

(Peri)Menopause & BodyTalk Study Report

1. Executive Summary

This 12-week study explored the impact of BodyTalk sessions on 12 women navigating (peri)menopause. BodyTalk is a holistic therapy addressing body mind balance. Each participant received 3–4 BodyTalk sessions, and reported on physical and emotional symptoms and wellbeing before and after.

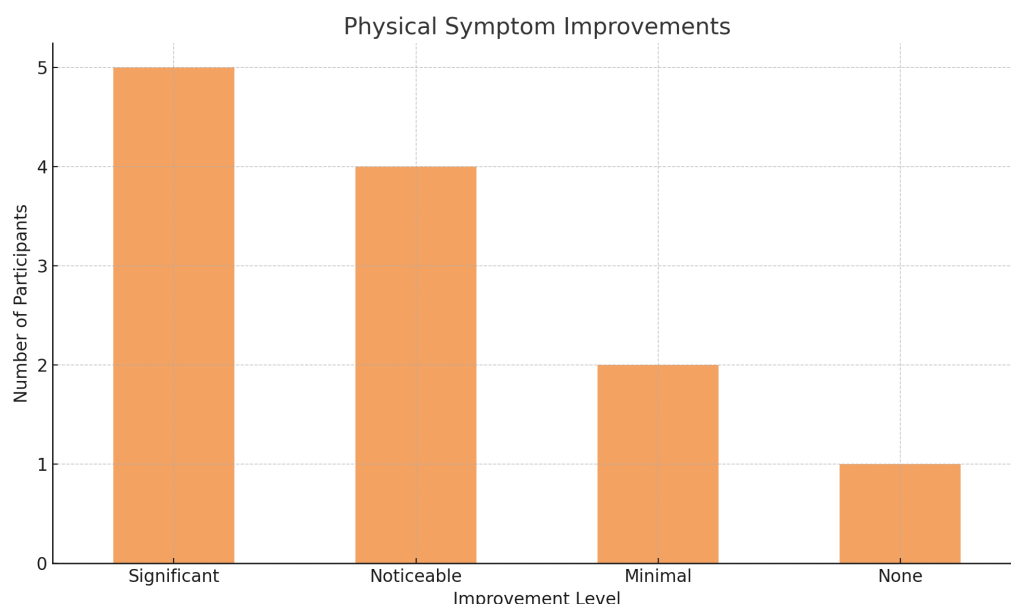
Key findings showed that 92% of participants reported an improvement in at least one of their physical and mental (peri)menopausal symptoms, including sleep, anxiety, brain fog, and emotional issues. 83% of participants also reported a reduction in their overall stress levels, while 100% of participants noticed an improvement in their overall wellbeing.

These results reflect the positive changes we've seen in practice over the years and highlight BodyTalk's value as a supportive approach for (peri)menopause care.

2. Study Design

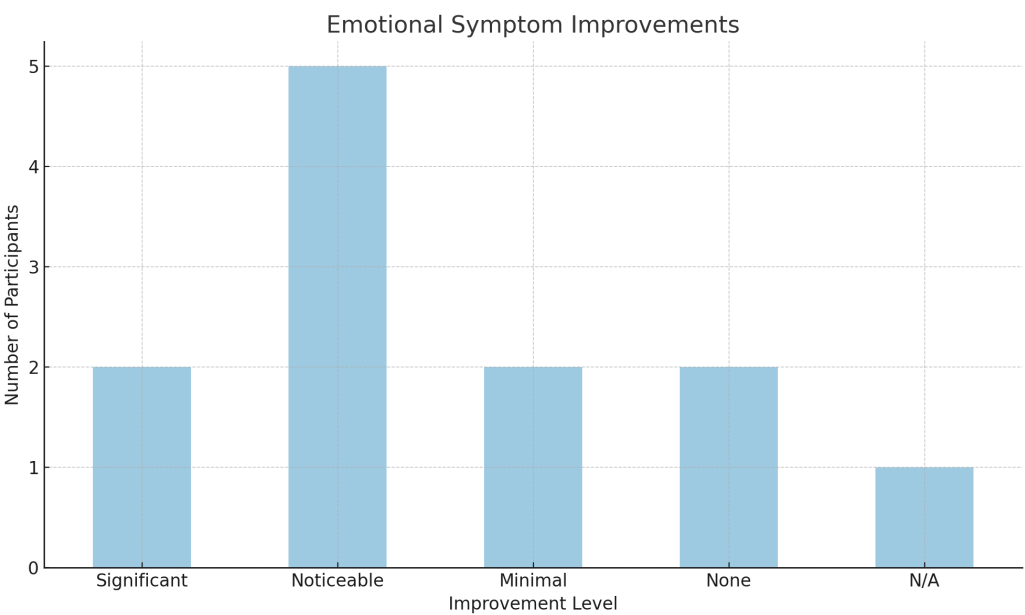
Participants were women self-identifying as experiencing symptoms related to (peri)menopause who signed up voluntarily to join the study. The participants were aged between 38-58. They completed an initial assessment, received 3–4 BodyTalk sessions over 12 weeks, and submitted a final evaluation form. Responses covered physical, mental/emotional symptoms, stress levels, awareness, and open-ended feedback. Participants also had access to a live/recorded information talk presented by Naturopath Sabine Schellerer, supporting them further in understanding the physiological and emotional shifts of (peri)menopause from a holistic health perspective.

