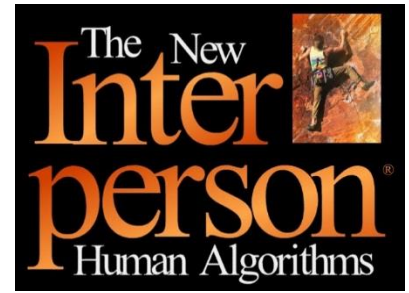




PLEASE NOTE ... THE PLAN B-GOOD MOODMAKER™ VIDEO YOU MAY HAVE ALREADY VIEWED ON OUR HOME PAGE ABOVE AND ITS PROCEDURES **ARE AND WILL REMAIN 100% FREE TO ANYONE ACCESSING THIS SITE.** ALTHOUGH WE HAVE AND WILL HAVE OTHER PRODUCTS FOR SALE, NONE ARE NEEDED TO DERIVE A BENEFIT FROM **THE PLAN B-GOOD MOODMAKER™ VIDEO**



It would be true to say that *“Nothing goes wrong in life except in the presence of Stress”*. Stress prompts a physiologic



reaction, large or small to any situation or time in which (you feel and/or it is true that) the

Demands of a Situation Exceed your

Resources to handle those very Demands.

TheTRUSTCard® 1
Protected by U.S. Patent

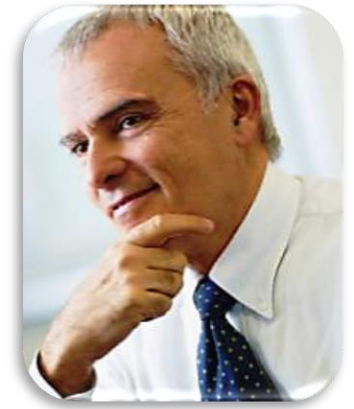


The Brain Chemistry of Stress is The Opposite of The Brain Chemistry of Civility. Not surprisingly, the Behavior associated with Stress is The Opposite of the Behavior associated with Trust. Thus, both internally within one’s body and in Behavior...

The Opposite of Stress is TRUST™.



TheTRUSTCard^{®1} is used to disable what can become an immobilizing "stranglehold" coming from Acute or Chronic Stress Circuits in the Brain. It is used *immediately* upon recognition by an individual that he/she is experiencing the subjective signs of Stress.



This "just in time" Behavioral Change (using **TheTRUSTCard[®]** - in response to one's Recognition of one's own Stress versus panicking/ worrying, etc.), has been reported to quickly disable the physiologic changes brought on during Stress such as increased heart rate, muscle tension and irregular breathing. Users report that their own Attitudes & Behavior,

2

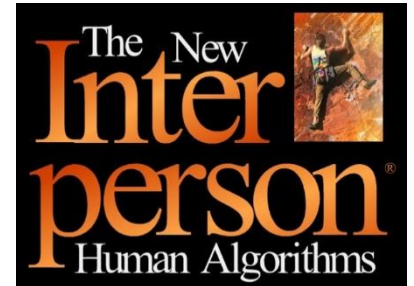
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¹ **The TRUSTCard[®]** is a Patented Algorithm [series of finite steps leading to a desired outcome] which allows the User to activate Simple, Natural Brain Functions (several times per day as needed), including Proprietary Directions for use, in password-protected electronic form. Use of The Card prompts a Behavioral Change in response to **Stressors** (any Person, Event, Experience that causes Stress). This has been reported by Card Users to change the Brain Chemistry of Stress to the Brain Chemistry of Trust, in very often as little as 30 seconds, rarely longer than 3 minutes, to bring about a noticeable, stable and eventually lasting improvement in Happiness, Mood, Attention, Focus and Behavior.



right after the use of **TheTRUSTCard®** become more Trusting, Calmer, Confident, and Trustworthy.

TheTRUSTCard® has resulted in improvement in Mental/Emotional Factors such as improved Focus, improved Mood and a very noticeable Decrease in (even disappearance of) repeating, persistent negative thoughts. Individuals have reported using **TheTRUSTCard®** to decrease/erase feelings of anxiety and to make possible anxiety-free performance.



