

Within the 21st century we are continually exposed to innumerable environmental chemicals and toxins. How we live really does impact on our health – over stimulation, emotional and mental stress, toxic negative thought processes, recreational and prescriptive drugs, alcohol, tobacco, geopathic stress and Wi-Fi. The air we breathe, the food we eat and the water we drink all create challenges which have an effect. The problem is not exposure to a very small amount of one type of chemical, for example a pesticide on a vegetable, but the constant exposure to various chemicals, parabens, synthetic hormones (including the contraceptive pill and HRT) and toxins that accumulate in our systems over years. Through scientific research we understand that these chemicals affect all sorts of things from hormone production to cancer to obesity. Environmental and synthetic toxins not only disrupt our vital systems but also inhibit our body's ability to revitalise and repair. How? By inhibiting correct organ function, blocking detox pathways and limiting nutrient absorption. Naturopathically we address 21st century living from a physical, mental and emotional perspective.

Let's consider the Liver:

The liver is at the fore front when it comes to processing toxins. It receives toxins directly from the bowel, lungs and skin as they are absorbed into the blood. The liver carries out a plethora of functions including storing vitamins, oestrogen and metabolising fats. It also provides enzymes for many of our "internal chemical processes" which includes hormonal health. Another of its jobs is to break down and destroy unwanted materials and toxins and chemically change them into substances that can be excreted from the body.

Spring represents new growth and energy. According to the Chinese theory of the Five Elements the energy of the liver is at its peak in Spring so this is the time to cleanse it! Meta-physically the organ holds anger, resentment and repressed emotions - so this is a good time to release negative emotion and recharge with positivity using diet, exercise, body treatments and meditation.

Body Treatments and Far Infrared Therapy Treatment (FITT)

Far infrared rays are the invisible spectrum of sunlight discovered by Sir William Herschel in 1800. Approx. 80% of the sun's energy is made up of Far Infrared (FIR) Rays. Albert Szent-Gyorgi, Nobel Prize Winner and the discoverer of vitamin C, believed that all energy from the sun has a profound effects on us. His research showed that light can literally alter the body's basic biological functions. **Is FITT Safe?** The Swedish National Institute of Radiation Protection has concluded that it is not dangerous. Japanese researchers have reported that Far Infrared **antidotes** the negative effects of toxic electromagnetic sources.

Far Infrared energy is absorbed easily by the 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 laying on the Far Infrared bed or inside the Cocoon™ the rays penetrate invisibly whilst you relax or have a body treatment. Massage and Reflexology supports immunity, endocrine, skeletal and digestion which all helps to balance 21st century living from a physical, mental and emotional perspective.

Clinic Hours

Grenville Mews, Hampton Hill,

TW12 1BE:

Tuesday 9:00 a.m. – 5:00 p.m.

Thursday 2:00p.m. – 8.30 p.m.

1 Saturday of each month

The Conscious Health Centre,

64 Hampton Road, Twickenham

TW2 5QB

Wednesday 10:00 a.m. – 8.30 p.m.

KHW Clinic

Jubilee House, 63a High Street

Hampton Wick, Kingston, KT1 4DG

Mondays 12 noon - 5:00 pm

Fee Increase:
From June 1st 2013 my fees will be increasing by 5%.

Possible Uses:

Cell and tissue repair - through stimulating lymphatic drainage and increasing blood flow/circulation

Recovery - natural healing and repair from viral and chronic health conditions. Increases collagen tissue, eases joint stiffness, chronic joint pain and muscle spasms including digestive disturbances. Spinal pain and sports injury, fibromyalgia and fatigue. **Post-operative care** – including joint replacements, dental, cosmetic, miscarriage, failed IVF procedure, hysterectomy, laparoscopy, womb scratching, fibroid removal

Detoxify - release synthetic chemicals and hormones, pesticides, parabens, alcohol, tobacco, heavy metals, vaccination disturbance

Prepare for Pregnancy – cleanse and rebalance hormones.

