

Welcome to the very late October/early November 2013 edition of my newsletter. The onset of autumn seems to have brought with it a time of change for me – my website www.creationfertility.com is undergoing a “facelift” and will become far more user friendly - including free articles on natural fertility and audio meditations to support conception, during pregnancy and birth. This month Creation Fertility has had 2 positive pregnancies confirmed and 2 births! In addition ultrasound testing has confirmed a polycystic ovary case has “gone” in addition to a case of fibroids degenerating. Congratulations to all.

My website www.Justineevans.co.uk continues to be directed towards Hormonal Health using naturopathy and nutritional therapy, reflexology, remedial lymphatic massage, infrared treatment, Energy healing and meditation. It offers a weekly blog on Natural health care and points of interest. My facebook page <https://www.facebook.com/CreationHealing> offers recipes and juices and plenty more other conversations as well! The big news this month is that as part of my Naturopathic development I have recently attended a hydrotherapy course which was very interesting. Late November I will be attending my annual Spagyric Energy Seminar. Always inspiring!. Please note that my consulting hours have changed – I have decided to work from one clinic only. You can find me at **The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB** 3 days per week – Tuesday, Wednesday and Fridays. Changing my hours will support my continual professional development and allow time for research and updating my Fertility, Naturopathic and Meditation books.

Naturopathic Support for Fungal/Yeast Overgrowths including Thrush:

These occur due to an overgrowth of yeast or fungus. The most common cause is from the use of antibiotics or the use of steroids but it can also manifest through eating too many yeasty and sugary foods, hormonal imbalances, during pregnancy, from nutrient deficiencies or malabsorption, impaired immunity and stress. A recurrent fungal /yeast overgrowth means your immune system needs support. When preparing for a baby I always advocate removal of this overgrowth to support conceptual health.

Symptoms may include

Vagina, nipple, penial or anal discharge, fungal fingernails or toenails, athlete's foot, white coating on the tongue, a wet white film on your body - such as within fat folds. Overgrowths can also affect cognitive function, making you feel “low”, tired and lethargic. In addition you may suffer from abdominal bloating, intestinal cramps, rectal itching, altered bowel function, recurrent illness or sugar cravings. These are not all the symptoms but a generalised picture.

Naturopathic measures.

Reduce your sugar intake! Avoid if possible - this includes refined sugar, honey, maple syrup, fruit juice, dried fruit and fresh fruit. Reduce dairy intake - cow milk is high in the milk sugar lactose and can promote fungal growth. Avoid mould containing foods - cheese, dried fruit, nuts and yeasty foods such as bread, cakes, biscuits, beer, cider, wine, marmite, mushrooms. Once the symptoms have reduced significantly you can begin to reintroduce these foods slowly. Increase garlic! Garlic has powerful antifungal activity. Eat at least 1 clove of fresh garlic/day and drink 3 mugs of herbal teas such as pau-d'arco, Echinacea, ginger, alfalfa, ginseng daily. Drink plenty of fluid – about 1.5 litres of fluid is recommended daily but more for some people. Ensure you have regular bowel movements. Including 2 dessertspoons of ground flaxseeds or soaked psyllium husk encourages bowel activity. Supplements: A probiotic supplement is a must for anyone who suffers with a fungal overgrowth but correct analysis using functional

testing and a supplementation programme should be advised on an individual basis by a professional nutritional therapist such as me.

Lifestyle support:

Ensure you have quality rest and sleep. Consider learning meditation to reduce stress. Tight trousers, Lycra track suits and exercise wear and tights are not advisable as heat promotes bacterial growth. Wear skirts and cotton knickers to help with air circulation or loose cotton underwear if you are male.

Wipe front to back when going to the toilet to prevent re-infection. Your partner will probably need treating. Although thrush is not a sexually transmitted disease it is passed to your partner by sexual contact. Men are nearly always asymptomatic. Avoid perfumed soaps and bath additives as these will aggravate the symptoms. When bathing have a warm rather than hot bath. Add 3 drops of tea tree essential oil into the bath with

some vinegar. The correct ratio is 1 part vinegar to 3 parts water. Alternatively you can make a vinegar compress using the ratio above and wipe the area affected. Epsom Salts – 500 grams to a bath is a traditional remedy. Far Infrared Therapy: Use alternate days – low heat setting to support immune health. A course of reflexology – excellent naturopathic support for immunity and fungal overgrowths as is manual lymphatic massage

Disclaimer: This article is meant for general information only and not 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.

www.eattheseasons.co.uk includes this month's seasonal foods. **Vegetables and Fruit: Artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichokes, kale, kohlrabi, leeks, parsnips, potatoes, pumpkin, salsify, shallots, Swede, truffles, turnips, watercress, wild mushrooms.**

