

# Effects of Be Light on Weight Loss, Appetite, and Wellbeing: A Pilot Study

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## Abstract

This pilot study explored the potential effects of Be Light on weight loss, appetite reduction, and wellbeing among 16 participants. Participants used Be Light for one month (n=15) or two months (n=1). Quantitative results showed a median weight loss of 2.0 kg and an average of 3.06 kg, with high variability (range 1.0-8.5 kg). These results exclude one participant, who did not experience weight loss due to menopause. Qualitative feedback indicated reduced cravings, weight loss without effort, increased energy, and improved skin and bowel function. While the findings suggest potential benefits, the lack of a control group and small sample size limit generalizability. Further controlled studies are needed.

## Background

Obesity and weight management remain significant global health challenges (Abad-Jiménez & Veza, 2025). Many individuals seek approaches to reduce weight, including medication. However, pharmacological treatments often carry risks of side effects. For example, GLP-1 receptor agonists found in Ozempic (semaglutide) and similar drugs like liraglutide commonly cause the so-called “Ozempic face” (i.e. wrinkles on the face, sunken eyes and more) and gastrointestinal symptoms (nausea, diarrhea, constipation), which may reduce adherence (Catanese, 2024). These concerns motivate the search for alternatives that are safer and better tolerated. Be Light a new product developed by Bengs Water, appears to influence weight management and related health outcomes.

What distinguishes Be Light from other weight-loss methods is that it is based on *informed water*. Informed water is tap water that has been energetically imprinted with specific frequencies or vibrations, designed to enhance a particular purpose. At Bengs, each product undergoes a carefully calibrated imprinting process aligned with its intended use, in this case, weight loss. This imprinting is carried out with the RIC device, ensuring consistency and precision. In this way, Bengs products are 100% natural, free from side effects, and compatible with other treatments. Be Light therefore offers a holistic, safe, and innovative alternative for individuals seeking effective weight management solutions.

The objective of this pilot study was to evaluate the effects of Be Light on weight loss, appetite, and general wellbeing over a short intervention period.

## Methods

### *Participants and Intervention*

A total of sixteen participants (10 women, 6 men), aged between 25 and 65 years, took part in the study. Fifteen used Be Light for one month, and one participant used it for two months.

Each participant received one liter of Be Light and a measuring cup, sufficient for one month of use. They were instructed to consume Be Light twice daily, once in the morning and once in the afternoon. At each intake, they mixed 1.5 cl of Be Light with 1.5 cl of water in the measuring cup. The exact timing of intake was flexible, provided it was consistent twice per day. Participants were not required to change their lifestyle, diet or exercises routines during the intervention.

Participants were asked to record their body weight at baseline and then every three days during the study, using the same scale and under similar conditions (e.g., in the morning). Weight data were reported via an online questionnaire. In addition to weight, participants were asked to note any changes in energy levels, skin quality, sleep, or other notable effects, which were also captured through the questionnaire.

### *Data Analysis*

The quantitative data were analysed using descriptive statistics, including mean, median, minimum, maximum, and frequency distributions of reported weight loss. These measures provided an overview of central tendency and variability across participants. No inferential statistics were conducted due to the small sample size and exploratory nature of the study.

The qualitative data were analysed thematically. Participant responses from the questionnaires and reviews afterwards were reviewed, coded, and organized into recurring themes. Illustrative quotations were selected to highlight key findings within each theme.

## Results

### **Quantitative Findings**

Of the sixteen participants, one was excluded from the quantitative analysis due to menopause-related factors that confounded interpretation. Thus, data from 15 participants were analysed.

#### *Individual Weight Loss*

Weight loss per participant ranged from 1.0 kg to 8.5 kg. Figure 1 shows the distribution of individual outcomes, ranked from highest to lowest.

