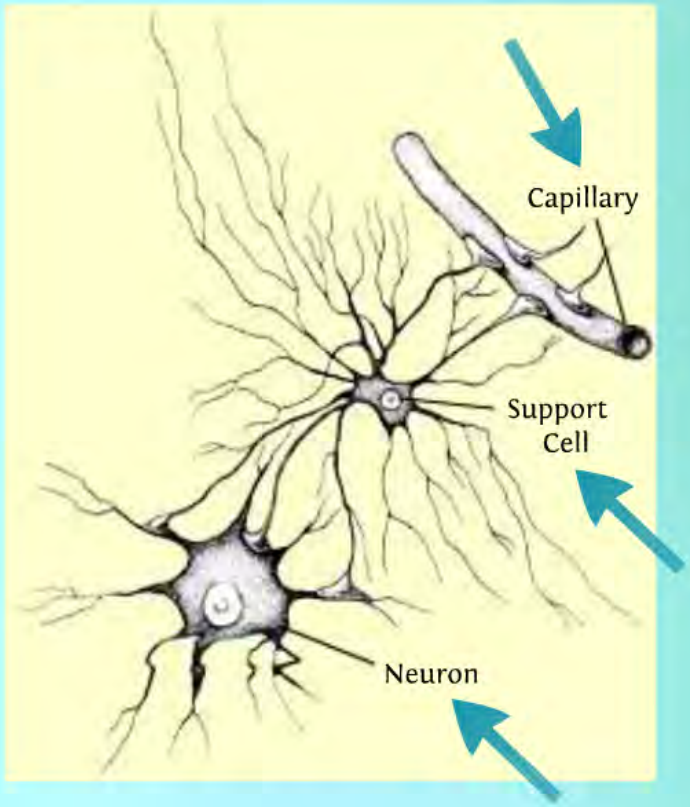
Love
This subject looked at photographs of their loved-ones.



Fear
This subject reported being fearful when shown frightening pictures

The fMRI images above show Biologic Differences in the Brain of the subject when feeling, for example, Love vs. Fear; with respect to the location and destination of blood-flow-after-operative-Neuron-firing; depending on the mood, emotions, etc. being experienced. Though not from The Mannheim Study, the slides above show the kind of fMRI photos Prof. Kanske and his colleagues were looking at ...

The Energy Exchange of Normal Brain Function ››



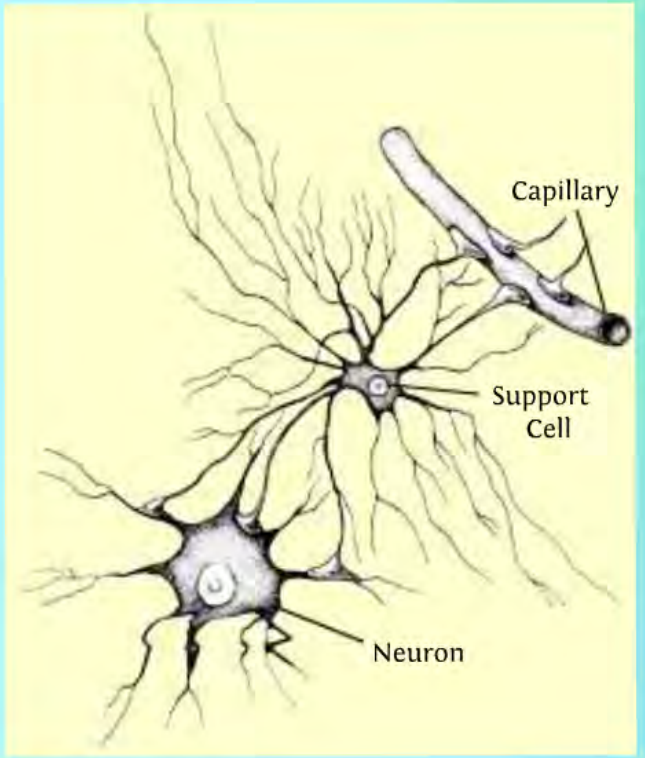
When a brain cell, called a Neuron, (see diagram at left), is active (when it processes sight, facilitates language, or helps you recall a name, etc.) the Neuron consumes energy.

That Energy is in the form of Blood Sugar and Oxygen: any Brain cell functioning causes an immediate surge in blood flow to the active Neurons, to "restock" both forms of Energy.

