

**Welcome** to the August edition of my newsletter. It has been a wonderful year with a sunny summer which I am sure we are most thankful for. I am blessed to have been provided with an abundance of fresh vegetables and fruit in my allotment and plenty of fertility and pregnancy work including preconceptual preparation and maternity reflexology including during labour itself! Thank you, thank you, thank you. Congratulations to the families of the 4 babies born last month at the New Moon and the 2 babies at the Full Moon, and two more who have begun their journey and will have arrived by tomorrow - this month's New Moon!

This year has been very important for me with regard to both my professional and personal development. This year I have trained and become a teacher of Gayatri meditation, become a member of the Fertility Reflexology Network and updated my skills to include homotoxicology and Australian Flower Remedies. Later in the year I will be completing a hydrotherapy and psychosocial workshop – both booked for the Autumn. On a more personal basis earlier this year my husband changed his career and opened a Doggy Walking and Day Care Service. If you have a pet and need assistance Clive offers a great service covering Middlesex/Surrey borders - Teddington, Twickenham, Sunbury, Whitton, Hampton, East and West Molesey, Kingston areas. His website is [www.doggy-trundles.co.uk](http://www.doggy-trundles.co.uk).

**I am often asked “So what exactly is a Naturopath?” . Well – It is a distinct system of health care – an art, science and philosophy that assesses the causes of poor health and offers therapeutic protocols to address the cause rather than just treat the symptoms. The guiding principles are**

- Work with the healing power of nature, trusting the body's inherent power of recovery when the obstacles to cure are removed
- Identify the cause – address the underlying cause of illness rather than just treating symptoms
- Support the whole person – assess not just the physical condition but also factors that influence health and well-being including 21<sup>st</sup> century living, emotional and spiritual wellbeing, diet, food choice and preparation
- Offer guidance in the art of self-care to empower and encourage each person to achieve optimal health and well-being
- Do no harm – using the most natural, least toxic and least invasive therapies. In my instance this includes naturopathic nutritional and dietary therapy, health screening and functional testing, supplementation and energetic remedies including homotoxicology, Spragyr and Australian Flower remedies. Traditional approaches to maintain health including complementary therapies such as Far infrared therapy, reflexology, massage, healing and meditation when possible.
- These principles and philosophies acknowledges each person is an individual with individual nutrient and health interactions.



### Eating the Seasons

Whilst the “Specific Carbohydrate Diet” (very similar to the “Paleo Diet” also known as the “Stone Age Diet”) is fashionable; as a Naturopathic Nutritional Therapist I am always concerned as to the vast quantities of “protein” that people consume whilst adhering to it – especially when it has not been explained properly. Protein is of course an important dietary requirement and it is true that research identifies that grains can affect the digestive tract

however balance is key. I believe that it is essential to include fibre and fresh alkaline based vegetables. This helps to reduce constipation and an over acidic body, both of which may increase the risk of developing gall, kidney and bladder stones. Including a high portion of vegetables daily in my opinion really does help to maintain health. An easy way to incorporate this is utilising seasonal foods via juicing, smoothies, eating plenty of salads and cooking lightly. I recently tweeted ([www.creationfertility.com](http://www.creationfertility.com)) and facebooked (<https://www.facebook.com/CreationHealing>) an article on the August super foods (2/8/2013) which some of you may have read. If not here is a list of this month's seasonal foods:

**Vegetables:** artichoke, aubergine, beetroot, broadbeans, broccoli, carrots, red and green peppers, chillies, courgettes, cucumber, fennel, french and runner beans, garlic, new potatoes, kohlrabi, lettuce, salad leas, peas, onions, pak choi, radishes, rocket, samphire, spinach, spring onions, mint, chives, sweetcorn, tomatoes, watercress, wild nettles.