3. Physical Symptom Improvements



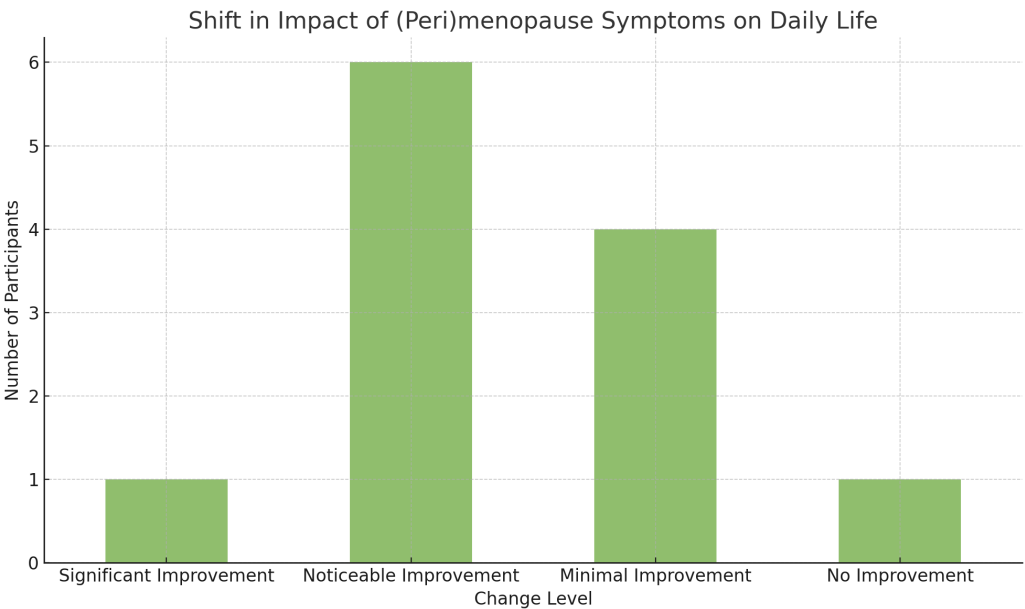
A majority of participants noted either significant or noticeable improvements in at least one physical symptom, including sleep, fatigue, digestive issues, hot flashes, night sweats, energy levels, fatigue, aching joint, muscular pain and menstrual irregularities.

