

FOR IMMEDIATE RELEASE

mbody Media launches Future Patient at Home House

LONDON, UK – [July 14, 2025] – Innovators in functional medicine and longevity came together at London's Home House on July 8 to discuss their vision of the Future of Healthcare, to mark the launch of [Future Patient](#) and the [Future Patient Congress](#).

Created by mbody Media, the company behind the UK's largest menopause events, [Menopause in Practice](#) and [Pause Live](#), *Future Patient* is a digital platform and quarterly publication dedicated to future-proofing patient health through the latest innovations in longevity, personalised medicine, and preventative healthcare.

futurepatient
congress2026

The [Future Patient Congress 2026](#) is a conference and exhibition that will bring together the leading minds in biohacking, healthspan, and functional medicine to share the latest breakthroughs and actionable strategies for optimising patient care.

The official launch saw a panel discussion on Future Proofing Health: The Secrets and Science Behind Optimal Health featuring Future Patient's chair

Dr Mayoni Gooneratne, a pioneer in functional medicine and women's health.

Other members of the editorial board joining the panel included **Adam Hewitt**, wellness industry strategist and Managing Director of The Body Lab and **Dr Nima Mahmoodi**, founder of Remedi London, alongside **Alanna Kit**, a neuroscientist and researcher in the field of psychedelics and **Antony Haynes**, one of the most experienced Registered Nutritional Therapists in the country and Technical Support Manager of Nutri-Link, the supplement sponsors of the Future Patient Congress 2026.



The Future Patient Advisory Board alongside guest speaker Alanna Kita

The event was proudly supported by headline sponsor M-Club, a wellness brand committed to advancing optimal health through innovative, evidence-backed products and holistic solutions.

The longevity market

According to Rare Consulting's [UK Medical Wellness & Longevity report](#), the health and wellness sector in the UK is rapidly expanding. Currently valued at \$224 billion, growth is being driven by increasing consumer interest in personal health, preventative care, and holistic well-being. According to the report:

- 28% of UK healthcare providers offer some form of wellness and longevity treatment
- 36% of wellness and longevity clinics are in areas of high household income
- 96% of wellness and longevity providers are single-site locations
- 35% of those offering services provided functional medicine assessments

The *Future Patient* content hub

Edited by Vicky Eldridge, an experienced journalist with 20+ years of experience in the health, wellness, aesthetics and menopause space, *Future Patient* will provide an expertly curated, evidence-based resource for professionals spanning general practice, functional medicine, nutrition, longevity and more.

Each issue will explore key topics such as gut health, mitochondria, genetics and metabolic health through the lens of the five pillars of healthy ageing: physical activity, diet, sleep, brain health, and purpose-driven relationships.

Joining **Dr Gooneratne**, Adam, Dr Mahmoodi and Emma on the editorial board are **Benjamin Brown**, internationally acclaimed nutritional medicine expert and founder of the Nutritional Medicine Institute; **Kim Pearson**, leading nutritionist with a focus on metabolic health and healthy ageing; **Sherezade Ruano**, a neurocardiology and breathwork therapist with expertise in executive mental health and nervous system regulation; and **Tracey Dennison**, award-winning Consultant Nurse Practitioner specialising in menopause and lifestyle medicine.



Advisory Board Members and Guest Speaker Alanna Kit at the Future Patient Launch Event

Dr Gooneratne said, *“The launch of Future Patient was more than just an event – it marked the beginning of a new conversation in healthcare. As clinicians, many of us have pursued a second education beyond our formal training, diving into fields like epigenetics, nutrition, mindfulness, and the science of longevity. This platform brings together those insights and the extraordinary professionals who have shaped them. I’m honoured to chair a movement that dares to disrupt, to challenge, and to elevate how we think about health. We’re here to inspire, to educate and to redefine the future of patient care.”*

Dr Mahmoodi commented, *“Future Patient represents exactly the kind of conversation we need to be having right now – one that bridges innovation with integrity, and science with soul. Being part of the launch was deeply energising. It brought together a community of visionaries who genuinely care about reshaping healthcare to prioritise longevity, prevention, and whole-person wellbeing. What stood out most to me was the authenticity – no fluff, no ego, just real people doing meaningful work. This is more than a publication; it’s a movement whose time has come.”*

Introducing the Future Patient Congress 2026

Building on the platform’s momentum, the **Future Patient Congress 2026** will debut on **February 5, 2026**, at the iconic **Grand Connaught Rooms in London**, the day before mbody Media’s flagship Menopause in Practice conference. This immersive, in-person event will feature keynote speakers, breakout tracks, hands-on workshops, and expert panels on topics such as:

- A new approach to healthcare: Why now is the time for change
- The functional pathway: From root cause to real change
- “Physician, heal thyself”: Why your own health matters too
- Personalised care in practice: Breaking barriers and building better health
- Diagnostics and testing
- Gut health and nutrition
- Supplementation: When, why and how
- Stress and nervous system health
- Sleep as medicine
- Hormones and whole-body balance
- Environmental and internal toxicity
- Mitochondrial health: Powering the body
- Movement and exercise
- Connection, relationships and spiritual health

With CPD accreditation and a post-event digital content hub, attendees will leave equipped with practical insights and a certificate of participation.

“We have been working behind the scenes on Future Patient for the last year, and it was fantastic to finally launch it to the press and key industry stakeholders”, said Charlotte Body, event director and co-founder of Future Patient.

“We believe the future of healthcare lies in prevention and personalisation, not reactive treatment. This is an innovative and emerging area of healthcare, and we want to be at the forefront, relaying the latest evidence and research as this field grows.

“Our mission is to empower professionals with the tools, knowledge, and community they need to deliver the highest standard of care.”

[Tickets are now available for £199 + VAT](#), including full access to sessions, networking opportunities, lunch, refreshments, and a drinks reception.

Join the movement

Future Patient and the Future Patient Congress aim to foster a community of professionals who are passionate about evolving patient care. Whether you're a GP, nurse, nutritional therapist, dietitian, health coach, functional medicine or wellness practitioner, Future Patient is your new home for cutting-edge health content and professional development.

For media enquiries, partnerships, or press passes, contact:

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Notes to Editors:

M-Club is a dedicated range of menopause products developed by the award-winning The Body Doctor brand. The products have been designed to ease and alleviate the physical effects commonly associated with menopause, improve well-being and support better sleep. The brand has also built a community offering guidance, expert advice and tools and resources to help demystify menopause and its stages.

All M-Club products are accredited with the MTick from GenM, the menopause partner for brands. This means M-Club has provided evidence that its entire range meets MTick's strict criteria and can display the exclusive MTick symbol on packaging to signpost the range as menopause-friendly.