Such is reported regarding a wide range of situations from medical/dental-treatment anxiety, preacademic testing anxiety, anxiety related to athletic performance, and public speaking anxiety; with benefits to heart attack recovery, cancer recovery, improved athletic injury recovery time, as well as during pregnancy; also re anxiety/panic during unfamiliar situations, such as situations in

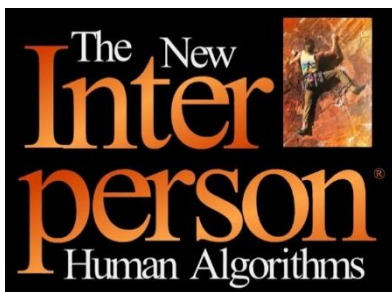


which one could be the target of Uncontrollable (Sudden & Severe) Stressors.

Regular use of the Card to address Controllable (Less Severe/More Routine) Stressors, has been shown by 14 years of daily use, to calm attitudes and actions in the later presence of other Uncontrollable Stressors. Individuals have also reported



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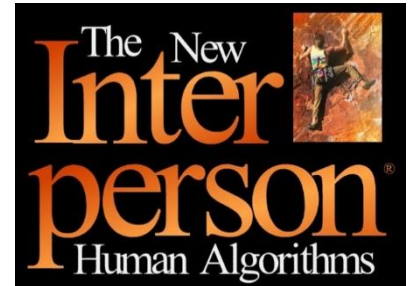
that **TheTRUSTCard**® - has assisted them in their efforts to control habits such as smoking, alcohol use as well as compulsive eating.

In academics, **TheTRUSTCard**® has been applied as a Teaching Aide and Student Support Protocol, in Curriculums as wide-ranging as Programs for the Learning-Disabled, Standard Grade School, High School, College and Graduate Programs. This includes Specialties such as Health Care, Business Management, Computer Science, Law, and Admissions into as well as during Nursing School.



It has been reported that **TheTRUSTCard®** has been used to assist in precluding the need for opioids

connected to Chronic Physical Pain. Nurses have reported using it while on duty, to combat Fatigue.



Additionally, Seniors along with other groups, have reported that consistent use of **TheTRUSTCard®** has improved their Memory overall, and in particular improves their Memory and Cognitive Abilities during mildly stressful events which, prior to their use of

TheTRUSTCard® typically resulted in feelings of frustration.



Studies concerning its possible benefits to Alzheimer-Patient and Other Caregivers are in the planning stages. It has also been reported by many individuals that consistent use of **TheTRUSTCard®** when

not under acute Stress, has resulted in an improved ability to recognize Stressors in one's environment earlier, and to consistently Avoid the Escalation of the Feelings of Anxiety, Depression and



Negative Moods typically associated with any given Stressor for that individual.

These add up to consistent positive reports of the success of **The TRUSTCard®** with zero reports of negative consequences due to **TRUSTCard®** use.



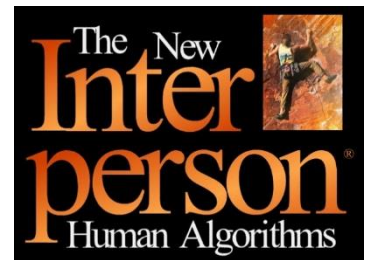
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REALSMILE™



**REALSMILE™ IS THE
PATENTED NEUROSCIENCE TECHNOLOGY
WHICH DRIVES BOTH
PLAN B – GOOD MOODMAKER™
AND
THE TRUSTCARD®**





NOTE TO READERS AND USERS

This Material along with the protocols, procedures, algorithms and studies included, contain the opinions and ideas of its author. **It is intended to Assist An Individual Who May Wish to Improve Her/His Personal-Individual Stress Levels.** It is presented with the understanding that the author is NOT engaged in rendering Life Or Death, Emergency Medical, Law Enforcement Or Legal Advice Or Services.

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7



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8

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