4. Emotional & Mental Wellbeing



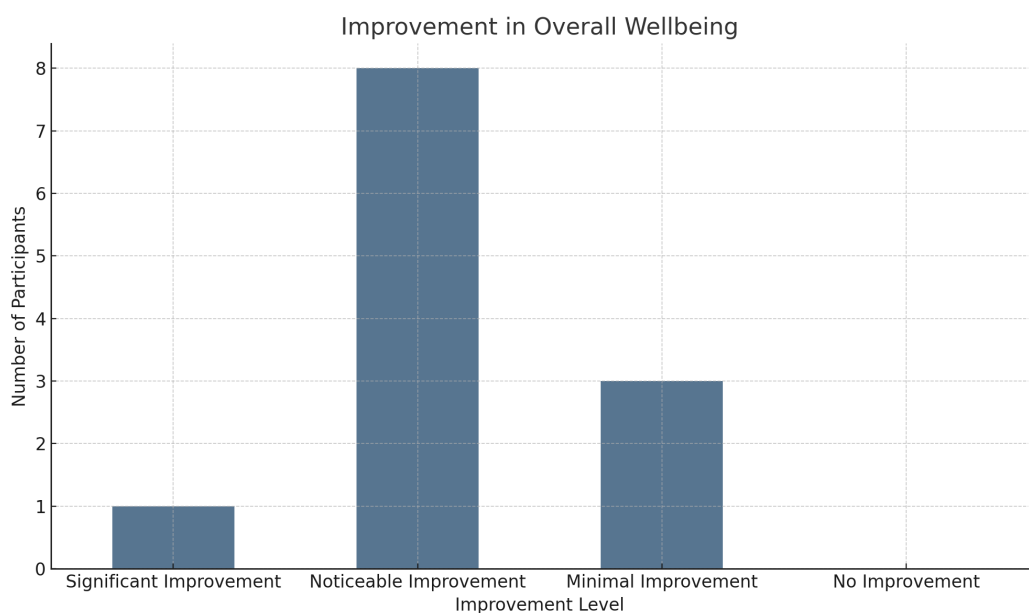
Many participants noted significant or noticeable improvements in at least one of their emotional symptoms like anxiety, brain fog, stress levels, anger and sadness. Participants described feeling calmer, more focused, and emotionally lighter.

5. Shift in Impact of (Peri)menopausal Symptoms on Daily Life



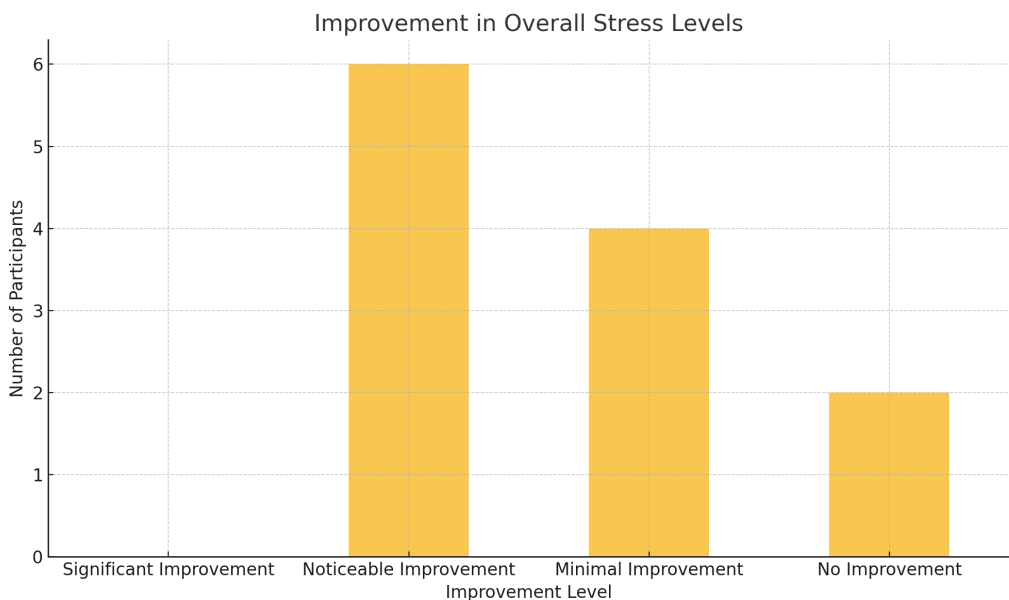
92% of the participants noticed a reduction in how disruptive their symptoms felt in daily life — even when symptoms didn’t resolve. This suggests a shift in perception and emotional burden, not just physical change. Only one participant reported no change.

