

Effects of the Resona VIBE Device on General Well-Being: A Pilot Study

1. Disclaimer

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The results and conclusions of the study referenced herein reflect the research findings and are not necessarily endorsed by Scientifica Consulting. Furthermore, suggested social media posts are provided as examples and should be independently reviewed for compliance with applicable regulations, including but not limited to those of the FTC, FDA, or other relevant authorities. It is the responsibility of the wellness company to ensure all communications adhere to legal and regulatory requirements.

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2. Suggested Social Media Posts

Post 1: General Well-Being

✨ Support Your Well-Being with Resona VIBE ✨

In a recent pilot study, participants reported improvements in their overall well-being after using the Resona VIBE device for 30-45 days. 🌿 The Resona VIBE device may help support mental clarity, relaxation, and stress management as part of a daily wellness routine.

📊 Study Insight: Participants noted enhancements in focus, emotional balance, sleep quality, and stress management.

#WellnessJourney #MindBodyBalance #ResonaVIBE

Post 2: Mental clarity and Focus

🧠 Promote Mental Clarity and Focus 🧠

In our pilot study, participants who used the Resona VIBE device reported improvements in mental clarity, including fewer unwanted thoughts and enhanced focus.

📊 Study Insight: Participants reported a 46% reduction in distractions and a 39% improvement in concentration, contributing to better focus during daily tasks.

#MentalFocus #WellnessSupport #MentalClarity #ResonaVIBE

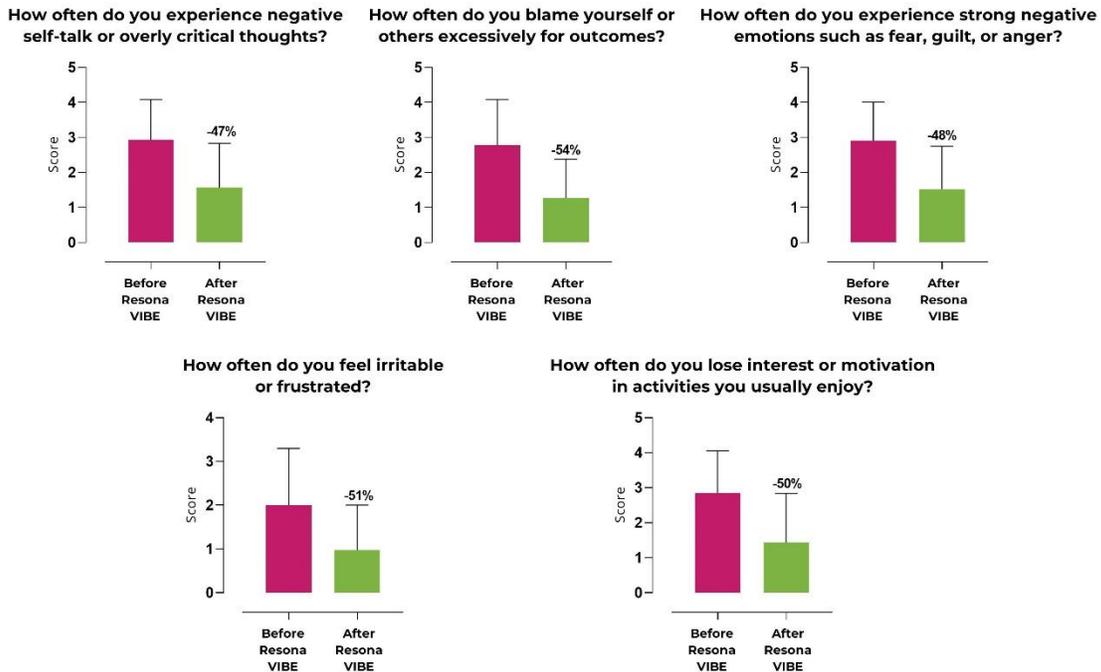


Post 3: Emotional Balance and Mood Support

☀️ Encourage Emotional Balance ☀️

In a recent pilot study, participants using the Resona VIBE device reported feeling more emotionally balanced, with reduced negative self-talk and irritability.

