YouMind

Second Spring: The YouMind® Protocol

Enter your Second Spring with balance, clarity, and renewed stability. This protocol is a precision-engineered support system designed for the profound internal transition of peri-menopause and menopause. During this phase, fluctuations in hormonal rhythms place an immense adaptive load on the nervous system, affecting sleep architecture, emotional regulation, and cognitive stamina. By working directly at the level of neuro-acoustics, the Second Spring protocol gradually restores autonomic coherence, supports natural physiological regulation, and brings your internal ecosystem back into a balanced, clear, and restorative state.

Hormone	What Happens / Role	Effects When Out of Balance
Estrogen (especially estradiol, E2)	Estrogen levels begin fluctuating in perimenopause; then after menopause, levels drop significantly.	Hot flashes, night sweats; mood swings; vaginal dryness; loss of bone density; cardiovascular risk; sleep disturbances.
Progesterone	Produced by ovaries after ovulation; declines as ovulation becomes irregular.	Sleep problems (since progesterone has a calming effect), mood instability, irregular cycles.
Follicle Stimulating Hormone (FSH)	Levels rise because ovaries become less responsive; FSH rises to try to stimulate ovarian estrogen production.	High FSH is a biomarker of the transition; the fluctuations lead to many of the symptoms during peri-menopause.
Inhibin & AMH (Anti-Müllerian Hormone)	Inhibin declines, which removes inhibitory feedback to pituitary (so FSH rises). AMH also declines indicating diminishing ovarian reserve.	Irregular cycles; reduced fertility; markers of where someone is in the transition.
Testosterone / Androgens	These tend to decline more gradually through reproductive years; some changes during menopause.	Libido changes; energy; muscle mass; mood. Low levels might exacerbate fatigue, mood, loss of vitality.
Other hormones / Neurotransmitters	Changes in cortisol (stress hormone), possibly melatonin (sleep hormone), neurotransmitters like serotonin, GABA, etc. Estrogen influences many of these.	Disturbed sleep, anxiety, mood swings, irritability, depression. Night sweats, insomnia.

Symptoms / Systems to Support via Sound

From the hormone shifts, here are the symptoms and body systems that tend to show up (so what our sound protocol might aim to help with):

- Sleep disturbance, insomnia, night sweats
- Mood swings: anxiety / depression / irritability
- Hot flashes / vasomotor symptoms
- Cognitive “fog” / clarity / focus
- Libido / sexual changes
- Bone health, general vitality / energy
- Stress / cortisol balance
- Rest & recovery (nervous system balance)

Targeted Entrainment Protocols

Preliminary observations and neurophysiological principles demonstrate that specific frequency ranges can directly support the systems strained by menopausal transitions.
- Vasomotor Regulation (1.00–1.05 Hz Low-Delta): Sound stimulation in this low-frequency range enhances parasympathetic tone. By improving autonomic coherence, it helps regulate the hypothalamus, narrowing the trigger range for hot flashes and reducing chronic fatigue dysregulation.
- Stress Reduction & Limbic Calming (5 Hz Theta): Facilitates a state of calm alertness and emotional regulation. Theta entrainment counteracts nocturnal cortisol spikes, providing expanded mental space and preventing the amplification of stress.
- Homeostatic Balance (7.83 Hz Schumann + 10 Hz Alpha): Alpha (10 Hz) increases "Alpha Blocking"—the brain's ability to inhibit a racing mind, which is critical for returning to sleep after night sweats. Combined with the Schumann resonance, it promotes profound mood stability and relaxation.
- Cognitive Clarity & Focus (12 Hz Low-Beta / SMR): Consistent entrainment in the Sensorimotor Rhythm (SMR) range clears "brain fog" by restoring focused attention and mental agility. Daytime SMR training also increases nighttime "sleep spindle density," strengthening the brain's resilience against external and internal sleep disruptions.