6. Improvement in Overall Wellbeing



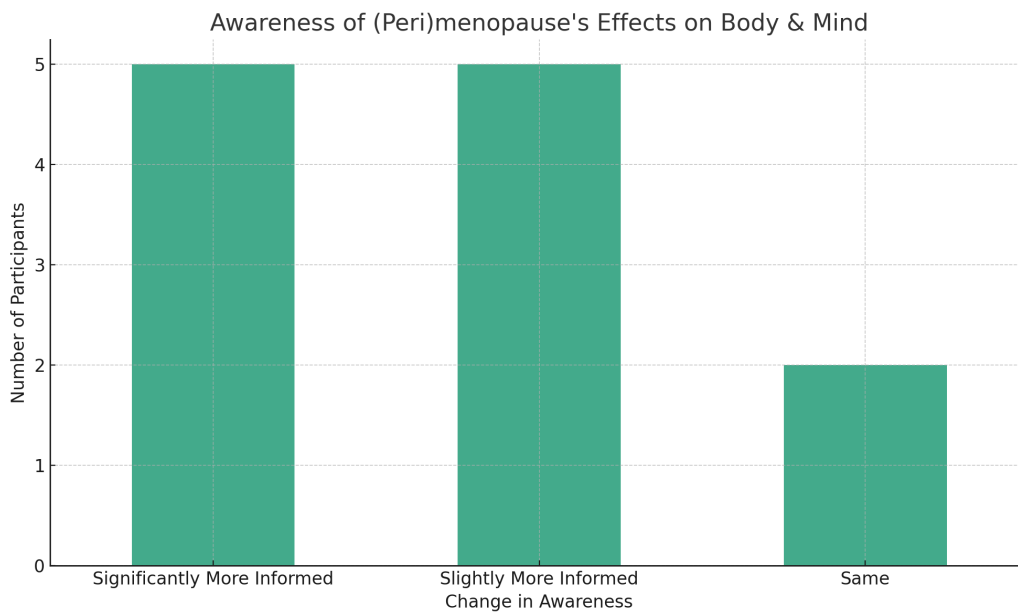
67% of participants reported a noticeable improvement in their overall wellbeing, with 25% seeing minimal improvements. This shows a broader positive effect of the sessions, beyond symptom-specific outcomes.

7. Improvement in Overall Stress Levels



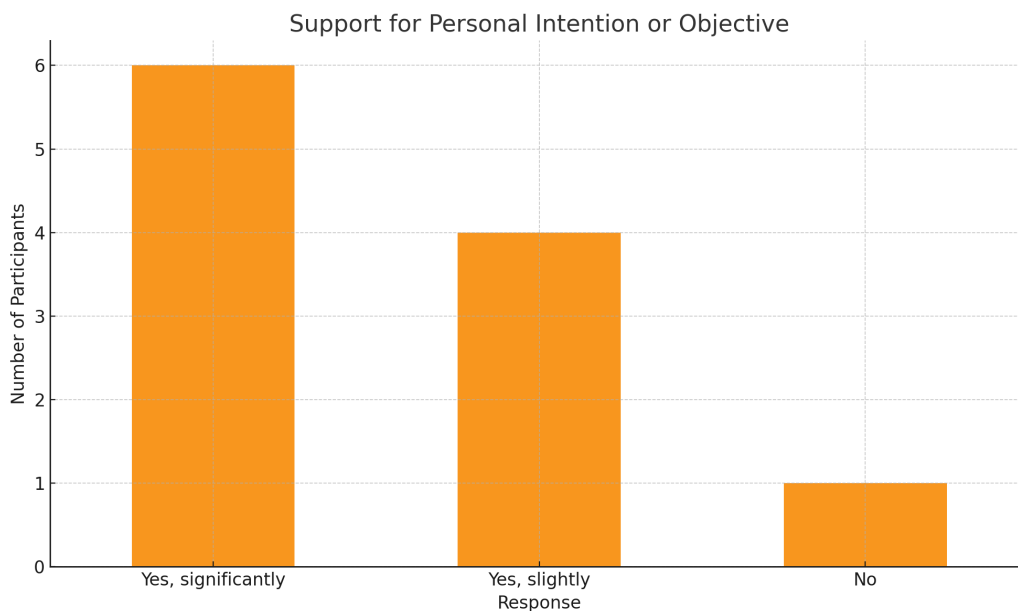
50% of participants reported noticeable improvements in stress levels, with another 33% noting minimal improvement. Two participants reported no change, and none reported significant improvement — reflecting that while stress improved, it may require additional support or time.