Clinic Hours @ TCHC:
Tuesday 10:00 am – 7.30 p.m.
Wednesday 10:00 am – 8.30 p.m.
Friday 10:00 am – 4:00 pm
Saturday's by appointment

Apples, Clementine's, cranberries, passion fruit, pomegranates, quince and Satsuma's
 Nuts: almonds, Brazils, chestnuts, cob nuts, hazelnuts and walnuts
 Herbs: rosemary, sage
 Meat: beef, hare, lamb, rabbit, venison,
 Poultry: duck, goose, guinea fowl, grouse, mallard, partridge, pheasant, turkey, wood pigeon
 Shellfish and Fish: Calms, cod, coley, crab, Dover sole, clams, dab, gurnard, haddock, halibut, hake, lemon sole, mackerel, mussel, lobster, monkfish, oysters, plaice, Pollack, red mullet, sea bass (wild), sea bream, skate, squid, turbot, winkles

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Sunday Meditation @ The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5BQ 10 am -12 noon £20 per meditation
Sunday 10th 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)

Conscious Development Pilot Scheme: @ Munster Road, Teddington, Middlesex. This is the "pilot" group for the course beginning January 2014.
Tuesday 19th November – 7:30 – 9:00pm – Preparing and maintaining a Sacred Space
Tuesday December 3rd – 7:30 – 9.00pm – Working with intention. Experiencing a New moon ritual
Tuesday December 17th 7:30-9:00 pm - Letting go. Full moon ritual. £25:00 for the three meetings.

Conscious Development Course beginning January 2014.
 An on-going course demonstrating a wide range of "tools" to support you on your personal journey. You may complete one term but continuing 3 consecutive terms will significantly progress development and offer a certificate of completion. Reiki attunements are offered as adjunct modules (additional cost). I have written 6 term subjects so far.....

Suitable for:

- Anyone interested in Conscious Development and who are wishing to become Reiki attuned.
- Those who work with "Energy" or who have a healing/psychic modality and are interested in progression

Each term we meet the 1st Tuesday of each month 7:00-9:00pm plus 1 morning weekend practical per term. Cost £100 per term. Course notes will be provided. Home study may be required. You will need to bring: Pen and paper. **Each meeting includes some practical.**

Spring Term - Tue 7th Jan – Fri 4th Apr 2014 - 7:00 pm – 9:00pm. Tuesday 7th January, 4th February, 4th March, 1st April plus 1 x weekend morning (date to be confirmed)

Protection and Grounding – forms, exercises, relevance
 Developing sensory skills and peripheral vision (audio, smell, sight, touch), Sensing Colour - its meanings and interpretation.
 Putting it all together - 1 morning practical

Term 2: Summer Term. Understanding and Sensing Energy :
 The 7 layers of the Aura
 10 Energy Bodies (yogic philosophy)
 Yin and Yang
 Putting it all together - Practical morning workshop

Term 3: Autumn Term - Using Energy
 Working with The Elements - East, West North, South and The Seasons
 Using Pendulums
 Clearing Energy using sound and smudging
 Putting it all together - Practical morning workshop

Recipes:

Spelt Pancakes:

An easy breakfast, lunch or supper dish
2 tablespoons spelt or almond flour
1 tablespoon oats (jumbo)
1 tablespoon dessicated coconut
2 eggs
About 700ml milk of your choice – Almond, Hemp, Coconut, Soy, Goat's
A sprinkle of Himalayan Rock Salt
Whizz all ingredients together in a blender. In a shallow pan add 1 teaspoon rice bran or coconut oil and heat. Add 1 x ladle of pancake mixture and heat until becomes pancake like. Toss and cook on the otherside. Transfer to plate – serve with yoghurt or lemon juice or if you are wanting a savoury meal then fresh sprouting seeds, ratatouille or lentil dahl.

The Green Smoothie:

Fabulous pick –me-up in the morning or any time!
 Handful of Kale, Spinach, Winter Greens or Broccoli leaves
 1 x pear (optional)
 Half a pint of almond milk or coconut milk or milk of choice
 2 dessertspoons ground flaxseeds
 Whizz all together in a blender and drink. Unless you have a Vitamix or excellent blender the vegetables and fruit will need to be cored and chopped prior to blending.

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

FREE audio mp3 meditations downloadable from justineevans.co.uk

Love, Blessings and Thank you ☺

One of my clients is selling a swinging bench. It is made from teak wood, suitable for indoor use and seat 2. Excellent for meditation and relaxation. If you are interested and want a photograph of it plus more information please look at my facebook page! Link here <https://www.facebook.com/CreationHealing?ref=hl>. I believe it is being sold for £700.00 and will be flat packed. Collection from Hampton Middlesex. Assembly will be required. Email me for further details.