Small blood vessels called Capillaries (see diagram) carry the oxygen- & blood sugar-rich blood throughout the entire Brain.

Support Cells (see diagram) adjacent to each Neuron transport blood sugar- & oxygen-rich blood from the capillaries to the active Neurons involved.

The Brain & Bodily Energy Shifts due to TRUSTCard use,



... come from The Smarter TRUSTCard's power to draw off/re-route/divert blood from the highly active and energy-demanding Neurons which produce what we call "STRESS" ... (in the form of THE STRESS RESPONSE, i.e., THE URGE TO RUN AND/OR FIGHT AND/OR HIDE, ACCOMPANIED BY BLOOD FLOW AND HORMONE CHANGES THROUGHOUT THE BODY), and re-direct it to numerous Neurons ALL AROUND THE BRAIN, engaged in the task of doing single-digit math problems during the use of The Smarter TRUSTCard (which capitalizes on the Neurochemical Operation or Principle of Distraction).





To the individual, the experience is of STRESS Dissipating, which is accelerated by the Reappraisal step, done and re-done every 4 math problems.

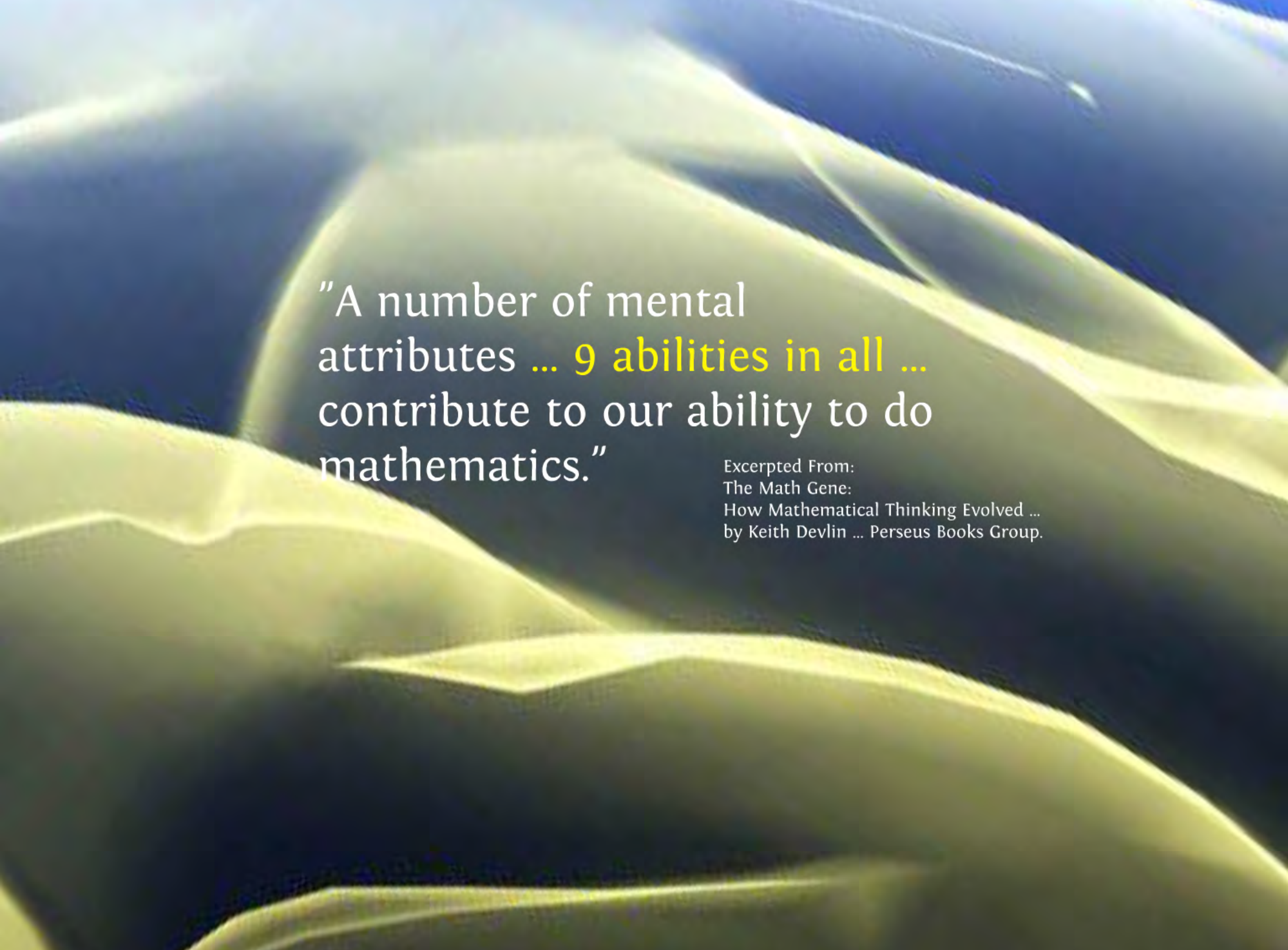
Further research at STLLC over the last 7 years has shown that The TRUSTCard SOLUTION goes far beyond Distraction, Reappraisal and the resulting S-T-R-E-S-S Dissipation. The Smarter TRUSTCard after calming the User, STRENGTHENS User Brain Function, which is vital to Survival, in 9 separate ways.