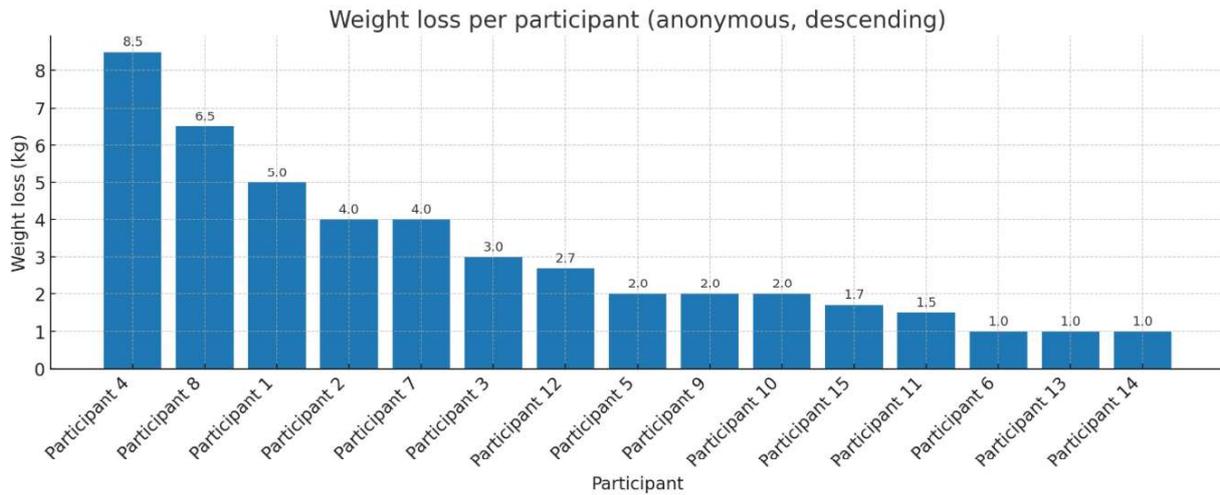


Figure 1: Individual Weight Loss

### Descriptive statistics

The descriptive statistics are summarized in Table 1. The mean weight loss was 3.06 kg (SD = 2.20), with a median of 2.0 kg. The minimum reported loss was 1.0 kg and the maximum 8.5 kg.

Table 1: Descriptive Statistics

n_participants	min_weight_loss	max_weight_loss	mean_weight_loss	median_weight_loss	sd_weight_loss
15	1	8.5	3.06	2	2.195385

### Distribution across categories

Participants were grouped into weight-loss categories:

- < 2 kg: 5 participants
- 2-5 kg: 8 participants
- > 5 kg: 2 participants

This distribution is shown in Figure 2. Most participants fell into the 2-5 kg range, while two achieved losses above 5 kg.

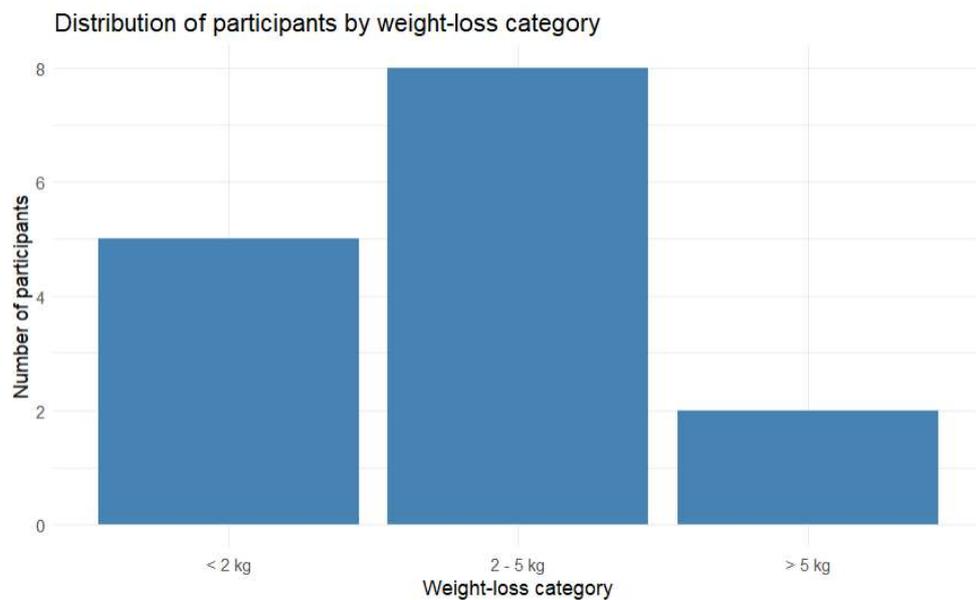


Figure 2: Weight Loss Distribution

### Weight Loss Distribution (per kg)

In addition to the categorical overview, a histogram was created to illustrate the exact distribution of weight loss across participants (Figure 3). This histogram provides a more granular view, confirming that 8 participants experienced modest losses of 1-2 kg, while the others achieved higher reductions. The participant who lost approximately 8 kg, was the only participant who used Be Light for two months.

