

INNERSTILL™

AT INNERSTILL WE HELP PEOPLE FEEL BETTER BY DEVELOPING, LAUNCHING, AND DELIVERING BIOELECTRICAL NEUROMODULATION SOLUTIONS THAT NORMALIZE HOMEOSTASIS.



Innerstill was one of 17 start-ups awarded a combined \$1.275M in grants from NJ Commission on Science, Innovation and Technology's (CSIT's) Maternal and Infant Health Research and Development (R&D) Grant Program. Innerstill is researching mindvybe's effect on women struggling with the "baby blues" and postpartum depression. Pictured: Mahako Etta, Program Manager, NJ Commission on Science Innovation and Technology, Ellyn Ito, CEO & Co-Founder, Innerstill, and Judith Sheft, Executive Director, NJ Commission on Science, Innovation and Technology.

We're built on the purpose-driven vision of our intrepid founders, Yakov and Hank. In the early 1980s Dr. Yakov Katsnelson, while helming a pediatric ward in St. Petersburg, Russia grappled with a shortage of painkillers. Driven by empathy for his young patients, he embarked on a groundbreaking journey. Collaborating with colleagues, Dr. Katsnelson explored the potential of leveraging the body's own bioelectric rhythms, aiming to safely mimic an analgesic effect.



Innerstill Founders, Hank Beckhoff and Dr. Yakov Katsnelson MD, PhD

From pioneering animal studies in vagus nerve stimulation to patenting and launching neurostimulating technologies for pain relief in the late '80s, Dr. Katsnelson's relentless research bore fruit. Recruited to the US in the early 1990s, Dr. Katsnelson developed first-in-kind, non-invasive transcranial neuromodulation technologies, offering hope to those battling depression, anxiety, and insomnia.

In 2013, Dr. Katsnelson joined forces with Innerstill's other founder, Hank Beckhoff, a retired psychotherapist and the former director of one of Pennsylvania's largest integrative health practices. Upon witnessing the remarkable transformations brought about by Dr. Katsnelson's technologies and recognizing the potential of Dr. Katsnelson's approach, Hank became inspired to revolutionize the path to wellness.



Fast forward to 2021, a year that marked the culmination of years of dedication and innovation. Driven by their shared vision, Hank and Yakov, along with co-founders Ellyn Ito, Chief Executive Officer, Dr. Beth DuPree, MD, FACS, ABOIM, Chief Medical Officer, Laate Olukotun, Chief Product Officer, and Blake Redbone united their strengths to create Innerstill. This groundbreaking venture is launching platform, medication-free, non-invasive neuromodulation technologies to enhance and restore health for anyone on the continuum from 'flourishing to floundering', from performance enhancement to complex challenges like postpartum depression, addiction, long covid, Alzheimer's, and Parkinson's.

Says Ellyn Ito, Chief Executive Officer, "Seeing my teenage son struggle during the lockdown was heart-wrenching. Hank and Yakov's technologies were transformative for him, unlike anything else. The genius and promise of their medication-free innovation compelled me to get involved, ensuring these technologies reach the millions in need."

mindvybe™ -- a first-in-kind general wellness product.

In 2023, Innerstill launched mindvybe, a vagus nerve and acupressure point stimulator designed to promote mental and emotional well-being through patented, multi-channel simulation parameters similar to the body's natural bioelectric rhythms. Leveraging years of research and development, mindvybe's waveform and frequencies are unparalleled in optimizing the human body's performance without risk of overuse and no side-effects.

Studies show that in as few as five, twenty-five minutes sessions, over 90% of users experience lasting improvements in wellness. Notably, mindvybe has also been shown to modulate heart rate variability (HRV) metrics in just one 25-minute session, reflecting its immediate impact on physiological responses.

In the near future, Innerstill expects to have mindvybe™ units available for take home use. In the meantime, certified mindvybe coaches offer tailored sessions at various locations, catering to individuals seeking comprehensive wellness solutions. Innerstill is also collaborating with colleges, universities and corporations pioneering the concept of 'vybe lounges'. These innovative spaces empower students and employees to combat stress and enhance focus through calm and relaxation, marking a transformative step toward a healthier, balanced future. Innerstill's mindvybe™ is more than just a wellness product; it is a catalyst for cultivating more thoughtful, centered and more productive communities.



A mindvybe experience

Medical Technologies

Harnessing the synergy of Hank and Yakov's expertise in cutting-edge treatment modalities, Innerstill is continuing on the forefront of innovation, developing non-invasive deep brain and direct-current neuromodulation technologies to aid individuals and caregivers battling neurodegenerative conditions like Parkinson's, Alzheimers, and Lewy-body disease. Moreover, their solutions extend to a wide array of medical concerns rooted in neuro hormonal imbalances, encompassing areas such as addiction, depression, and anxiety.

"We are not just pioneering changes in treatment; we are revolutionizing the way we approach healthcare and the way wellness can be achieved," says Hank Beckhoff, Founder and Visionary. "In time and with our growth, we at Innerstill are committed to ensuring that our technologies are available to all in need."



innerstillhealth.com