

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 ♥

🚫 **Warning: progestins are NOT progesterone.** This might be the most important thing you read about HRT. We're breaking down the crucial differences between synthetic progestins and natural progesterone, and why it REALLY matters for your hormone health and perimenopause journey. [LINK](#)

🍵 **The perfect pairing for radiant skin?** According to research, applying green tea topically before red light therapy can amplify its skin-rejuvenating benefits by 10x. WHAAT?! We also love red light therapy for reducing inflammation and calming the nervous system. Check out our favourite (reasonably priced) red light device. [LINK](#)

💖 **Coping with love and loss.** We adore Davina McCall for everything she's done to raise awareness for menopause. And one of the best podcast interviews I've listened to in a long time was her recent chat with Richard E Grant. Wow they've both been through so much. And they cover the most difficult of topics with such humour and honesty. Just brilliant. [LINK](#)

🦠 **Your gut and hormones: the ultimate power couple.** Our gut health is vital to our hormone balance, which is why we test for gut dysbiosis in our Advanced Hormone Tests. From estrogen metabolism to thyroid function, we're revealing 3 surprising ways your gut microbiome influences your hormone health. Number 2 will definitely surprise you. [LINK](#)

🍷 **And finally, red wine lovers, rejoice!** If you're finding yourself more sensitive to wine in perimenopause due to fluctuating estrogen levels (hello, instant hot flashes!), this clever little wine wand could be your new best friend. It removes histamines and sulfites without affecting the taste. [LINK](#)

Until next time,

Eloise x

P.S. how's your February going? Come and chat to us on Social Media and say hi!

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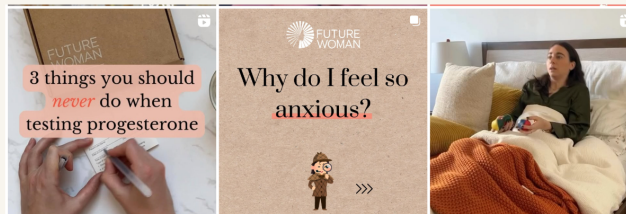
Advanced Hormone Test and Personalised Plan

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On the 'gram this week



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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