

## 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.

**From all of us here, I'd like to wish you a very happy International Women's Day.** This year's theme is "taking action", and that's what we're doing every day at FUTURE WOMAN. Helping thousands of women to feel better, who've put up with debilitating symptoms for years with no support.

### 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 ♥

### 🥬 This humble vegetable just got a major upgrade!

Incorporating this simple daily habit could be your secret weapon for better estrogen detoxification. We're sharing our viral recipe (with a hormone-balancing twist) that's helping clients see real results with PMS and perimenopause symptoms. [LINK](#)

💜 **March is Endometriosis Awareness Month.** It's no secret that endometriosis care in the UK is appalling - from lengthy diagnosis times to lack of effective treatment options. At FUTURE WOMAN, we take a different approach to endo. Instead of just managing symptoms, we care about root causes and comprehensive testing to create lasting change. Discover our unique framework for supporting endo warriors. [LINK](#)

🧼 **Clean up your cleaning routine (and your hormones)!** Your household products are sabotaging your hormones. Yep you read that correctly. We're obsessed with these refillable cleaning solutions - they're effective, eco-friendly, very pretty to look at... but most importantly, free from hormone-disrupting chemicals. [LINK](#)

👩 **PCOS got you down?** We totally get it! Join our upcoming FREE masterclass series where we'll expose the 5 biggest mistakes we see women making with PCOS (and what to do instead). Almost everyone is surprised by mistake #3! [LINK](#)

👩 **And finally, meet the women behind FUTURE WOMAN!** This International Women's Day, we're celebrating our all-female team working tirelessly to revolutionise women's hormone health. Get to know the faces behind the results! [LINK](#)

Until next time,

## Test now and receive your 3 month personalised healthplan!

Pay in 3 instalments



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### Advanced Hormone Test and Personalised Plan

£399.00

Or 3 payments of £133

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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.

[JOIN THE WAITLIST](#)