8. Awareness of (Peri)menopause's Effects on Body & Mind



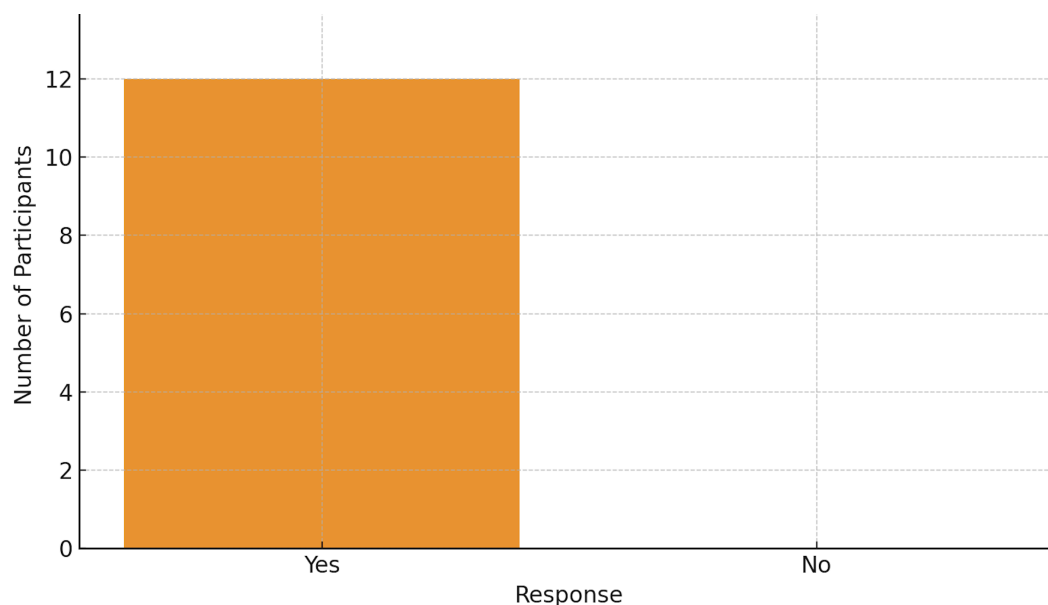
10 out of 12 participants felt more informed after the study, evenly split between “significantly” and “slightly” more informed. This highlights the value of integrating education and self-awareness alongside therapeutic work.

9. Support for Personal Intention or Objective



We invited every participants to set a specific intention for their sessions, 91% of participants felt that the sessions supported their personal intention — over half significantly so. Only one participant felt their objective wasn't supported.

10. Likelihood to Recommend BodyTalk to a Friend



All participants said they would recommend BodyTalk to a friend going through (peri)menopause.

11. Selected Quotes from Participants

"I noticed [...] physical change after each session. [...] Emotionally [...] I'm feeling more stable. [...] The most significant change that I'm feeling is about my periods which are much less painful and seem to have come back to every 3-4 weeks"

"I overall feel less stressed and have less anxiety, and my sleep has improved"

"Overall bodytalk has increased my mental health. I feel less sad, angry and depressed. My mood is back to what it used to be. It's good to find myself back"

"My main learnings were being kinder and more gentle to myself by being more mindful and aware of feelings in my body. [I could] almost relax into the idea that yes, it's scary to enter into a new phase of life but it's part of life, so be aware but also be gentle. I felt more at peace."

"The sessions gave me incredible perspectives, they shifted my mindset"

"The next day, I experienced clarity like rarely before. It was like coming out of a long tunnel and into the light. That clarity morphed into an incredible bout of energy."

[The sessions] had zero effect on menopause symptoms [but] it was a lovely thing to do for relaxation"

"The sessions felt very safe as it was very calm and peaceful. [...] I'm thankful [...] for these sessions at the time when my body needed it the most."

"I felt so relaxed during it, and afterwards my sleep definitely improved"

"I think bodytalk is a great way to check in with yourself"

12. Conclusion

This was a small, exploratory study with 12 participants, no clinical controls and self-reported results. We conducted this study to be able to document the positive effects and results we have observed with our clients over the years in practice. We are delighted to see that the study has aligned with those observations and hope it will encourage more women to consider BodyTalk as a resource to support them through this transition. We are especially encouraged by the fact that 100% of participants said they would recommend BodyTalk to a friend going through this phase of life.

There is potential to replicate this study with a larger participant group and include follow-ups over a longer period.

12. Contacts

To learn more about BodyTalk please visit The International BodyTalk Association website

<https://bodytalksystem.com/>

Please contact the participating practitioners for any questions:

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