The Human Brain, no matter which part you are studying, does only two things (although via numerous different processes): IT REMEMBERS and IT PREDICTS!

And, The Human Brain Predicts and Remembers ENTIRELY IN PATTERNS.

Mathematics (not arithmetic) by modern definition is "The SCIENCE of Patterns". What strengthens Math abilities, AUTOMATICALLY therefore strengthens Memory Patterns and Prediction Patterns relating to the real world. Users have reported that The Smarter TRUSTCard makes them Feel & Act Smarter: More Focused, More Aware of Situational Factors, Permitting Better Decisions, Faster/Better Action, Earlier and More Accurate "Quality Control" of all of the above.




"A number of mental attributes ... 9 abilities in all ... contribute to our ability to do mathematics."
Excerpted From:
The Math Gene:
How Mathematical Thinking Evolved ...
by Keith Devlin ... Perseus Books Group.

Using The TRUSTCard(tm) Strengthens All 9 Abilities!

1. Number sense

"... Humans ... recognize the difference between one object, a collection of two objects, and a collection of three objects. [they] also recognize that a collection of three objects has more members than a collection of two. This sense is not something we learn; we are born with it."

Using The TRUSTCard(tm) Strengthens All Of These Abilities!

1. Number sense
2. Numerical Ability

"... [an] approximate sense of numbers ... does not require a concept of numbers as abstract entities or an ability to count. Numbers and counting are LEARNED ... humans are able to continue the number sequence indefinitely and to count arbitrarily large collections."

Using The TRUSTCard(tm) Strengthens All Of These Abilities!

1. Number sense
2. Numerical Ability
3. Algorithmic Ability

"ALGORITHMIC ABILITY: An algorithm is a specified sequence of steps that lead to a particular goal—the mathematician's equivalent of a recipe for baking a cake. Doing arithmetic requires an ability to learn various sequences of operations on numbers. Other parts of mathematics require one to apply algorithms to other kinds of entities. For example, solving an ... equation involves following an algorithm ..."

Using The TRUSTCard(tm) Strengthens All Of These Abilities!

1. Number sense
2. Numerical Ability
3. Algorithmic Ability
4. The Ability to Handle Abstraction

"THE ABILITY TO HANDLE ABSTRACTION (thought, apart from concrete realities, specific objects, or actual instances; having no reference to material objects or specific examples; not concrete) ... the human brain acquired this ability when it acquired language, which everyone has. ..."

Using The TRUSTCard(tm) Strengthens All Of These Abilities!

1. Number sense
2. Numerical Ability
3. Algorithmic Ability
4. The Ability to Handle Abstraction
5. A Sense of Cause and Effect

"A SENSE OF CAUSE AND EFFECT: Like many other species, humans seem to acquire this sense at a very early age. Its survival advantage is obvious."

Using The TRUSTCard(tm) Strengthens All Of These Abilities!

1. Number sense
2. Numerical Ability
3. Algorithmic Ability
4. The Ability to Handle Abstraction
5. A Sense of Cause and Effect
6. The Ability to Construct and Follow a Causal Chain of Facts or Events

"THE ABILITY TO CONSTRUCT AND FOLLOW A CAUSAL CHAIN OF FACTS OR EVENTS: The ability to construct and follow fairly long causal chains appears to be unique to humans beyond the first few years of life. As I shall explain, our ancestors acquired this ability when they acquired language. The mathematician's proof (of a theorem) is a highly abstract version of a causal chain of facts."

