

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.

And don't forget to follow us on [instagram](#) for free tips and tricks!

♥ FUTURE WOMAN LOVES ♥

💡 **What is real self care? (Hint: it's not a bubble bath).** As women we spend around £4k a year on self care activities, from spa days to massages. But are we really taking care of ourselves? From addressing trauma to rethinking exercise, lead nutritionist Francesca Lyon looks at 7 ways to significantly reduce stress levels in 2025 that will genuinely make a difference to how you look after yourself. [LINK](#)

✔ **Good news for endo sufferers this week.** A new diagnostic test is being developed in France that claims to detect endometriosis in just a few days from saliva using various biomarkers. A huge step forward! However, it's important to remember that diagnosis is just the beginning. We've put together a handy guide to treating endometriosis at a root cause level for lasting relief. [LINK](#)

🍋 **Feel like sugar cravings are ruling your life?** If you're looking to satisfy a sweet tooth, try these delicious lemon cheesecake bites from one of our favourite recipe creators (author of the amazing cookbook, It Takes Guts). Made with greek yoghurt and protein powder, they'll help you swerve any blood sugar crashes. Just remember to opt for a high quality protein powder (see our previous newsletter for details!) [LINK](#)

💡 **Have you been misdiagnosed with PCOS?** Misdiagnosis of PCOS is worryingly common. If you've been diagnosed in your teens by ultrasound alone, it is definitely worth a second look. Otherwise you might be taking supplements that are doing more harm than good. Check out Rebecca's story in Living360 of how she reversed her diagnosis after testing with FUTURE WOMAN (it's the second one). [LINK](#)

🌈 **And finally, are you sequencing your HRT correctly?** Many women are offered just one combination of HRT from their GP when their symptoms begin, well into menopause. But the changes in our hormones during perimenopause happen in distinct stages, requiring different hormones at different times. Discover Dr Ruqia Zafar's top tips for testing and sequencing your HRT. [LINK](#)

Until next time,

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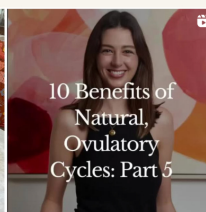
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On the 'gram this week



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With leading nutritionist and hormone expert, **Francesca Lyon**



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