

**Wishing you a Wonderful 2014!**

Welcome to 2014 everyone. The New Moon Workshop on January 1<sup>st</sup> with Sarah Foster and Muriel Mueller ([www.mumuyoga.com](http://www.mumuyoga.com)) was a wonderful success. It was lovely to see so many there. I am looking forward to facilitating many more meditation workshops and courses during 2014. Now Christmas is over both Creation Fertility and Justine Evans Clinic (supporting hormonal, fertility and womens health using Nutritional Therapy, Reflexology, Massage, Far Infrared, Energy Healing ) @ The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB has re-opened. I offer day

and evening appointments on a Tuesday (last appointment 6pm) and Wednesday (last appointment 7.30pm) plus daytime only on a **Friday**. I look forward to helping you recover and maintain health during 2014.

**My Special Offer during January is Far Infrared Therapy.** At The Conscious Health Centre we have recently opened a dedicated Far Infrared Therapy room and to celebrate are offering your first treatment for only £10! More information on the benefits of far infrared can be found here <http://www.justineevans.co.uk/far-infrared-therapy-special-offer/> but if you do not have time to look at it here is a quick explanation for you.

Invisible far infrared rays are the invisible spectrum of sunlight discovered by Sir William Herschel in 1800. Approximately 80% of the sun's energy is made up of Far Infrared (FIR) Rays and 60% is between the range of 10-20 microns. Far Infrared energy is absorbed very easily by the human body and helps in all aspects of bodily growth and development, stimulating healing, increasing the activity level of our atoms and repair responses. By simply lying in the Far Infrared bed the rays penetrate invisibly releasing toxins and rejuvenating at cellular levels whilst you relax or have a body treatment.

relaxing, cleansing, offer cellular renewal and re-growth, encourage detoxification, reduce scar tissue, warm the womb, reduce lactic acid, self-nurture, "quiet space", warming, healing, reduce pain inflammation, post injury health, safe for the heart, support chronic fatigue and fibromyalgia, weight loss, blood sugar regulation

***Focusing on Winter Health:***

***Post Christmas sees many of us launching into January with detoxification in mind . However, the winter season is not supportive of detoxifying the liver (this relates to Springtime) but consider the kidneys should be supported during the Winter season. Here are my top tips for January:***

1. Daylight: Traditionally we would be sleeping more during this time and eating less – hibernating really! Whilst we no longer live to these traditions it is important to remember how shorter days and longer evenings affect our wellbeing. Now the shortest day has passed it is important to get outside during daylight hours whenever you can!
2. Nutrition: Make a commitment to clean up your food act! Become aware of what you eat and identify with seasonal food. How can you do this? Well you can either sign up for an organic delivery or look at the wonderful web site [www.eattheseasons.co.uk](http://www.eattheseasons.co.uk). This month they recommend beetroot, brussell sprouts, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, salsify, shallots, swede, truffles (black and white), turnips, wild mushrooms, apples, clementines, lemons, oranges, passion fruit, pineapple, pomegranate, satsumas, hare, mallard, partridge, turkey, venison, clams, cockles, dab, dover sole, gurnard, haddock, guinea fowl, halibut, sea bream, skate, turbot, winkles. All these natural foods support vitality and are easy to cook. I believe that our diets should be 60% vegetables and 30% protein based. Because our bodies are 70% water it is a good idea to reduce the stimulants that we

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overloaded on over the Christmas festivities and include more warm drinks herbal teas, water and hydrotherapy.

3. **Kidney Health:** The kidney meridian also relates to adrenal health and the urinary tract. So we are talking here about “releasing stagnant energy and internal stress”. So how can you do this? Obviously through nutrition but also from a more naturopathic standpoint connecting exercise, meditation, sleep, dance, yoga, a time for relaxation and nurturing the self. We all have something we would like to release - perhaps you have a bad habit? Think about what you would like to change this year and make a commitment to “let it go”!
4. **Exercise:** As we all know exercise is essential for health but remembering the importance of seasonal daylight I recommend walking daily. Get a pedometer and aim for 10,000 steps per day! This will naturally boost your metabolic rate whilst helping you return to nature and daylight.
5. **Massage:** During the winter months massage warms the body, boosts the immune system and naturally stimulates the kidneys helping them to release waste using essential oils such as ginger, cloves, orange, rosemary, pine whilst hot stones, soothing music and far infrared treat your body and emotions at a deeper level.

If you have not yet signed up for meditation and/or personal/spiritual development I suggest you give it a go. It really is amazing for your well being and helps you dissolve the blocks that challenge you. Please note: **THE CONSCIOUS DEVELOPMENT COURSE HAS NEW DATES – NOW STARTING BEGINNING MARCH.** I still have a few places available (details below). Please email if you would like to secure a place.