 Study Insight: Participants reported a 47% reduction in negative self-talk and a decrease in feelings of frustration, suggesting improved emotional well-being.
 #EmotionalWellness #BetterMood #Mindfulness #ResonaVIBE



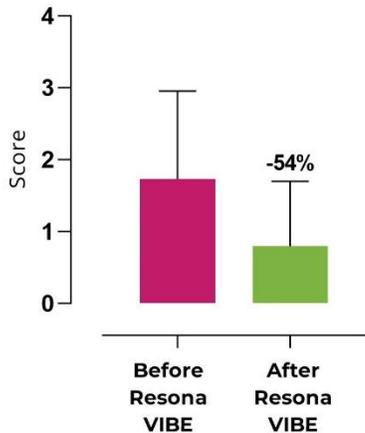
Post 4: Sleep Support and Quality

 Support Restful Sleep 

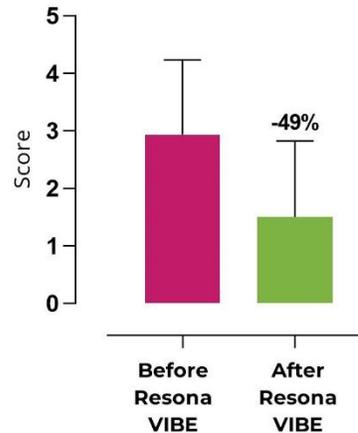
In our pilot study, participants using the Resona VIBE device reported improvements in sleep quality, including fewer disturbing dreams and an easier time falling asleep.

 Study Insight: Participants reported a 54% decrease in disturbing dreams and a 49% improvement in their ability to fall and stay asleep.
 #BetterSleep #RestAndRecover #WellnessSupport #ResonaVIBE

How often do vivid or disturbing dreams affect your sleep quality?



How often do you have trouble falling or staying asleep?



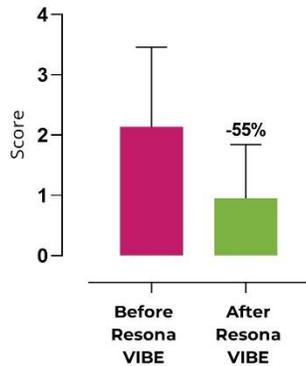
Post 5: Stress Management and Relaxation

Promote Relaxation and Manage Stress

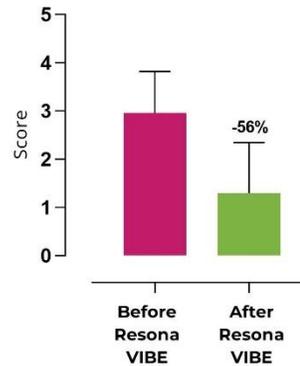
Participants in our recent pilot study using the Resona VIBE device noted improvements in their ability to manage everyday stress, feeling less overwhelmed.

 **Study Insight:** Participants reported a 55% reduction in feeling overwhelmed and a 57% reduction in physical stress responses, such as tension and unease.
 #StressRelief #Relaxation #MindBodyBalance #ResonaVIBE

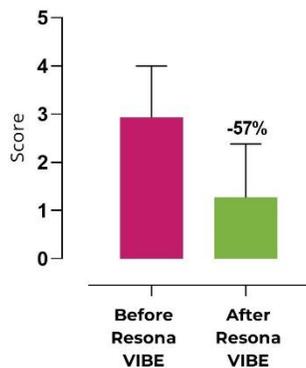
How often do you feel overwhelmed or excessively stressed in familiar situations?



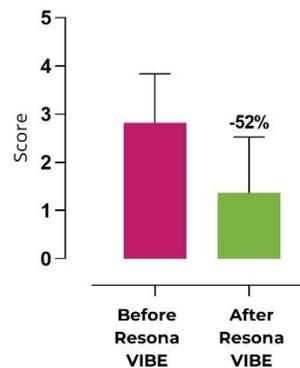
How upset or uneasy do you feel when reminded of stressful events?



How strong are your physical stress responses to daily stressors?



How often do you avoid thinking about past stressors or negative experiences?



Post 6: Social and Behavioral Wellness

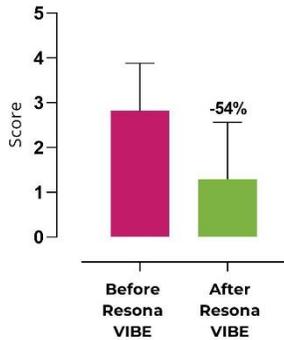
🌸 Enhance Social Engagement 🌸

In our pilot study, participants using the Resona VIBE device reported feeling more connected and socially engaged, with less avoidance of social situations.

