HEALTH & WELL-BEING 2026-2027



arte DISTRIBUTION



WORLD MEDICINE

50x26'

Bonne Pioche Productions & ARTE France

Embark on a world tour of ancestral medicinal practices with Bernard Fontanille – an emergency doctor used to operating in difficult conditions – through majestic landscapes. Through his various encounters he will learn about the different realities of a country.



TRANCE THERAPY: A NEW HEALING TECHNIQUE?

52’

Un film à la patte & ARTE France

Trance states have been used for healing purposes for centuries. Whether induced by psychedelics or other methods, trance states offer access to expanded consciousness and could be used to heal psychiatric disorders like depression, addiction, or PTSD. Exploring these states illuminates the intricacies of the human mind.



LOSING SLEEP

52’ & 90’

Scientifilms & ARTE France

Insomnia, sleep apnea, and narcolepsy are massively increasing in the world. In a scientific investigation, we will discover the new methods developed to find sleep: fractional sleep, light therapy, helmets that stimulate the brain.



SCIENTISTS SEARCHING FOR YOUTH

52’

Scientifilms, Galaxie Presse & ARTE France

What if science could reverse the aging process? Follow researchers who decipher its mechanisms with the promise of finding the elixir of youth for longer and heathier lives!



MESSENGER RNA TRAILBLAZERS

52’ & 90’

Découpages & ARTE France

Since messenger RNA was discovered more than sixty years ago, researchers have learned to harness its potential, most recently in the development of COVID-19 vaccines. The road has been full of obstacles, but RNA is now paving the way for revolutionary therapies.



ALLERGY ALERT: PARANOIA IN OUR IMMUNE SYSTEM

52'

Découpages & ARTE France

By 2050, 1 out of 2 people will suffer from an allergy. Follow the best international scientists who are finding innovations like immunotherapy, biotherapy or hypoallergenic cats to fight soaring allergy rates!



ALLERGY: THE TOXIC BURDEN

52' & 73'

GraffitiDoc & ARTE GEIE

Can the phenomenon of today's allergy explosion be rationally explained? This documentary endeavours to understand the phenomenon, by highlighting the true environmental causes and the protection strategies we have at our disposal.



HOMO PLASTICUS PLASTIC INSIDE

52'

Découpages & ARTE France

Micro and nanoplastics are everywhere. However, what we don't know is that scientists have found some of them lodged in our vital organs: liver, lungs, intestines, placenta... The list goes on and on. Is this colonization harmful? Is Homo sapiens becoming Homo Plasticus?



GLUTEN, PUBLIC ENEMY?

52' & 78'

Graffiti Doc & ARTE GEIE

For 10,000 years, wheat has been at the heart of our diet. Today, a growing number of people can no longer tolerate it, and a booming gluten-free market has sprung up in its wake. What changed: our eating habits, or the grain itself? Scientists, activists, and committed farmers search for answers about the true quality of industrial food.

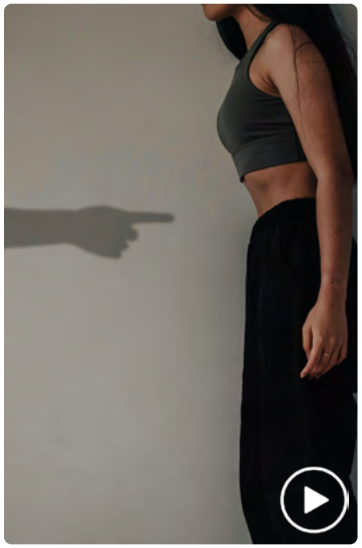


FASTING: THE NEW INVESTIGATION

52'

Nilaya Productions & ARTE France

Fasting is the new trend these days. There are different types of fasting methods, from detox to intermittent fasting, embraced by top executives and touted by "health coaches" of all kinds. The fasters walk, some self-proclaimed therapists thrive and arouse suspicion. This film takes a deep dive into a social phenomenon.



DEAR ANOREXIA

52' & 90'

Abacaris Films & ARTE France

What is anorexia nervosa? Medicine, psychology, and society have offered many answers over the centuries, and the question remains open. This international investigation explores how anorexia and its treatment have been shaped by the thinking of each era, and why a condition affecting both mind and body resists any single explanation.



THE GUT, OUR SECOND BRAIN

52'

Scientifilms & ARTE France

For a few years now, scientists have known about the existence of another brain within our bodies, billions of connected neurons, molecules (neurotransmitters) that transmit orders and induce independent reactions. This second brain, or "brain down below" is none other than our gut.



MICROBIOTA : THE AMAZING POWERS OF THE GUT

52'

YUZU Productions & ARTE France

Hidden deep in our intestines, 100,000 billion bacteria are keeping us healthy by producing a range of molecules. Although they are invisible to the naked eye, they could revolutionize the future of medicine. That is, if our modern lifestyle doesn't wipe them out first.