Title	Date	Time	Cost	Where	Includes
Exploring Meditation	January 28th February 25th March 25th	Last Tuesday evening per month 7.30 pm – 8.45 pm	£33 for the term - need to prebook contact@justineevans.co.uk	The Greenwood Centre, School Road Hampton Hill	This year we are connecting with the Seasons and how they affect our health and mental wellbeing. Over the year we will be working with mindfulness, breath, visualisation, music and movement.
Sunday Chanting	January 26th February 23rd March 23rd	Last Sunday of the month 10:00am – 11:00 am	£10 per meeting pay-as-you-go	The Conscious Health Centre, 64 Hampton Road Twickenham TW2 5QB	<b>January 26<sup>th</sup> - Aum/Om</b> Its prolonged intonation vibrates throughout the entire body. It represents the past, present and future. <b>February 23<sup>rd</sup> - Om So Hum</b> - I am that I am <b>March 30<sup>th</sup> - Om Namō Narayanaya</b> - maintains balance and harmony
Building a Reiki practice -Mentoring	Friday 21 <sup>st</sup> February	10 am – 1 pm	£50 per person - prebook contact@justineevans.co.uk	The Conscious Health Centre, 64 Hampton Road, TW2 5QB	<b>Setting your intention,</b> Finding your USP (unique selling point), professional memberships, leaflets – marketing and fees – general mentoring from Reiki Master.
<b>Conscious Development. Demonstrating a wide range of “tools” supporting energy healing</b>	<b>3rd March</b> <b>10<sup>th</sup> March</b> <b>17<sup>th</sup> March</b> <b>24<sup>th</sup> March</b> <b>Sunday 6<sup>th</sup> April</b>	<b>7:15 pm – 8.45 pm</b> <b>Mondays</b>  <b>10.00 am – 12 noon</b>	<b>£100 for term</b> <b>Prebook</b> <b>contact@justineevans.co.uk</b>	<b>The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB</b>	<b>Protection and Grounding – forms, exercises, relevance</b> <b>Developing sensory skills and peripheral vision (audio, smell, sight, touch, “knowing” and colour</b> <b>Putting it all together - 1 morning practical</b>

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**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.

**Recipe:**

**Duck and Pomegranate Salad: - serves 2**

**1 x duck breast per person**

**Half a pomegranate – seeds**

**Sesame seeds**

**Bag of Rocket – washed**

**2 x stalks of celery – washed and diced**

**Half a cucumber – part peeled and ribboned**

**1 x grated raw beetroot**

**8 x radishes – cleaned and cubed**

**Dressing: 3 cm grated ginger, 2 tablespoons olive oil and 1 tablespoon balsamic vinegar, mix well**

**Clean duck breast(s), coat with sesame seeds and place on a tray. Bake in the oven @ 180°C for about 30 minutes. Whilst the duck is cooking prepare the salad. Add rocket to a bowl together with celery and radishes diced. Using a potato peeler ribbon the cucumber and place with salad. Cut pomegranate open and add half the seeds. Grate a raw beetroot to the salad mixture. Remove duck and leave to cool slightly. Slice thinly and place on top of the salad. Serve with dressing.**

**Stir-fried Kohlrabi (serves 4)**

Kohlrabi is part of the cabbage family. It has a mild, sweet flavour in between a turnip and a water chestnut. It is usually pale green or purple.

To prepare: snip of leaf stems, trim off the base and top and use a potato peeler or sharp knife to peel, similar to an apple. Then thinly, slice, chunk or cut into wedges dependant on recipe.

(A Rick Stein recipe from [www.bbc.co.uk](http://www.bbc.co.uk))

3 kohlrabi, peeled  
2 medium carrots, 3 cloves garlic, peeled and thinly sliced  
1 inch gingerroot, peeled and thinly sliced  
3 green or red onions, sliced  
1-2 fresh chilli peppers, sliced  
3 teaspoons sesame oil

2 tablespoons oil  
4 tablespoons oyster sauce (optional)

Slice kohlrabi and carrots into thick ovals. Heat oil in a heavy pan or skillet, when it begins to smoke, toss in ginger and garlic. Stir once and add kohlrabi and carrots, toss and cook for further 2 minutes. Add onions and chillies; stir-fry for about 1 minute and add half a cup of water. Cover, reduce heat and cook for about 5 minutes. Remove from heat and add sesame oil and oyster sauce if using. This may be eaten as a side dish or as a main dish if served with rice, millet, quinoa etc

**Brazil Nuts:**

**Brazil nuts are probably the richest dietary source of selenium, a mineral that supports health. Studies indicate that optimum selenium levels are linked to a reduced risk of both prostate cancer and breast cancer and LDL cholesterol. Brazil nuts contain a near perfect composition of protein, carbohydrate and plenty of polyunsaturated fats. If there are any left over fresh Brazils from Christmas then use them up by adding a handful to quinoa or buckwheat or make some Brazil nut milk. Combine with a piece of fruit or vegetable sticks for a nutritious snack, grind or chop on top of porridge, homemade muesli or granola, Add to smoothies, sprinkle over salad or vegetables. Eat as a snack post exercise or make some of my delicious truffles with them. Be careful how you store Brazil nuts because once they are exposed to air they tend to go rancid fairly quickly – so keep them in the fridge or even freeze them if you're not going to use them straight away.**

*Love, Blessings and Thank you ☺*

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