



Catalyzing Success Through Scientific Strategy



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1. ABOUT US

At Scientifica Consulting, we ignite innovation and power success in health and wellness. With over a decade of experience, we blend science with strategy to help companies excel, ensuring FDA and FTC compliance every step of the way. Our team of experts—professors, scientists, and researchers—guides you from idea to market, turning possibilities into breakthrough products. Let's shape the future together!





2. DISCLAIMER

The content presented in this material is for informational purposes only and is based on preliminary, self-reported data from an independent exploratory study designed and analyzed by Scientifica Consulting. Reported outcomes reflect participants' subjective experiences and should not be interpreted as medical advice or considered definitive clinical evidence.

Scientifica Consulting is not involved in the sale, promotion, or distribution of inHarmony devices and assumes no responsibility for how this information is interpreted, applied, or communicated by third parties. Any product-related claims, marketing materials, or testimonials are the sole responsibility of the device manufacturer or its authorized representatives.

Preliminary Report – inHarmony Pre/Post Session Wellness Questionnaire

1. Methods

Participants completed an online questionnaire immediately before and after a single inHarmony session. The questionnaire contained 10 items assessing specific wellness outcomes, each rated on a 0–5 scale:

1. Current state of mind (emotional state)
2. Freedom from anxiety
3. Freedom from stress
4. Level of relaxation
5. Mental clarity
6. Freedom from fatigue
7. Energy level
8. Freedom from aches and pains
9. Physical comfort
10. Overall sense of well-being

As of the end of the second semester of 2025, 25 individuals completed the pre-session questionnaire, and 16 individuals completed the post-session questionnaire. Data were extracted and analyzed using GraphPad Prism 8.0. Outliers were identified, and normality was assessed using the Shapiro–Wilk test. Between-group comparisons (pre vs. post) were performed with the Mann–Whitney test or unpaired t-test when appropriate. Statistical significance was set at $p < 0.05$. Percent change values were calculated relative to the pre-session scores.

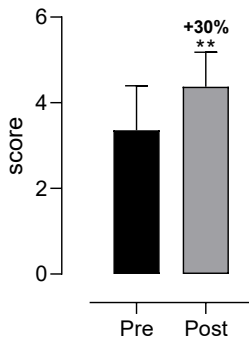
2. Results

Of the twenty-five participants who performed the session, sixteen completed the post session questionnaire and provided feedback regarding the chosen tracks. Of the participants who completed the post-session questionnaire and provided feedback regarding the chosen tracks, responses indicated that one listened to I am transformed for 11 minutes, one chose Overall wellness for 90 minutes, two selected I am pure love for 11 minutes each, one listened to Ancestor calling for 24 minutes, one chose Orion for 15 minutes, one selected Full body healing for 2 hours, one listened to Healing for 90 minutes, one chose 174 for 22 minutes, one selected Body Cleanse for 33 minutes, one did not specify a track and reported 90 minutes, one listened to I am connected to my prior self for 20 minutes, one chose Sacral vol 2 for 33 minutes, one selected 175 My Body is Aligned for 11 minutes, and one listened to C# for 33 minutes.

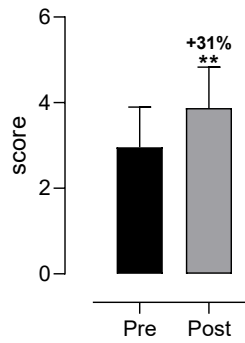
The outcomes emotional state ($p = 0.0035$), anxiety ($p = 0.0060$), stress ($p = 0.0008$), relaxation ($p < 0.0001$), fatigue ($p = 0.0055$), energy ($p = 0.0164$), aches and pain ($p < 0.0001$), physical comfort ($p < 0.0001$), wellbeing ($p = 0.0002$), and total wellness score ($p < 0.0001$) showed statistically significant improvement. Percentage changes from pre- to post-session were as follows:

Outcome	% Change Post vs. Pre
Emotional state	+30%
Freedom from anxiety	+31%
Freedom from stress	+39%
Relaxation	+42%
Mental clarity	+15%
Freedom from fatigue	+31%
Energy level	+32%
Freedom from aches/pains	+56%
Physical comfort	+36%
Overall well-being	+32%
Total Wellness Score	+34%

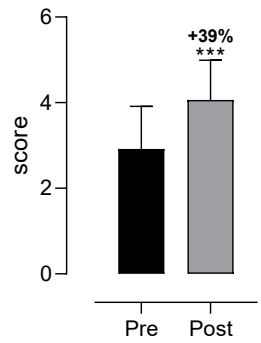
How would you rate your current state of mind (emotional state)?