Using The TRUSTCard(tm) Strengthens All Of These Abilities!

1. Number sense
2. Numerical Ability
3. Algorithmic Ability
4. The Ability to Handle Abstraction
5. A Sense of Cause and Effect
6. The Ability to Construct and Follow a Causal Chain of Facts or Events
7. Logical Reasoning Ability

"LOGICAL REASONING ABILITY: This is the ability to construct and follow a step-by-step logical argument. It is closely related to the ability above, and is fundamental to mathematics."

Using The TRUSTCard(tm) Strengthens All Of These Abilities!

1. Number sense
2. Numerical Ability
3. Algorithmic Ability
4. The Ability to Handle Abstraction
5. A Sense of Cause and Effect
6. The Ability to Construct and Follow a Causal Chain of Facts or Events
7. Logical Reasoning Ability
8. Relational Reasoning Ability

"RELATIONAL REASONING ABILITY: Much of mathematics is about the relationship between (abstract) objects. ... reasoning about mathematical relationships between mathematical objects is no different from reasoning about physical relationships between physical objects or about human relationships between people. ... most of us engage in such reasoning every day."

Using The TRUSTCard(tm) Strengthens All Of These Abilities!

1. Number sense
2. Numerical Ability
3. Algorithmic Ability
4. The Ability to Handle Abstraction
5. A Sense of Cause and Effect
6. The Ability to Construct and Follow a Causal Chain of Facts or Events
7. Logical Reasoning Ability
8. Relational Reasoning Ability
9. Spatial Reasoning Ability

"SPATIAL REASONING ABILITY: The ability to reason about space is crucial to many species' survival. This ability, which forms the basis for geometry ... Indeed, many of the major discoveries in advanced mathematics stem from mathematicians finding novel ways to view problems in a spatial fashion. ..."

Using The TRUSTCard(tm) Strengthens All Of These Abilities!

1. Number sense
2. Numerical Ability
3. Algorithmic Ability
4. The Ability to Handle Abstraction
5. A Sense of Cause and Effect
6. The Ability to Construct and Follow a Causal Chain of Facts or Events
7. Logical Reasoning Ability
8. Relational Reasoning Ability
9. Spatial Reasoning Ability

At first glance, one could feel that "strengthening Math Abilities", either as a solution to stress or a way to increase intelligence, natural or otherwise, to be unattractive. One might have hated "Math" in school or simply, depending on what one does in life, may consider it an unnecessary pursuit. If your occupation requires little calculating, math might bore you: including those instances, where despite earning passing grades one never felt any particular aptitude for or enjoyment doing math.

A very important point is that the use of The Smarter TRUSTCard(tm) quite in addition to the Distractive value of single-digit math problems, engages Math Abilities 3-9 (at left). You don't need to take a Math course, or want to, or imagine yourself trying to become expert at "Math reasoning" deliberately.

Instead, according to Users, the simple "How To" steps of The Smarter TRUSTCard(tm) automatically strengthen those abilities 3-9, which increases natural intelligence on subjects having nothing to do with numbers per se.)



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In the Brain, the use of Single-Digit Math turns out to be very powerful...

As part of TheTRUSTCard SOLUTION, single-digit math is a foundation for strengthening these 9 abilities quickly, easily, and daily ... so they are available, stronger when you need them most; and cumulatively over time in everyday life - certainly it's not about "math class"!

Not only do Users report TheTRUSTCard SOLUTION dissipating stress as described, they report it allows you to strengthen your own ability to make choices and navigate life, family and work with precision and success!

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The 24-7, Non-Medical, Non-Drug, Non-Addictive, Completely Portable
Non-Hypnotic, Non-Therapy SOLUTION to
Overcoming Stress ...
...That Has Or May Become Regular or COMPLEX-PTSD,
Useable by Adults and Children Alike ...

To Help You Stay Calm ...
No Matter What, Anywhere, Anytime ...
No Matter What!

and...

Control & Increase Your Natural Intelligence ...

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To Help You Stay Calm ...
No Matter What, Anywhere, Anytime ...
No Matter What!
and ...
Control & Increase Your Natural Intelligence ...

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How To Use The TRUSTCard™ ...