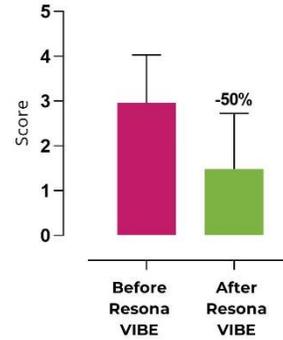
 **Study Insight:** Participants reported a 54% reduction in avoiding social activities and a 62% reduction in risky behaviors, contributing to improved social wellness.

#SocialWellness #ConnectBetter #WellnessRoutine #ResonaVIBE

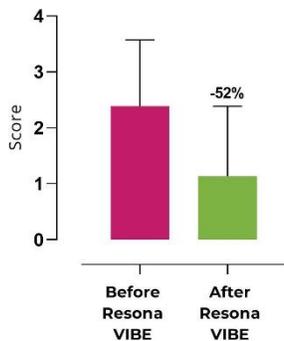
How often do you avoid places or activities that remind you of negative experiences?



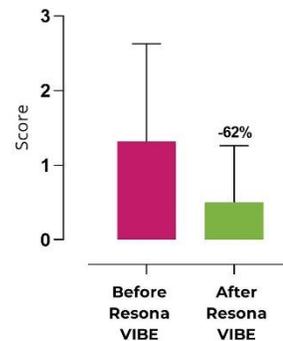
How often do you feel disconnected or distant from others?



How often do you have difficulty feeling happiness or positive emotions?



How often do you engage in risky behaviors that could affect your well-being?



Post 7: Alertness and Calmness

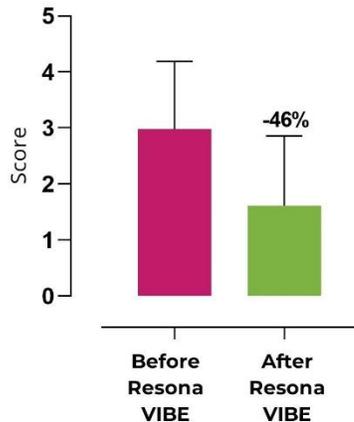
🧘 Support Calmness and Reduce Hyper-Alertness 🧘

Participants in our pilot study using the Resona VIBE device reported feeling calmer and more in control, with reduced feelings of being overly alert or jumpy.

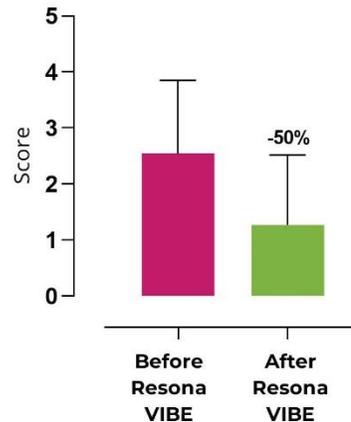
📊 Study Insight: Participants noted a 46% reduction in hyper-alertness and a 50% reduction in jumpiness.

#StayCalm #ReduceAlertness #WellnessJourney #ResonaVIBE

How often do you feel overly alert or on guard?



How often do you feel jumpy or easily startled?



Post: Comprehensive Wellness Support with Resona VIBE

☀️ Discover a Comprehensive Approach to Wellness with Resona VIBE ☀️

In our recent pilot study, participants using the Resona VIBE device for 30-45 days reported a variety of improvements in their overall well-being, from mental clarity and emotional balance to better sleep and stress management. 🌱

📊 Study Highlights:

Mental Clarity & Focus: Participants reported fewer unwanted thoughts and healthier cognitive performance, with a reduction in distractions and an improvement in the ability to concentrate on tasks.

Emotional Balance: Participants noted a reduction in negative self-talk and a reduction in strong negative emotions, supporting a more balanced mood.

Sleep Quality: Participants experienced better sleep, with a decrease in disturbing dreams and a improvement in falling asleep.

Stress Management: Participants felt more resilient to stress, with a reduction in feeling overwhelmed and a reduction in physical stress responses.

Social Wellness: The study also showed a reduction in avoidance of social activities, less disconnection from others, and a decrease in risky behaviors, supporting better social engagement.