**Fruit:** peaches, kiwi, loganberries, plums, apples, raspberries, strawberries, blackberries (end of month), apricots, bilberries, blueberries, cherries, gooseberries, greengages, loganberries, melons, nectarines, peaches, redcurrants

**Herbs:** basil, chives, coriander, dill, oregano, mint, parsley, rosemary, sage, tarragon, thyme

**Protein sources:** cod, coley, crab, dab, dover sole, grey mullet, haddock, halibut, herring, langoustine, lemon sole, mackerel, plaice, pollack, prawns, salmon, sardines, scallops, sea bass (wild), sea bream, sea trout, shrimp, squid, whelks, whitebait, lamb, rabbit, venison and pigeon

[www.eattheseasons.co.uk](http://www.eattheseasons.co.uk) explains why seasonal food is best and offers lists of seasonal foods together with recipes. Here are some recipes from my “Create Health” booklet to help you enjoy some of the above!

**Breakfast: Blueberry, Cranberry, Blackcurrant and Banana Cooler -** 110g (4oz) each of blueberries, cranberries, blackberries, 1 banana peeled and a handful of ice cubes. Whizz all together with a blender and drink. It is possible to add 70ml Aloe Vera and 2 dessertspoons ground flaxseeds to add extra nutritional value!

### Lunch: Summer Veg Stir-Fry with Halloumi (serves 4)

**Easy to prepare – just wash, slice and stir-fry!**

Generous handful of French beans, and 2 carrots cut into thin matchsticks  
 3 courgettes, 2-3 leaves of Cabbage, half a head of Broccoli  
 2 cm fresh ginger root, peeled and chopped finely  
 20 dried juniper berries  
 2–3 tablespoons oil infused with basil  
 125g Halloumi Cheese, sliced  
 2 tablespoons ground flax, sunflower, pumpkin, sesame seeds and goji berries (Linwoods).

Heat 2 tbsp oil in a wok, add ginger with the carrots and stir fry for about 2 minutes. Add French beans, broccoli and courgettes, Stir fry for about 4 minutes. Lightly crush the juniper berries in a pestle and mortar and add these to the wok. Add cabbage and stir fry until all the vegetables are “al dente” – that's crunchy but tender.

Grill the Halloumi Cheese for approximately 1 minute on each side and serve.

## Supper: Peppers and Pan-Fried Halibut (serves 3-4)

700g sieved tomatoes (such as passata)  
 Black pepper  
 2 x sweet red peppers, deseeded and sliced into rings  
 2 x orange peppers, deseeded and sliced into rings  
 2 x yellow peppers, deseeded and sliced into rings  
 1-teaspoon chilli powder  
 2 cloves garlic, crushed  
 4 halibut fillets or 2 fillets if large portions

Heat the oil in a saucepan over a high heat. Add red onion, chilli powder and garlic and cook for 2-3 minutes, then add peppers and sieved tomatoes/passata and seasoning. Bring to boil and reduce the heat to simmer, uncovered, for about 15-20 minutes until sauce has reduced and thickened. Grill fish fillets under moderate grill, turning once. Serve with the peppers mixture and large salad or some seasonal vegetables.

## Simple Baked Fish (serves 2)

Preheat oven to 170°C/340°F/gas mark 3  
 2 Plaice portions  
 Lemon juice and rind  
 Cocktail sticks  
 Black pepper  
 Freshly chopped herbs and 1 red onion, chopped  
 1 tablespoon oil

Grate the rind from ½ lemon and season 2 pieces of plaice with lemon rind and pepper. Roll up and secure each fillet with cocktail stick. Place fillets in casserole dish, sprinkle with chopped herbs of your choice, cover with remaining grated rind plus 2 teaspoons of lemon juice. Cover with lid. Bake for 40 minutes dependant on fish portion size. When the fish is white and flakes easily lift out, transfer to plate and serve with green salad or vegetables of your choice.

My website [www.Justineevans.co.uk](http://www.Justineevans.co.uk) offers a weekly blog on Natural health care and spiritual support, whilst my facebook page <https://www.facebook.com/CreationHealing> offers daily recipes and juices! [www.CreationFertility.com](http://www.CreationFertility.com) remains fertility and pregnancy related.