Note: The Time &/or The Stress &/or The Importance.

This means paying attention to how you feel, what you're doing & what is going on around you!

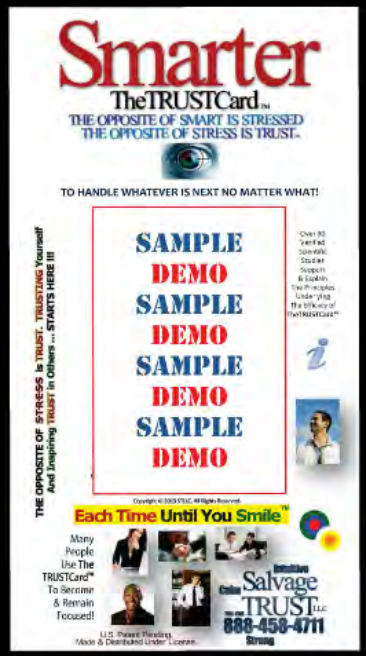


How To Use The TRUSTCard™ ...

Note: The Time &/or The Stress &/or The Importance.

Then … Do 4 Math "Problems" Either Side.

This is based on DISTRACTION and the "Energy Cost" in the brain of Single-Digit Math Problems both scientifically validated methods to improve how you feel (right away)...



How To Use The TRUSTCard™ ...

Note: The Time &/or The Stress &/or The Importance.

Then … Do 4 Math "Problems" Either Side.

Check For Any Stressful Feeling or Thought.

This is based on REAPPRAISAL, the also scientifically validated method to even further improve how you feel...



How To Use The TRUSTCard™ ...

Note: The Time &/or The Stress &/or The Importance.

Then ... Do 4 Math "Problems" Either Side.

Check For Any Stressful Feeling or Thought.

Do 4 More Math "Problems" Either Side.

Check For Any Stressful Feeling or Thought.

Do 4 More Math "Problems", Etc.

Check For Any STRESS AGAIN ...

Repeat "4-Check-4" UNTIL YOU SMILE!

Continue to alternate between "Distraction" and "Reappraisal"

Until You Smile!

Once you actually SMILE, simply put The TRUSTCard(tm) away until you need it again!



When should YOU
use the TRUSTCard(tm)?

24-7

Whenever YOU need it!








When To Use The TRUSTCard™ ...

1... 3x Every Day: At Times You Are Not Under Stress.

2... Any Other Moment You Realize You Are Under Stress.

3... When Possible Before Deciding Anything Important!

4... 1st Thing After Waking; Last Thing Before Bedtime.

5... At Moments of Recurring Fear, Worry, Upset or Dread!











Aside from the "Regular" PTSD symptoms of:

1. Insomnia
2. Panic attacks
3. Flashbacks
4. Anger or Depression
5. Dissociation
6. Night Terrors ...

Complex PTSD also brings with it another list of warning signs that continue over time, intermittently OR continuously:

7. (Severe) Withdrawal-Isolation
8. (Strong) Distrust of others
9. Loss Of Faith (in Society and God)
10. Persistent Feelings of Despair
11. (Profound) Depression
12. Somatization Symptoms
13. (Sometimes) Suicide attempts
14. (Sometimes) Self-mutilation

Single-digit math as used in the context of The Smarter TRUSTCard has been reported to dissipate the negative effects of all these, and do much, much more!

IMPORTANT NOTE: Whenever you or someone you know talks about being "stressed out", even though neither of you would likely think of it as such, you are talking about PTSD. As you can see above there are two levels of PTSD. The first, The "Regular" variety is the one most people ordinarily discuss or talk about using that label. That said, it is more accurate and therefore more helpful to resolution to recognize that "stress" is a normal brain/body phenomenon necessary to survival. When we find ourselves wanting to complain about "stress", a closer look would reveal that the circumstances which are prompting such feelings properly fall into one of the two categories above. The "Regular" type comes from a single (usually extreme) incident that replays in the brain and produces Symptoms 1-6. The "Complex" type, in contrast, comes from a much less extreme, smaller-trauma, SERIES OF INCIDENTS which one encounters over and over, over time and which replays the trauma of these multiple incidents, as time goes on. The "Complex" type produces ironically, MUCH STRONGER AND PERSISTENT versions of all the Symptoms 1-14, above. Smarter TRUSTCard Users report strong and in some cases complete relief with respect to both kinds.

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