Calmness: Participants felt more relaxed, with a reduction in hyper-alertness and less jumpiness.

These findings highlight how the Resona VIBE device may support various aspects of well-being as part of a daily wellness routine.

#ComprehensiveWellness #MentalClarity #StressRelief #BetterSleep
#SocialWellness #ResonaVIBE

3. Suggested Blog Post

Exploring the Benefits of the Resona VIBE Device for Supporting General Wellness through PEMF Therapy

At Resona Health, we are dedicated to supporting overall well-being with cutting-edge wellness technology. Our Resona VIBE device uses PEMF (Pulsed Electromagnetic Field) therapy, which is designed to promote relaxation, support mental clarity, and enhance emotional balance. Recently, we conducted a pilot study to evaluate the potential benefits of using the Resona VIBE device as part of a daily wellness routine. Below, we share the key findings from this study and what they could mean for individuals interested in improving their overall well-being.

What is PEMF Therapy?

PEMF therapy is a non-invasive wellness technology that delivers pulsed electromagnetic fields to the body. These pulses are designed to help stimulate the body's natural processes, promoting relaxation and supporting overall well-being. PEMF therapy has been used in various wellness settings and is now accessible through devices like the Resona VIBE, which can be used at home as part of a daily routine.

Study Overview

Our pilot study involved 44 participants who used the Resona VIBE device for a period of 30 to 45 days. Participants completed self-assessments before and after using the device, rating their experiences across several domains of well-being: mental clarity, emotional balance, sleep quality, stress management, social wellness, and calmness.

Key Findings from the Study

1. Mental clarity and Focus

The Resona VIBE device, powered by PEMF therapy, may help support focus and mental clarity. Participants in a pilot study reported fewer distracting thoughts, enhanced details recall, and improved concentration, suggesting that regular use of the device may contribute to healthier cognitive performance.

2. Emotional Balance and Mood Support

The Resona VIBE device may help promote emotional balance and support mood regulation. Participants in a study noted a reduction in negative self-talk and a decrease in feelings of frustration, indicating that PEMF therapy may assist in maintaining a more balanced and positive mood.

3. Sleep Support and Quality

The Resona VIBE device may help promote restful sleep and improve sleep quality. Participants in a pilot study reported fewer disturbing dreams and improvements in falling and staying asleep, suggesting that the device may support better sleep as part of a daily wellness routine.

4. Stress Management and Relaxation

The Resona VIBE device may help reduce stress and promote relaxation. In a pilot study, participants reported feeling less overwhelmed, with decreased physical responses to daily stressors, such as tension and unease, suggesting that PEMF therapy may support stress resilience.

5. Social and Behavioral Wellness

The Resona VIBE device may help support social wellness and encourage positive behaviors. Participants in a study noted improvements in social engagement, with less avoidance of social activities and a reduction in risky behaviors, indicating that PEMF therapy may contribute to enhanced social interactions and well-being.

6. Calmness and Relaxation

The Resona VIBE device may help promote calmness and reduce feelings of heightened alertness. Participants in a pilot study reported feeling less hyper-alert and jumpy, suggesting that PEMF therapy may support greater relaxation and a sense of control in daily life.

What Do These Findings Mean?

The results of this pilot study are encouraging and suggest that PEMF therapy through the Resona VIBE device may support various aspects of well-being, including mental clarity, emotional balance, sleep quality, and stress management. However, it's important to note that this was a small pilot study, and

the results are based on self-reported assessments. These findings are preliminary and may not apply to everyone.

Looking Ahead: Recommendations for Future Research

While the results of this study provide promising insights, future research should involve larger, more diverse participant groups to further evaluate the potential benefits of PEMF therapy with the Resona VIBE device. Additionally, incorporating objective measures—such as physiological assessments of stress and sleep quality—could provide a more comprehensive understanding of how PEMF therapy impacts overall wellness.

Conclusion: Supporting Your Wellness Journey with PEMF Therapy

At Resona Health, we believe in providing accessible wellness solutions that align with the body's natural processes. The Resona VIBE device, powered by PEMF therapy, is designed to support relaxation, focus, and emotional balance as part of your daily wellness routine. While the results of our pilot study are promising, we encourage individuals to explore how the Resona VIBE device may fit into their own wellness journey.