**Disclaimer: This article is meant for general information only and should not be construed as guidance or recommendation. It does not take into account any medication you may be taking, food sensitivities or allergies, nor any form of health issue. Naturopathic consultations and assessment are recommended on an individual basis and it is important to speak with a health professional or your GP before changing your diet.**

## Bushy Park Meditations : FREE! Tuesday evenings 7.00-8.00pm. August 13<sup>th</sup> and August 27<sup>th</sup>.

Meet outside the Pheasantry Cafe in Bushy Park, Teddington. Meditations vary dependant on weather and mood! This year we have been working on mindfulness, concentrating on our "senses" – listening and sight so far, touch and smell to follow! Previous meditation experience is not required –just turn up in weather appropriate wear!

## Autumn Meditation and Conscious Development Programme

Exploring Meditation - Last Tuesday evening of each month, September 24<sup>th</sup>, October 29<sup>th</sup> and November 26<sup>th</sup> 7.30-9:00pm @ The Greenwood Centre, School Road, Hampton Hill. Offering a selection of led meditation in group format. £33.00 for the 3 meetings,

## \*\*\*\*\*Household PA\*\*\*\*\*

I am a local mother of a school age child, with a background in office administration, now keen to utilise my skills and support those trying to juggle work/childcare with household management. Experienced, reliable and trustworthy I am flexible, but am happy to help with: admin; running errands; basic household chores; PA duties for home businesses & other general household/office tasks. I am available weekly/fortnightly or for one-off bookings, £10/hour, call Rebecca on 07811 385908 or email [Beckyvillars@hotmail.com](mailto:Beckyvillars@hotmail.com). References & CV available on request.

maximum of 10 to group and includes Reiki healing. This group suits all forms of meditators.

## Sunday Meditation @ The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5BQ 10 am -12 noon £20 per meditation Sunday 13<sup>th</sup> October – Mindful Mandala's

A mandala is a magic circle, a diagram or map of a sacred group. In Sanskrit the word madala means "container of essence". Mandala's draw the observer in, so they have been used as aids in trance and inducing meditation. Drawing or colouring mandala's is a wonderful way of experiencing "mindfulness" which focuses the mind and acts as a form of therapeutic meditation. (coloured pens and paper provided). Once again we will begin the group experiencing gentle mindful movement and finish with yoga nidra.

## Sunday 10<sup>th</sup> November – Chanting – Om Mani Padme Hum

We begin with mindful pre-meditation movement, followed by pranayama breathing and experience a meditation chant. Healing is offered during meditation. We end with yoga nidra (relaxation)

**NEW!!! Spiritual/Conscious Development:** Venue to be confirmed but probably my home. A new "pilot" group for those of you who are interested in spiritual development. £25:00 for the three meetings, this term we are exploring "rituals".

**Tuesday 19<sup>th</sup> November – 7:30 – 9:00pm – Preparing and maintaining a Sacred Space**

**Tuesday December 3<sup>rd</sup> – 7:30 – 9.00pm – Working with intention. Experiencing a New moon ritual**

**Tuesday December 17<sup>th</sup> 7:30-9:00 pm - Letting go. Full moon ritual**

Should the response be positive I am intending offering a Spiritual Development course beginning January 2014 which will cover "3 school terms, meeting monthly" demonstrating a wide range of "tools" to support you on your journey. The syllabus course has not yet been completed but I am intending including: "Protection, Grounding, Space Clearing, Peripheral Vision Exercises to enhance Connection, World Peace Healing, Increasing your Clairaudience skills" amongst others. Let me know if you are interested. Dates and times to be confirmed, either 1 evening a month or 1 morning per month. Cost to be confirmed.

To confirm attendance all courses/workshops require pre-payment.

FREE audio mp3 meditations downloadable from [justineevans.co.uk](http://justineevans.co.uk)

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Love, Blessings and Thank you ☺

Finally, one of my colleagues is looking for employment as a household PA – see below.