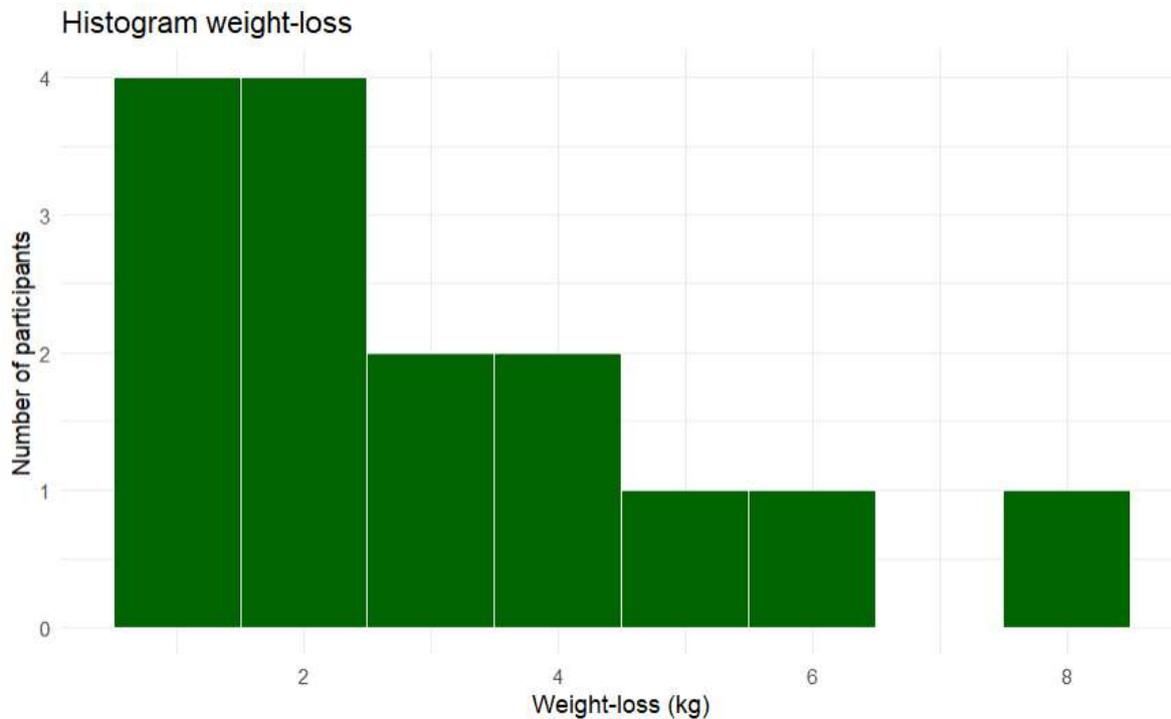


Figure 3: Weight Loss Distribution per KG

### Qualitative Findings

Of the 16 participants, 10 provided qualitative feedback. Seven wrote detailed reviews after the intervention, and three added remarks in the online survey. The data were coded thematically.

#### Main themes identified:

1. **Weight loss experiences** – Participants reported reductions ranging from modest (1 – 2 kg) to more substantial (> 5 kg). Some highlighted progress without extra effort.
2. **Reduced cravings** – Several participants noted less desire for sweets and reduced appetite, which made it easier to maintain dietary habits.
3. **Energy, skin, and digestion** – Reports included higher energy levels, improved skin quality, and better digestion.
4. **Positive attitudes** – Participants expressed enthusiasm and willingness to continue using Be Light.

A coding table (Table 2) summarizes the themes, subthemes, and representative quotes from the 10 participants.

Table 2: Coding Table, Qualitative Findings

<b>Theme</b>	<b>Subtheme(s)</b>	<b>Quote(s)</b>
<b>Weight loss</b>	Weight loss	“... and I also started to lose weight. About 1 kg per week. Over the whole month I had lost a good 3.5 kg.” (P1)
		“Here are the ‘amazing’ results: started on Friday 16 May at 97.1 kg and now, 22 May, 94.9 kg.” (P2)
		“As you might recall, I began using the water on August 24 <sup>th</sup> , when I was at my heaviest in years – 78.9 kg. Over the initial month, I experienced a modest but promising weight drop to 77.45 kg by September 24 <sup>th</sup> . What followed has been quite remarkable.. 17 May – 68.60 kg.” (P3)
		“Unfortunately, I wasn’t able to meet the test conditions—2 cups per day... The bottle is almost empty now and I have lost 2.0 kg. Because of this, I do feel that something has been set in motion.” (P4)
		“As I said, I can’t eat everything if I want to maintain my weight. Now I did eat EVERYTHING except meat, without paying attention. Normally I would gain kilos if I didn’t watch my diet strictly a few days each week. This time I lost weight even though I may have made poor food choices more often. Weight trend: 26/05 105.00 kg, 26/07 103.50 kg.” (P5)
		“In just one month I lost 5 kg” (P6)
<b>Reduced cravings</b>	Changes in appetite	“To be honest, I was a bit skeptical, until I noticed that after a few days my desire for tasty snacks disappeared. I switched to intermittent fasting, which I had never managed before because I always suffered from dizziness and a faint feeling.” (P1)
		“After the treatment I noticed that my appetite has also changed. I feel less hungry and now automatically eat smaller portions without feeling hungry afterwards. This helps me to maintain my weight loss without feeling like I am depriving myself.” (P6)
	Reduced desire for sweets	“I find it amazing that I have significantly less desire for sweets and overall less hunger” (P7)
		“I’m more in the mood for healthy and low-calorie foods, less in the mood for sweets” (D1)
		“As I mentioned last week, I feel fuller and more satisfied. My weight hasn’t changed much yet, but my cravings for sweets have decreased” (D2)
		“Sugar cravings have disappeared, after a really small breakfast I only need a good lunch but less in quantity, and a small evening snack.” (D3)
	“Decrease in Candy cravings” (D1)	
	“Sweet cravings have almost disappeared” (D2)	
<b>Progress without effort</b>	Progress without effort	“This steady progress has taken without any intensive exercise regime” (P3)

