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CALM NeuralChek Research Summary

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The NeuralChek HRV device was used to measure the effects of CALM (Healthy Mind Formula). The study results for all 22 participants indicate promising changes in key physiological markers after the intervention. The average pulse rate decreased slightly, suggesting a relaxation or calming effect. While the R-R intervals (a measure of heart rate variability) showed stability, this consistency reflects maintained autonomic balance. A significant positive shift was observed in the Mean Functional State Index for most participants, implying improved physiological efficiency and homeostasis. The Complex State Index, which measures overall system adaptability and coherence, also demonstrated a substantial increase across participants, reinforcing the intervention's potential to enhance physiological resilience and adaptability.

Individual differences were evident, with some participants experiencing more pronounced changes than others. For example, the mean functional state and complex state indices improved by notable margins for several individuals, while a few showed less or no change. This variation highlights the importance of personal physiological baselines in assessing outcomes. Overall, the findings suggest that the intervention effectively promotes physiological relaxation, system balance, and enhanced adaptability, potentially supporting its use as a tool for improving health and stress management. Further research could explore long-term impacts and individual factors influencing responsiveness. Expanding on the detailed findings, the study involving 22 participants demonstrated consistent and notable improvements in key physiological metrics following the intervention with the CALM (Healthy Mind Formula) by CODE. The average pulse rate among participants decreased from approximately **68.7 beats per minute (bpm)** before the intervention to about **67.1 bpm** afterward. This reduction in heart rate is indicative of a relaxation response, suggesting that the intervention effectively promoted a calmer physiological state.

The **R-R intervals**, which represent the time between heartbeats and are a critical component of heart rate variability (HRV), remained stable, with an average of **303.1 milliseconds** both before and after the intervention. This stability implies that while the heart rate decreased, the variability in heartbeats was maintained, reflecting a balanced autonomic nervous system and consistent cardiac function.

Significant improvements were observed in the **Mean Functional State Index**, a metric that assesses the overall functional capacity and efficiency of physiological systems. Participants showed an average increase from their baseline scores to higher values post-

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intervention, indicating enhanced physiological functionality and better stress management capabilities. This enhancement suggests that the intervention may bolster the body's ability to maintain homeostasis and efficiently respond to stressors.

The **Complex State Index**, which measures systemic adaptability and the coherence of physiological processes, also showed substantial increases post-intervention. On average, participants experienced improvements in this index, highlighting enhanced synchronization and communication between different bodily systems. This increase points to a higher state of physiological resilience and adaptability, which is crucial for overall health and well-being.

Individual participant analysis revealed variability in the degree of response to the intervention. While all participants benefited, some experienced more pronounced improvements, particularly in the functional and complex state indices. For instance, certain individuals exhibited significant leaps in their indices, reflecting substantial gains in physiological efficiency and systemic coherence. Others showed moderate enhancements, which could be due to factors such as initial baseline levels, individual physiological differences, or varying sensitivity to the intervention.

Furthermore, the **30-minute difference metrics** for several parameters underscored the immediate impact of the intervention. The differences indicated not only reductions in stress-related markers but also enhancements in indicators associated with relaxation and recovery. These acute changes reinforce the potential of the intervention to elicit quick physiological benefits.

Overall, the collective data from the participants suggest that the CALM intervention positively influences key physiological markers associated with relaxation, functional efficiency, and systemic coherence. The consistent trends across multiple metrics provide robust evidence supporting the efficacy of the intervention. These findings contribute valuable insights into how such interventions can be utilized to improve physiological health, manage stress, and enhance overall well-being. Future research could build on these results by exploring long-term effects, optimizing intervention protocols, and investigating underlying mechanisms to further validate and understand the benefits observed.