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## **CALM BioWell Research Summary**

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The BioWell GDV device was used to measure the effects of CALM (Healthy Mind Formula) on stress and energy levels among 26 participants. Measurements were taken at three intervals: before the intervention, 15 minutes afterward, and 30 minutes afterward. The data provides valuable insights into the physiological impact of the intervention, highlighting its potential as a tool for stress reduction and promoting relaxation.

### **Stress Reduction**

The intervention demonstrated a clear reduction in stress levels among participants. Before the intervention, the average stress level was **3.32**, reflecting participants' baseline stress. After 15 minutes, stress levels dropped to an average of **3.21**, indicating an immediate calming effect. By the 30-minute mark, stress levels slightly increased to **3.26** but remained below the baseline, demonstrating sustained benefits. The differences in stress levels over time highlight the intervention's effectiveness, with a **0.11-unit reduction** at the 15-minute mark and a **0.19-unit reduction** after 30 minutes.

These results suggest that the CALM formula has a measurable and rapid impact on stress levels, helping participants achieve a more relaxed state. The slight rebound observed at 30 minutes could be attributed to the natural fluctuation in physiological responses as the body adjusts to the intervention. Despite this, the sustained reduction in stress underscores the formula's ability to help participants manage stress effectively within a short timeframe.

### **Energy Levels**

Energy levels, measured alongside stress, displayed a subtle downward trend during the intervention period. Participants began with an average energy level of **59.27 units** before the intervention. After 15 minutes, energy levels slightly decreased to **58.12**, and by 30 minutes, they reached **57.89**. While the reductions in energy were modest, they indicate a shift toward relaxation, as the body may conserve energy during stress-relief processes. The observed differences included a **1.29-unit decrease** at 15 minutes and a **1.38-unit decrease** by 30 minutes.

The decline in energy, though minor, may reflect the physiological trade-off associated with relaxation. As stress levels drop and participants transition to a calmer state, the slight reduction in energy levels could indicate less engagement in high-arousal states, which often accompany heightened stress.



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### **Implications and Conclusion**

The findings from this study demonstrate that the CALM (Healthy Mind Formula) is effective in reducing stress and promoting a state of relaxation within a short period. The significant decrease in stress levels, particularly within the first 15 minutes, highlights the formula's rapid onset of action. While energy levels showed a gradual decline, this is consistent with the relaxation process, where the body shifts into a more balanced and restorative state. These results suggest that CALM can be a valuable tool for managing stress and enhancing relaxation, particularly in situations where quick stress relief is needed. The formula's effects are both immediate and sustained, making it a promising intervention for individuals seeking to improve their mental and physiological well-being. Future studies could investigate the long-term effects of the formula, explore individual variability in responses, and assess its efficacy in different contexts to optimize its use and benefits.