



# The NewReality Master Key™: American Pain and Wellness Case Study

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- **Study Population:**

- ✓ Patients with chronic pain, extreme anxiety, or lack of sleep
- ✓ Average pain level of 3 on a scale of 0-10
- ✓ Pain duration:  $\geq 6$  months

- **Study Sample:**

- ✓ 30 patients
- ✓ 2 groups of 15 patients

- **Study Duration:** 12 weeks

- **Intervention:**

- ✓ All patients participated in a program including nutritional supplements, dietary changes, and a modest exercise program
- ✓ 15 patients also received the NewReality Master Key™ as an additive intervention component

- **Goals:**

- ✓ To reduce anxiety
- ✓ To reduce stress
- ✓ To improve sleep patterns

## **Overall Outcomes:**

- Weight  $\rightarrow$  decreased an average of 13 pounds
- BMI  $\rightarrow$  decreased an average of 2.2 points
- Waist line  $\rightarrow$  decreased an average of 2.5 inches
- Systolic blood pressure  $\rightarrow$  decreased an average of 10 points
- Diastolic blood pressure  $\rightarrow$  decreased an average of 6 points
- Total cholesterol  $\rightarrow$  decreased by 17%
- LDL cholesterol  $\rightarrow$  decreased by 20%
- Triglyceride levels  $\rightarrow$  decreased by 27%
- Insulin sensitivity index  $\rightarrow$  decreased by 12%
- Blood insulin levels  $\rightarrow$  decreased by 40%
- C-reactive protein  $\rightarrow$  decreased by 12%

## **Outcomes for the NewReality Master Key™ Group:**

- No dropouts
- Reported feeling substantially less stressed
- Experienced faster time to full sleep
- Reported sleeping an average of 6 hours or longer