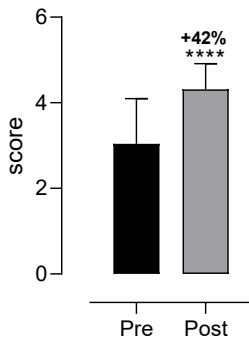
How free from anxiety do you feel right now?



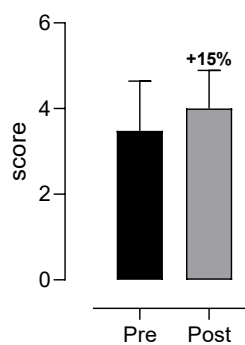
How free from stress do you feel right now?



How relaxed do you feel at this moment?



How would you rate your level of mental clarity right now?



How free from fatigue do you feel right now?

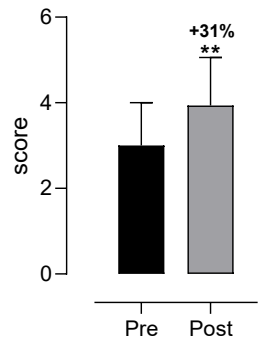
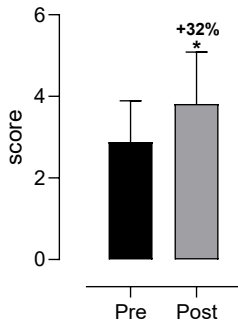
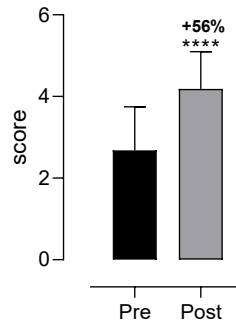


Figure 1. Percentage changes from pre- to post-session in emotional state, freedom from anxiety, freedom from stress, relaxation, mental clarity, and freedom from fatigue.

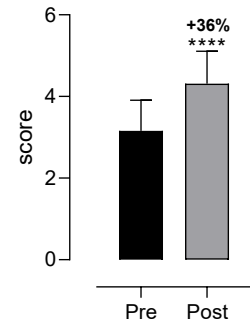
How would you rate your energy level right now?



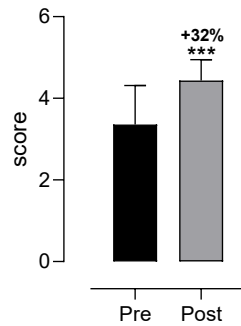
How free from aches and pains do you feel right now?



How would you rate your current level of physical comfort?



How would you rate your overall sense of well-being at this moment?



Total Wellness Score

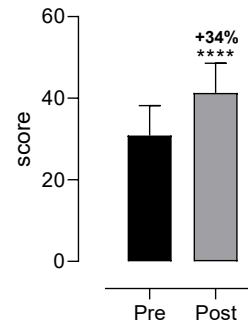


Figure 2. Percentage change from pre- to post-session in energy level, freedom from aches and pains, physical comfort, overall sense of well-being, and total wellness score.

3. Interpretation

After a single inHarmony session, participants reported improvements across multiple domains of well-being, with emotional state, anxiety, stress, relaxation, fatigue, energy, aches and pain, physical comfort, overall well-being, and the total wellness score all showing statistically significant pre–post changes (all $p \leq 0.0164$; several $p < 0.0001$). The largest perceived change was in freedom from aches/pains (+56%), followed by relaxation (+42%) and freedom from stress (+39%). Additional gains were observed in physical comfort (+36%), total wellness score (+34%), overall well-being (+32%), energy level (+32%), freedom from anxiety (+31%), freedom from fatigue (+31%), and emotional state (+30%). Mental clarity also improved (+15%) but did not reach statistical significance. Taken together, these findings indicate that a single inHarmony session was associated with immediate, broad-based improvements in both physical comfort and emotional well-being, particularly in pain relief, relaxation, and stress reduction.