

# Vets PTSD-FREE Zones

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can be reduced 90%  
in 90 days.*

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**Vets PTSD-Free Zones** are where Vets' PTSD-generated suicide rate can be reduced 90% in 90 days. It is a 3-Step Process that leads to recuperation — followed by participation in a normal life in 26–32 weeks. Vets PTSD-Free Zones are built on Scientific Principles that have been validated by a Nobel Prize in Medicine and Physiology (Roger Sperry, Cal Tech, 1981). **The 3 Steps** —

- 1) PTSD can be stopped in its tracks by applying the proper Neuron Axon derailment.
- 2) Must be followed by a brief reorientation into their new PTSD-free world.
- 3) Followed by short reintroduction to the options and opportunities now available to Vets in a PTSD-Free Zone community.

**In Addition:** Vets PTSD-Free Zones create and Certify an A.I. "Age of Automation" resident workforce that will attract 21<sup>st</sup> Century SciTech A.I.-driven "Age of Automation" businesses, with their well-paying jobs with a future, to Vets PTSD-Free Zone communities and their expanding productive resident population.

Properly Prepped, Vets will set an example and guide their Consociates (Community College Students / low-GPA University Students / Outliers / Mavericks / Drop-outs and Non-violent Felons) toward the Ys-Ways that can make Vets PTSD-Free Zones "Top Tier, 4IR<sup>2</sup> light industrial manufacturing Centers.

**Managing/Controlling PTSD** is a rather straightforward challenge for those who are familiar with human physiology and Biological Science. The VA Mental Services Staff lacks the Functional Intelligence and Scientific knowledge to successfully treat Veterans with PTSD. The following is the least Vets, their Caregivers and Vets Support Groups need to know to help Vets manage, control, and survive their PTSD-generated perceptual disruptions.

VA's Mental Health Services are "experience-based" (yesterdays' Medical Practices — Cognitive Therapy, old wives tales, superstition, speculation and Drugs; aka: Placebo Medicine).

**PTSD is strictly a physiological phenomenon.**

Dealing with PTSD creates a mental challenge for Vets — due to the VA's gross misrepresentation of PTSD, its causes and prospective fixes. Vets are not the only segment of U.S. Society that deals with PTSD as a fact of daily Life. Veterans have "Ys consociates" who also suffer from PTSD and higher than average suicide rates prompted by their experiences with U.S. K-12-16-20 schooling/senseless economic mirages/pervasive government duplicity, and disregard for Biological Science.

**A Human Being has 3 Primary Components:**

1) Structure/Physique; 2) Functionality/Physiology; 3) Perceptions/Intellect; and 3 Brains with independent functionality and Memory Banks: 1) Reptilian 2) Mammalian 3) Neo-Cortex with Cerebral Cortex. These 6 components operate independently, while in Concert, connected by a 60-Watt electrical grid called a Neuron-Axon System. Our **Reptilian Brain**, exercising its assigned genetic responsibilities, is responsible for PTSD. Afflicted Vets sense of hopelessness, generated by VA Medical Health Services' Placebo Medicine, causes Vet's suicide — not PTSD.

**PTSD is all about EXPERIENCE** — our experience — and how we humans record and file our human experiences. Human experience takes place in two environments:

- 1) **Ambient Environment** — the world around us over which we have little or no control.
- 2) **Contextual Environment** — our personal situation and circumstance relative to our Ambient Environment and our perceived options and opportunities.

Dramatic activities in these environments can embed physiological memories/triggers in our Neuron-Axon system that generate replicating behavior that may not be appropriate in a person's current situation or circumstance. PTSD is a physiological-based "electrical" problem — not a psychological hallucination problem. Psychology is not Physiology.

