

The Circular

HELPING WOMEN FEEL BETTER



Hi Eloise,

Welcome back to **The Circular**, your fortnightly round up of all the things we're loving in the wonderful world of women's hormone health.

You may have seen that the team at FUTURE WOMAN have been enjoying a 2 week vacation this August! For an online business, it feels scary (and unusual!) to take time off. But as experts in cortisol and adrenal health we have to follow our own advice sometimes! The truth is everyone works better when they've had proper rest. Have you had a chance to properly recharge this summer? I hope so!

If you're 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 LOVES ♥

☀ **The ultimate toxin-free sunscreen list.** Most sunscreens are hiding chemicals that seriously mess with our hormones. Chemicals like oxybenzone, homosalate, octinoxate and octocrylene have been linked to everything from heavy, painful periods and low libido to poor sleep and weight gain. Oxybenzone, in particular, is linked to increasing the risk of endometriosis due to its ability to mimic oestrogen. We've pulled together our favourite non-toxic sunscreens so you can protect your skin and your hormones this summer. [LINK](#)

🥥 **Coconut lime jellies – your new summer snack.** These little bites are a blend of coconut milk and beef gelatin, making them rich in both protein and healthy fats. A winning combo for hormone health! Perfect for hot days when you want to swerve the ice cream. [LINK](#)

🧠 **ADHD + perimenopause – what's the link?** Many women find that ADHD symptoms intensify during perimenopause. If that's you, you're not imagining it! Shifting oestrogen levels can impact dopamine and other neurotransmitters, making focus, mood, and memory harder to manage. In her latest blog, our lead nutritionist Francesca dives into why this happens, and exactly how targeted

nutrition and nervous system support can help. [LINK](#)

💛 **Progesterone needs WAY more airtime!** Have you noticed that poor sleep and weight gain. Oxybenzone, in particular, is linked to increasing the risk of endometriosis due to its ability to mimic oestrogen. We've pulled together our favourite non-toxic sunscreens so you can protect your skin and your hormones this summer. [LINK](#)

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