

**Welcome** to the very late October/early November 2013 edition of my newsletter. The coincidence of the onset of autumn and the big storm has been most symbolic for me. 2013 has been an amazing year of opportunity and change, at times it has felt continual and exhausting but when I woke this morning it felt different – as if the chaos was over, a period of peace was occurring and transformation was taking place! So what are these changes? There are too many to mention but my website [www.creationfertility.com](http://www.creationfertility.com) is currently being modernised. Whilst it is not yet complete it will become far more user friendly - including free articles on natural fertility, audio meditations to support conception, during pregnancy and birth and generally baby related information. My website [www.Justineevans.co.uk](http://www.Justineevans.co.uk) was updated earlier this year and 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> provides recipes and juices and plenty of conversation as well! This year I have been writing a Conscious Development course, developing some Energy oils and affirmations for conceptual and pregnancy health and continuing with my ND upgrade. I have attended a variety of naturopathic seminars and training modules – the most recent being a hydrotherapy course which was very interesting – some techniques of which I shall be integrating into my clinic practice. Before the end of the year I will also be attending my annual Spagyric Energy Seminar. Always inspiring! Earlier this year I moved from my old Twickenham clinic to The Conscious Health Centre. This has been an incredibly positive experience – so much so that I have decided to make this clinic my designated space. Please note that from November you can see me at **The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB** 3 days per week – **Tuesday, Wednesday and Fridays**. This means that after 17 years I will no longer have a formal clinic from my home in Hampton and also provides clear hours for continual professional development, research and writing Fertility, Naturopathic and Meditation books.

The number 2 must be important this month because Creation Fertility has had 2 positive pregnancies confirmed and 2 births! Whilst many clients get amazing results using naturopathic protocols this month 2 patients have had outstanding results confirmed through ultrasound tests – a polycystic ovary case has “gone”, and fibroids have been confirmed as degenerating. Congratulations.

#### **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.

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

#### **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**

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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](http://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, shallots, Swede, truffles, turnips, watercress, wild mushrooms.  
**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:** Clams, cod, coley, crab, Dover sole, dab, gurnard, haddock, halibut, hake, lemon sole, mackerel, mussels, lobster, monkfish, oysters, plaice, Pollack, red mullet, sea bass (wild), sea bream, skate, squid, turbot, winkles

## 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.

These and other recipes can be found within my book *Create Health* – purchased for £7.99 from The Conscious Health Centre.



## Conscious Development and Meditation

**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)

**Exploring Meditation @ The Greenwood Centre, School Road, Hampton Hill TW12. Last Tuesday of each month 7.30pm – 9:00pm.**  
**Spring Term: Tuesday January 28<sup>th</sup> 2014, Tuesday February 25<sup>th</sup>, Tuesday March 25<sup>th</sup>**

Offers led meditation visualizations and demonstrates a variety of technique in a small group format. £33.00 for the 3 meetings. Suits everyone. Reiki healing, contemplation and herbal tea is also included.

**Conscious Development Pilot Scheme:** downstairs @ 24 Munster Road, Teddington, Middlesex. This is the "pilot" group for the course beginning January 2014.

**Monday 18<sup>th</sup> November – 7:30 – 9:00pm – Preparing and maintaining a Sacred Space**

**Monday December 2<sup>nd</sup> – 7:30 – 9:00pm – Working with intention. Experiencing a New moon ritual**

**Monday December 16<sup>th</sup> 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.....

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Suitable for:

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

Each term we meet the 1<sup>st</sup> Monday of each month at 24 Munster Road, Teddington. 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 – Monday 6<sup>th</sup> Jan – Fri 4<sup>th</sup> Apr 2014 - 7:00 pm – 9:00pm. Monday 6<sup>th</sup> January, 3<sup>rd</sup> February, 3<sup>rd</sup> March, 31<sup>st</sup> March 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

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

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

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