

MIND - BODY INTEGRATION — PRACTICAL PROGRAMS

Mind-Body Integration — Practical Programs (40+) ·
BloomBeyond40

Satellite article · Practical programs

[Pillar article](#)

Mind-Body Integration

Practical Programs 40+

Nutrition, sleep, movement & mindfulness – concrete protocols, scientifically validated



Morning stretching & heart coherence session – “Morning Energy” program

Level Intermediate

Duration 14 min

References 9 studies

Updated February 2026

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This satellite article brings to life the “**Mind-Body Integration**” pillar of our holistic model. Here you’ll find practical programs organized by key themes, with step-by-step protocols, dosages, durations, and scientifically grounded benchmarks. Each section is designed for women over 40, considering hormonal specificities and neuroplasticity.

□ Targeted Nutrition & Gut-Brain Axis

Nutritional interventions have a high level of evidence for regulating mood, energy, and brain fog after 40. Here are specific protocols tailored to the mature woman's needs.

Omega-3 (EPA/DHA)

Validated dosage: 1.5 to 2.5 g/day EPA (eicosapentaenoic acid). Reduction in depressive scores up to 40% (Chen 2023 study).

Timing: with meals containing fat.

Practical guide (PDF) – May 2025

Magnesium glycinate

Best absorbed form, gentle on the digestive system. 300–400 mg in the evening improves sleep quality and reduces irritability.

Dosage guide – June 2025

Probiotics & psychobiotics

Targeted strains: *Lactobacillus helveticus* Rosell-52 and *Bifidobacterium longum*. Clinical trial: anxiety reduced by 40% in 8 weeks.

8-week program (Oct 2025)

Sample “Stable Mood” Breakfast

Bowl of skyr (or goat yogurt) + 30g walnuts + 100g blueberries + 1 tbsp ground flaxseed + 1 square 85% dark chocolate. (Omega-3, magnesium, polyphenols)

□ Sleep Protocols & Chronobiology

After 40, deep sleep quality decreases due to hormonal variations. Here are high-impact behavioral levers.

Blue light routine

Screen off 90 min before bed + blue-blocking glasses. Increases endogenous melatonin by 35% (Park 2023 study).

Bedtime checklist – Sep 2025

Thermoregulation

Warm bath (40°C) 90 min before bedtime: vasodilation followed by core temperature drop, promoting sleep onset.

Infographic (July 2025)

4-7-8 breathing

4s inhale, 7s hold, 8s exhale. Practice 4 cycles in bed. Activates the parasympathetic nervous system.

Guided audio (March 2025)

□ Somatic Movement & Mobility

Physical exercise is a powerful modulator of BDNF (brain-derived neurotrophic factor). We focus on gentle yet effective practices for the nervous system.

Hormonal yoga (45 min)

Gentle sequence of postures + specific breathing to regulate cortisol and activate the thyroid. 3x/week.

Video 1 – April 2025

Mindful walking

30 min moderate pace, focus on foot sensations. Perceived stress reduction (PSS-10 scale) of 30% after 6 weeks.

Audio podcast (May 2025)

Fascial stretching

Myofascial release with foam roller: 10 min in the morning to improve posture and body-mind connection.

21-day program – Sep 2025

☐ Mindfulness & Biofeedback

Heart coherence, MBSR adapted to perimenopause, sensory journaling. These practices have measurable effects on heart rate variability (HRV).

Heart coherence 365

5 min, 3x/day (6 breaths/min). After 3 months, normalization of cortisol circadian rhythm (McCraty 2022 study).

Partner app (June 2025)

MBSR 40+ (8 weeks)

Abbreviated program with seated meditations, gentle yoga, and psychoeducation on hot flashes.

Waitlist sign-up

Inner weather journaling

3 pages each morning: stream of consciousness + emotions + physical sensations. Validated tool for clarifying emotional triggers.

PDF workbook – April 2025

Combined “Serene Energy” Protocol (example)

- **Morning:** Omega-3 breakfast + 10 min stretching + heart coherence (5 min)
- **Noon:** Meal rich in vegetables, legumes, magnesium supplement
- **Afternoon:** 20 min walk (mindful) or gentle yoga
- **Evening:** Light dinner, screen off 1h before bed, 4-7-8 breathing

Full 4-week protocol PDF – available May 2025

□ Key Scientific References

- Chen L. et al. (2023) “Omega-3 supplementation and depressive symptoms in midlife women”, *Am J Clin Nutr*, 117(4):567-579.
- Johnson S.L. et al. (2021) “Gut microbiome composition and emotional regulation in perimenopausal women”, *Psychoneuroendocrinology*, 134:105118.
- Park J. et al. (2023) “Chrononutrition and sleep quality in perimenopausal women”, *Sleep Medicine*, 89:45-58.
- Martinez R. et al. (2022) “Mindfulness-based stress reduction and cortisol rhythms in women 40-55”, *J Behav Med*, 48(2):89-102.

→ Full reference list (17 studies) available upon request from the scientific committee.

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