

## The Circular

HELPING WOMEN FEEL BETTER

### Francesca Lyon's Newsletter Takeover



Hi Eloise,

I am **Francesca Lyon**, Lead Nutritionist here at FUTURE WOMAN 🌟 and I specialise in fertility and all things ovulation, including ovulatory disorders like PCOS and hypothalamic amenorrhea.

While Eloise is off on mat leave, I'm here to share with you what I've been exploring lately in the world of hormone health 💖. As well as some exciting research I have been digging into!

#### Enjoying this newsletter?

Why not forward it to a friend that's struggling with her hormones? And don't forget to follow us on [instagram](#) for free tips and tricks!

### ♥ FUTURE WOMAN FRANCESCA LYON LOVES ♥

🌟 **Castor oil: TikTok trend or genuine wellness hack?** In my opinion and experience... it's a real wellness hack! Castor oil packs are a brilliant way to reduce inflammation and promote healthy blood flow. I have used them with hormone and fertility clients to help breakdown cysts, improve liver detoxification and alleviate painful periods. Best to go slow and use them under the care of one of our FUTURE WOMAN practitioners to ensure it is right for you. [LINK](#)

💡 **I added this into my daily routine and changed my sleep quality!** For all our clients that struggle with sleep (and there are so many!), this one's for you. I have been obsessed with my pop up infrared sauna for a long-time but I have recently started using it before bed and seen a massive improvement in my quality of sleep (and skin!). I really credit the red light that is in the sauna - it's calming on the nervous system and promotes melatonin production. [LINK](#)

💡 **Did you know this link between menopause and ADHD?** I have been reading some really interesting research recently about how many women only get diagnosed with ADD/ADHD once they are in perimenopause and menopause due to the fact that higher oestrogen in reproductive years can result in a reduction of symptoms. It is so important this is widely spoken about in order for women to receive the correct diagnosis and treatment! [LINK](#)

💡 **Have we been thinking about fertility in completely the wrong way?** There has been so much focus on egg *quantity* for fertility clients and those going through IVF cycles. But in our experience, egg *quality* is actually the most important factor for getting pregnant (and it helps to have a MUCH smoother ride in perimenopause too). I have written an article I think every woman needs to read all about not only the importance of egg quality but how we can improve egg health. And why AMH isn't what you think it is! [LINK](#)

🍪 **My favourite cookie recipe.** I have always had a sweet tooth but

now I only bake my own sweets to ensure they are on the healthier side of things and I can keep track of all the ingredients that go in! These tahini cookies are absolutely delicious AND have an option to add extra protein to help balance that blood sugar. It's safe to say the entire FUTURE WOMAN team is now completely obsessed with these cookies!! [LINK](#)

Planning to bake these cookies at the weekend? Tag us in your creations on Instagram - we love seeing them!

Next time, look out for Sophie Elletson's takeover 📺.

Francesca x

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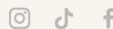
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## Join the waitlist for our FUTURE WOMAN bHRT clinic!

Doors are opening soon to our very own bHRT clinic.

Be the first to know by joining our waitlist.

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