		“It is really a relief to find a product that is so effective without having to starve yourself or follow complicated diet plans”. (P6)
<b>Energy, skin, and bowel function</b>	Improved bowel function	“On day 1 I felt it was doing something to my bowels. That felt good.” (P5)
	Improved skin	“What also struck me is the improvement in my skin. I suffer from eczema and that had almost completely disappeared. My skin looks more radiant and healthier, which for me is an unexpected but very welcome result. Unfortunately, after the program it came back” (P6)
	More energy	“Another big plus is the energy boost I experienced. I feel much more energetic during the day, which has led to more positivity and an overall better mood. This has not only improved my productivity, but I also just feel better about myself.” (P6)
<b>Attitude toward the product</b>	Enthusiastic	“I ate normally but paid attention to my eating pattern—so intermittent fasting and trying not to eat candy and cookies. I’ve attempted this so many times but could never stick with it; three days was the max. With the support of Bengs Light it took me no effort at all. I can’t wait until the bottles are available online.” (P1)
		“Overall I feel good and would like to continue using the water.” (P4)
		“And indeed, I also found my experience with Bengs Light very, very impressive.” (P5)
		“I recently tried Bengs Light, the (potential) newest product from Bengs Water and I am so happy with the results ... All in all I am very satisfied with Bengs Light and I recommend it to everyone who wants to lose weight in a healthy and easy way, get more energy and as a nice side effect improve their skin. This product really does what it promises!” (P6)
	Grateful	“I’m truly grateful for this discovery. Wishing you and the wider Bengs community continued success!” (P3)

## Discussion and conclusions

The findings from this pilot study provides preliminary evidence that Be Light support people in their weight loss journey. Quantitative findings indicated that most of the participants lost between 1 and 2 kg over a one-month period, with two participants reporting greater losses of 5-8 kg. For only one participant Be Light did not affect their weight loss journey, possibly due to the influence of her menopause. The qualitative analysis reinforced these results: many participants described reduced cravings, steady progress without lifestyle changes, and additional benefits such as improved skin condition, energy, and digestion.

Existing research highlights the multifaceted challenges of weight loss. Pharmacological options, such as GLP-1 receptor agonists (e.g., semaglutide (Ozempic)), demonstrate significant weight-loss potential but are often accompanied by gastrointestinal side effects and adherence challenges (Catanese, 2024). Dietary and behavioural interventions, while generally safer, typically require individuals to make substantial lifestyle adjustments. The current findings align more closely with such interventions, in which modest weight reduction and perceived wellbeing improvements are common. However, in this study participants reported experiencing these benefits with comparatively less effort.

Several limitations must be acknowledged. First, the sample size was small ( $n = 16$ ), which limits statistical power and the generalizability of the findings. Second, the absence of a control group prevents us from ruling out placebo effects. Third, the study relied on self-reported weight and self-perceptions of wellbeing, both of which are subject to measurement bias. Finally, the intervention period was relatively short (1–2 months), making it difficult to evaluate the sustainability of outcomes over time.

Despite these limitations, the results provide a valuable starting point for future investigations. Bengs is committed to further exploring the potential benefits of Be Light in larger and more rigorous studies. Continued qualitative research is also recommended, as user experiences may offer important insights into mechanisms such as appetite regulation, energy levels, and perceived improvements in overall wellbeing. Ultimately, combining quantitative and qualitative approaches will help to build a more comprehensive understanding of the role Be Light may play in weight management and holistic health.

In conclusion, this exploratory pilot study provides preliminary evidence that Be Light may support modest weight loss, appetite reduction, and improvements in wellbeing. While the results are encouraging, they should be interpreted with circumspection given the methodological limitations. Larger controlled trials are needed to confirm efficacy, clarify underlying mechanisms, and assess the long-term potential of Be Light as a safe and holistic weight management option.

### A Heartfelt Thanks to All the Participants

## References

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Catanese, L. (2024, February 5). *GLP-1 diabetes and weight-loss drug side effects: "Ozempic face" and more*. Harvard Health Publishing. <https://www.health.harvard.edu/staying-healthy/glp-1-diabetes-and-weight-loss-drug-side-effects-ozempic-face-and-more>