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"Blending Nutritional Science with Holistic Health" Newsletter

January 2009

Happy New Year and welcome to 2009! 2008 was a challenging year for many, including me. It stretched my studying abilities to the maximum but provided a period of positive personal and spiritual growth! Now my degree is finally complete I have been able to enjoy the Christmas break, relax, reflect and plan a positive 2009. I have had time to update my web-site, directing my practice further towards pre-conceptual work, sub-fertility, women and children's health. I have combined nutritional therapy with health screening and added a testimonial page. New for 2009 include workshops, meditation/visualisation classes and a spiritual book club to inspire, guide and uplift.

HOLISTIC AND NUTRITION WORKSHOPS @ The Maple Leaf Clinic, Twickenham are always on a Sunday, start at 10:00 a.m. and cost £50 per person. With only 6-8 participants per workshop pre-booking is essential. Worksheets and certification of attendance are provided. If you are pregnant or suffer with a chronic disorder please contact me to discuss prior to attending a workshop.

22.02.09 4 hours	Foot Massage	Learn how to massage the feet using Thai and Swedish massage techniques and simple reflexology. These skills support relaxation, sleep and ease stress-related tension whilst improving nail health, skin texture and circulation.
29.03.09 4 hours	Reflexology	Practising the techniques taught in the foot massage workshop, specific reflexology techniques are taught to ease stomach aches, constipation, headaches, sinus congestion and other 'annual' health complaints.
26.04.09 3 hours	Pre-Conception and Fertility	Research estimates that: 1 in 6 couples presently find it difficult to conceive 1 in 4 pregnancies end in miscarriage 1 baby in 14 is malformed 1 in 4 babies are born with learning disorders. Sperm count has reduced by 50%. This workshop provides facts and know-how to motivate prospective parents to support sperm and ovum health thereby increasing the possibility of a positive pregnancy and a future child's good health. Recommendations include a 4 month pre-conceptual programme, identification and removal of potential health hazards and provides information on orthodox and screening tests to identify sub-fertility issues and nutrient deficiencies. Provides information on holistic therapies, dietary measures and nutraceuticals that help to secure optimum health and nutritional balance prior to conception.
28.06.09 4 hours	Back, Neck and Shoulder Massage	Demonstrates massage techniques to treat family and friends. Please be prepared to work in couples and remove some clothing as we will be working with specially blended massage oils. Please bring a large towel.
6.09.09 3 hours	Student Health	Studying, independence and a fast paced social life can lead to incorrect food choices, digestive disturbance, nutrient depletion and ill-health. I have treated students who have returned home with depression, sleep disorders, skin issues, digestive disturbances such as IBS or candida, shingles, glandular fever, rheumatoid arthritis and massive weight gain or loss to name but a few. Topics covered: How to eat well on a budget; Balancing food groups; How and why refined foods, stimulants, alcohol and smoking depletes nutrient status; The importance of blood sugar regulation and offers supportive nutritional advice and skills to support student life!
25.10.09 2 hours	Teenage Health	Nutrition workshop relating to the specific needs of teenagers and the challenges they bring. Topics include: Hormones and how diet and nutraceuticals can help (includes menstruation and skin health). Mood swings and blood regulation
29.11.09 4 hours	Indian Head Massage	A non-invasive therapy that is relaxing, rejuvenating and stimulates hair growth. Learn massage techniques over a clothed body to treat back, neck, shoulders, arms and scalp, allowing tension to float away!

Meditation/Visualisation/Relaxation classes:

From February 4th - 1st and last Wednesday of each month at The Greenwood Centre, School Lane, Hampton Hill TW12 1QL. 7:00pm- 8:00pm. £7.00 per person. Optimum health requires a calm mind and an ability to relax. Using visualisation and guided meditation this class helps to develop visualisation skills and introduce meditation techniques to support relaxation and a positive mind-set.

Please bring a yoga mat, pillow (if you need one), a small blanket or a meditation cushion. These classes are “drop-in and pay-as-you-go”.

Cygnus Book Circle

1st Monday evening of each month from February. Venue: My house. FREE except book cost and “kitty” money to cover tea/coffee/nibbles”. Spiritual Book club through the Cygnus Review (www.cygnus-books.co.uk). Cygnus select a book that they consider ideal for a book club discussion. Purchasing of books are offered at extra discount for group orders. If you are interested in joining my circle please send me an e-mail! By the way, there are now more than 80 Cygnus Book Circles around the UK, so are a great way to meet supportive, like-minded friends!

Testimonials –as already mentioned I have added a testimonial page to my new site and am looking to add more, especially relating to my work with children’s health, fertility/pre-conception and during pregnancy. If I have helped you and you would like to offer a testimonial then please send me a testimonial to contact@justineevans.co.uk and I will add it to my page. Thank you!

What is Nutritional Therapy?

The study of nutrients from plants and animals and the body’s handling of them. By addressing nutritional intake, absorption, deficiencies or excesses dietary measures can be introduced to enhance well-being and health. It considers the “root cause” rather than symptoms. Through the introduction of an achievable programme vitality and a healthier lifestyle can be obtained and previous health concerns may reduce or even disappear. This applies from pre-conception through to adult health. Research shows that nutritional intervention can support disorders such as:

Children’s health, attention deficiency, dyslexia and other learning disorders

Conception conditioning, pregnancy and post natal health. Sub-fertility including unexplained infertility or reduced fertility in both men and women, endometriosis, polycystic ovaries, PMS and the menopause

Cardiovascular issues including high cholesterol and blood pressure

Digestive complaints , IBS, parasites, indigestion, constipation and bloating

Nervous system – depression, stress, anxiety, panic attacks and insomnia

Respiratory disorders including asthma

Reduced immunity, allergies, sensitivities to foods and environment

Skin issues such as eczema, psoriasis and acne

Weight Management

- ❖ **Nutritional Therapy and Health Screening** - Includes nutritional analysis, health and food/nutrient sensitivity screening, identifies remedial “energy medicine”, including homeopathic, flower, herbal and nutraceuticals and includes a dietary programme and “Naturally Healthy” booklet.
- ❖ **Pre-conception and Fertility Programme** - Conditioning programme using health screening, specialised supplementation and dietary protocol with the option of holistic treatments to prepare for a pregnancy, during pregnancy and post-natal.
- ❖ **Holistic Body Treatments** - Therapeutic, Conception Conditioning and Pre-Natal Massage, Reflexology. Lymphatic Drainage, Hopi ear candling
- ❖ **Spiritual Healing** - Combining healing, meditation and visualisation
- ❖ **Children’s clinic** - Health Screening (under 12’s) £40.00, nutritional therapy, holistic body treatments, spiritual healing and Hopi ear candling

Food Sensitivity/Health Screening * Nutritional Therapy * Pre-conception/Fertility Programme Lymphatic Massage * Reflexology * Ear Candling * Therapeutic Massage * Reiki Healing

Parkside Therapies, Hampton Hill TW12 1BE and Maple Leaf Clinic, Twickenham TW2 5AB
contact@justineevans.co.uk www.justineevans.co.uk **Tel: 07747 133170**

Debit and Credit Cards Accepted

Disclaimer: This newsletter has been written for general guidance only and does not take into consideration individual food sensitivities/food allergies/specific illnesses. If you have any disorders or are on regular medication it is important to discuss making changes to your diet with your GP.