## — The Physiology of PTSD —

**Sensory Receptors:** Our physical view of the world around us. Generates the Data stored in our Brains' Memory Banks:

- 1) Sight; 2) Sound; 3) Smell; 4) Taste; 5) Flavor;
- 6) Hearing; 7) Touch; 8) The Somatosensory Cortex; 9) The Vestibular System; and
- 10) Proprioception (10 of 21)

**Physiological Components:** The process of understanding PTSD starts by recognizing the primary physiological response components that initiate PTSD (see Graphics A–C)

- A) Adrenal Medulla of the Adrenal Gland—initiator
- B) Nerve Cells and Synapses = sensory + communication networks
- C) The 3 Human Brains—controllers—Mind—memory banks (**Reptilian**; **Mammalian**; **Neo Cortex** with **Cerebral Cortex**)

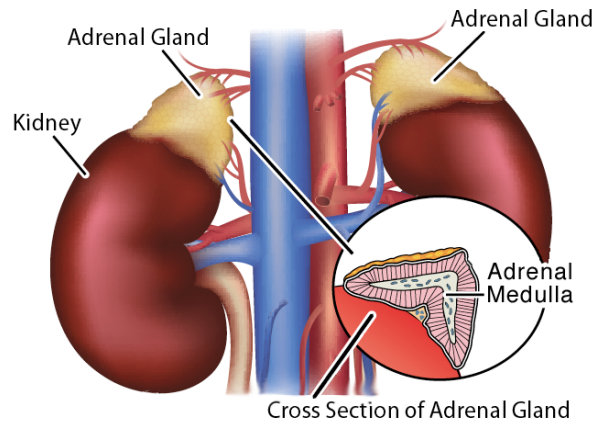
**Attitude:** All Human Behavior is dictated by our "Attitude" toward our immediate situation/ circumstance in Context of our perceived self-interest. Attitude is a total exercise in Free Will.

Drug users, Opioid users, Vapors are fully aware of the potential consequences of their behavior. They don't care — immediate pleasure mitigates their real world pain. The result: Combining Military and Social PTSD-generated suicides = 118,260 Americans end their lives each year rather than face their perceived future in America. Veterans can NOW lead Americans into a better Way/Day.

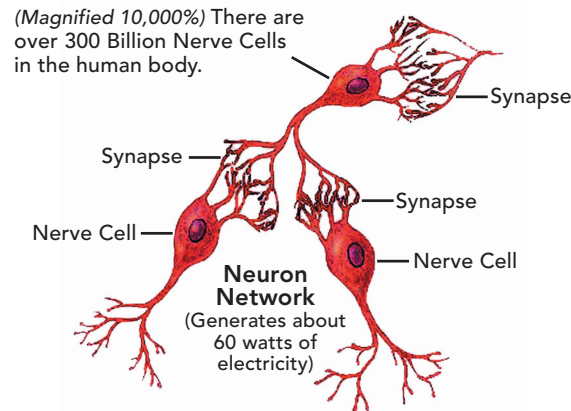
**Set Up a Skype-Right-In Meeting** — with "D.D. John" to discuss Vets PTSD-Free Zones Poster's "scientific" content. Email: DDJohn@YsUpAmerica.com. Participants can attend on their cell phone/laptop/computer, etc.

## The Human Physiological Components that are Activated by PTSD Memory/Triggers

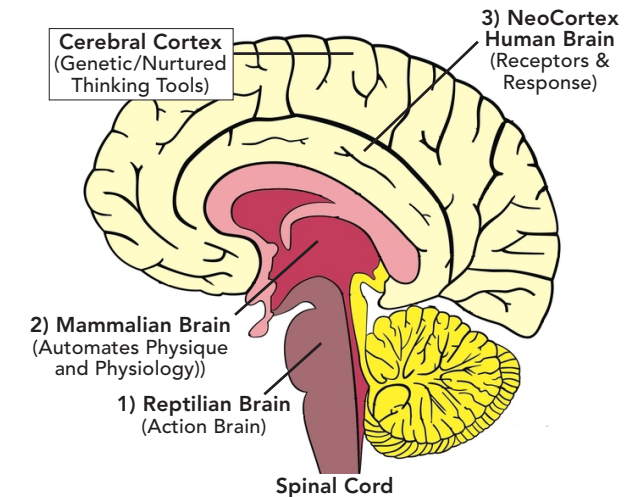
### A) Adrenal Gland



### B) Nerve Cells and Synapses



### C) The Three Human Brains



*"When you know how something works and it is not working, you know how to fix it." (DD JOHN)*



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