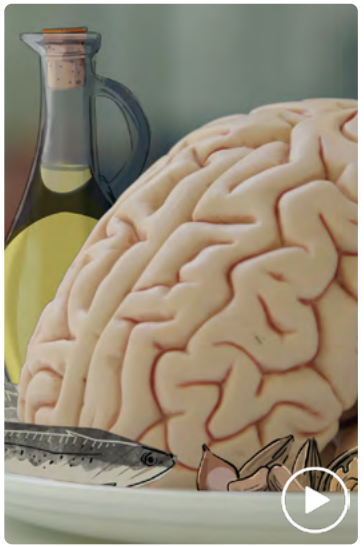


BRAIN POWER

2x52'

Scientifilms & ARTE France

Human consciousness, which is unique in the living world, has remained a mystery of divine origin for thousands of years. But today, recent and spectacular scientific progress (from medical imagery to quantum physics) is starting to shed light on it.



A HEALTHY DIET FOR A HEALTHY BRAIN

52'

Scientifilms & ARTE France

Food goes straight to our brain. So what should we eat to make sure our brain stays healthy? Many recent discoveries have shown that our mental health, our moods, and our intellectual ability are directly influenced by what we eat, and sometimes in a matter of just a few days.



BRAINS IN DANGER

52'

ARTE France

For the past 20 years, the world has seen an alarming decrease in IQ and a rise of autism and behavioral disorders. This international scientific investigation reveals how chemicals in objects surrounding us affect our brain, and especially those of fetuses.

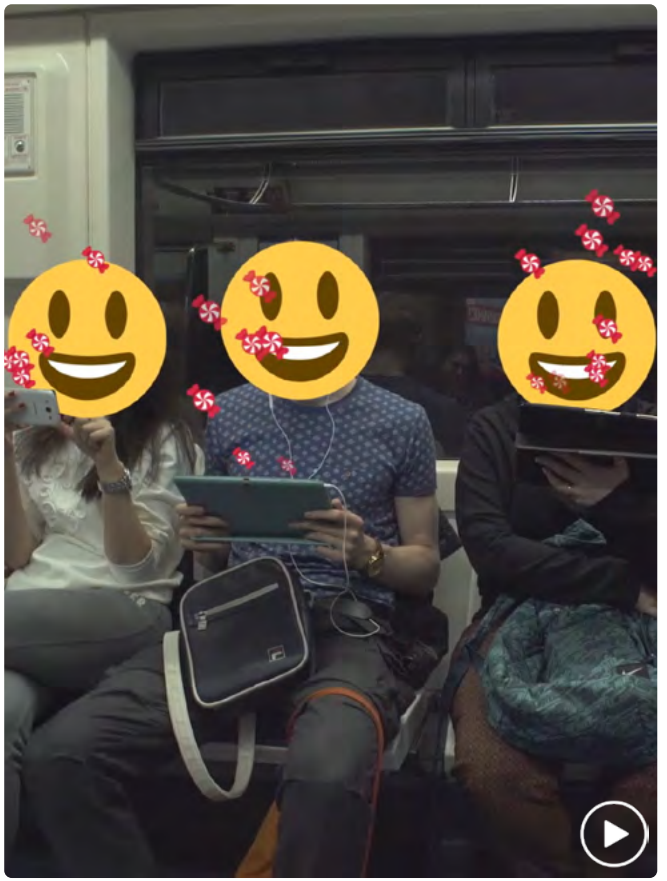


OUR BRAIN IS PLAYING TRICKS ON US

2x52'

Hauteville productions & ARTE France

Our brain constantly simplifies reality, opening the door to false logical thought patterns called cognitive biases. These intuitive mechanisms create errors of judgment that affect individual and societal behaviors marketing loves to play with, thus giving birth to fake news.



DOPAMINE, HOW APPS HACK YOUR BRAIN

16x8' & 52'

Les Bons Clients & ARTE France

Developed in the utmost secrecy by the tech industry, social media apps are eating up more and more of our time. Why are the apps so terribly addictive? And how can we learn better smartphone habits?



NEW

HACKING THE MOMMY BRAIN

52’

Pernel Media & ARTE France

A documentary that shatters the “baby brain” myth: pregnancy sparks a profound neurological upgrade, sharpening empathy, perception, and emotional intelligence. Discover how these hidden superpowers equip mothers to excel at nurturing, bonding, and building life.



SENSE OF SMELL

52’

Découpages & ARTE France

Our sense of smell has greater power than you’d think! By studying how this key sense can be restored in people who have suffered from COVID-19, this film introduces us to the extraordinary power, versatility, and crucial role of the human sense of smell, which is so often underestimated.



WONDER WOMBS

52’

Galaxie Presse & France Télévisions

Will we soon be conceiving and growing babies outside women’s bodies? The very first baby conceived following a womb transplant was born in Sweden in 2014.



MEDICAL PIONEERS, CURING THE INCURABLE

4x52'

Effervescence & CANAL+

Everywhere, researchers and innovators are inventing our future. Their projects are very concrete, sometimes confidential, often breathtaking, always optimistic and will revolutionize our health.

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