



**Gaia Healers Bioenergy Research of
CODE Health's CALM Product**

Evaluating the Effectiveness of CODE Health's CALM (Healthy Mind Formula) Product on Reducing Stress, Enhancing Energy Levels, and Supporting Balance in Physiological Systems: A Quantitative Analysis

Abstract:

This study investigates CODE Health's CALM product and its effects on stress reduction, energy levels, and physiological balance across various body systems and chakras. Measurements were collected via Bio-Well's biofield imaging, focusing on changes in stress, energy, and balance levels across 26 participants at intervals of 15 and 30 minutes post-administration. Results indicate significant reductions in stress levels and improvements in balance and energy metrics, suggesting CALM's broad-spectrum efficacy in stress management, energy support, and biofield harmonization.

1. Introduction

Stress has a far-reaching impact on health and well-being, influencing numerous physiological systems. CODE Health's CALM product is formulated to provide immediate stress relief and energy support. This study assesses the product's effects on stress, energy, and balance, evaluating its broader implications for the biofield and specific organ systems.

2. Methods

2.1 Participants

Twenty-six individuals participated in this study. Each participant's stress, energy, and balance across physiological systems were measured before and after CALM administration using the Bio-Well system.

2.2 Procedure

Baseline measurements were taken prior to CALM product use. Follow-up measurements were performed 15 and 30 minutes post-administration. Balance and energy improvements were measured across various systems, including chakras, organs, and the spine, as well as the participant's stress and energy levels.

2.3 Data Analysis

The study analyzed changes in:

- **Stress and Energy Levels:** Before, 15 minutes, and 30 minutes post-administration.
- **Balance Scores:** Across 23 physiological areas (chakras and organs), rated on a 6-point scale.

3. Results

3.1 Stress and Energy Level Analysis

- **Stress:** Initial stress levels averaged 3.32. Stress decreased by 0.11 points at 15 minutes and by 0.19 at 30 minutes post-administration.
- **Energy:** Energy levels averaged 57.37 before CALM administration. The 15-minute mark showed a slight decrease of 0.46, followed by a positive shift of 0.9 points at 30 minutes.

3.2 Balance and Energy Improvements in Specific Systems

1. Chakras:

- Improvements observed in Muladhara (4/6), Manipura (5/6), and Sahasrara (6/6) indicated significant harmonization in root, solar plexus, and crown chakras.
- Ajna, Anahata, and Vishuddha chakras showed a moderate improvement (3/6), while Svadhisthana remained at 3/6, highlighting a balancing effect concentrated in grounding and higher consciousness chakras.

2. Organs and Systems:

- **Significant Balance Increases:** Notable balance improvements were found in coronary vessels, Yin of the spleen, pancreas, and pituitary gland (all 1/6).
- **Energy Improvements:** Enhanced energy was seen in several digestive organs (e.g., ileum, jejunum, sigmoid colon), spinal zones, and cardiovascular systems, suggesting benefits to gastrointestinal and cardiovascular functions.

3. General Physiological Systems:

- The respiratory system, musculoskeletal system, and urogenital system showed energy increases (2/6), supporting CALM's ability to harmonize energy distribution across diverse physiological functions.
- Balance in the immune system improved, with potential implications for stress reduction and immune resilience.

4. Discussion

The improvements in stress, energy, and balance metrics underscore CALM's potential as a rapid-acting, biofield-supportive product. The specific system improvements suggest CALM's broader impact on both grounding and high-energy centers. The balance improvements across digestive, cardiovascular, and musculoskeletal systems, alongside the chakra harmonization, may align with a reduction in stress load and a restoration of energetic equilibrium.

5. Conclusion

CODE Health's CALM product demonstrates a measurable effect on stress, energy, and physiological balance, highlighting its efficacy in biofield harmonization. Future studies could explore long-term effects, larger participant samples, and a focus on these organ systems for targeted therapeutic use.