Trying to conceive - warm the womb, encourage blood circulation

De-Stress – relaxing and calming

Aids weight loss and the **reduction of cellulite**

Encourages reduction of oedema / fluid retention

I incorporate FITT therapy during my body treatments.

I offer individual naturopathic nutritional protocols.

The Cocoon can be rented from me on a weekly basis which includes an individual Far infrared protocol.

Please contact me for further information.

Dietary support for the Liver .

To support the liver it is essential to eat plenty of living foods - vegetables and fruit which are high in antioxidants, encourage detoxification and cellular alkalinity. Carrots, radishes, watercress and beetroot are liver friendly vegetables. Sulphur rich vegetables such as Brussel Sprouts, cabbage, cauliflower, and turnip help the liver to detoxify. Turmeric is protective to the liver and a great anti-inflammatory. Sprouted seeds are packed with nutrients readily digested by the body. Pulses can be eaten, in addition proteins such as eggs, yoghurt, meat and fish - all dependant on your individual needs. The liver is most active between midnight and midday so beginning the day with a juice is ideal!

Combine the juice of 2 carrots, a handful of watercress and a quarter of a red pepper. Add filtered water to fill glass. This juice is rich in antioxidants to protect the liver. It's great first thing in the morning, as the peppery taste of the watercress will wake you up!

Include Beetroot: Here are a few ideas for using this great "liver benefitting vegetable"

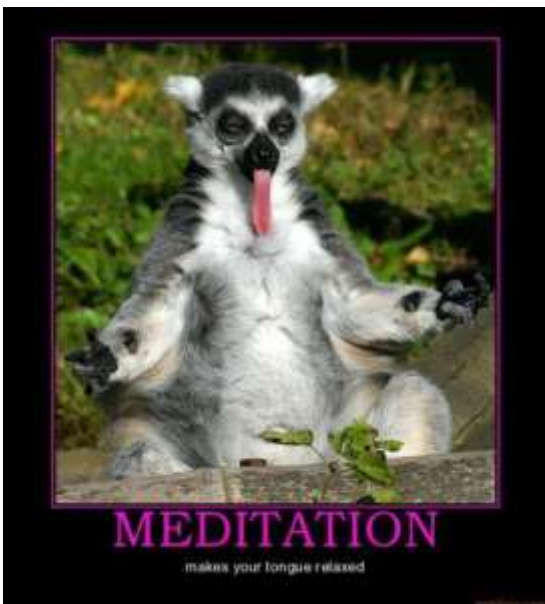
Baked Beetroot - Allow 1 organic beetroot per person. Heat oven to 180c. Scrub whole, remove the tops.. Place in an ovenproof dish. Bake in oven for about 1 hour until the beetroot is soft (it will feel similar to a jacket potato). The length of time each beetroot will need to be cooked will vary dependant on size. Peel skin once cooked and serve cold or warm. Alternatively you can boil the beetroot whole for about 45 minutes to an hour. Once firm towards soft to touch then cool and skin before eating.

Grate raw beetroot into grated carrot . Add handful freshly spouted alfalfa, some avocado and mix together with lemon juice and olive oil. Put spoonfuls of the mixture onto a large lettuce leaf, roll up and eat!

Add raw beetroot to the juicer with carrot and celery – great and a beautiful colour!

Make beetroot soup. You will need 4 medium beetroots, 1 carrot, 2 tspn oil, 1 onion finely chopped, 1 fennel, black pepper, 1 tablespoon lemon juice, 250 ml water, 1 teaspoon fennel seeds. Scrub the beetroot well, cut off the tops and root ends. Cut the beets in half and then into small slices. Scrub and chop the fennel and carrot. Saute the onion with the oil and fennel seeds until soft. Add chopped vegetables and stir gently. Add water and simmer for 30-45 minutes until tender. Blend and reheat gently. Add a swirl of soya cream or crème fraiche and chopped herbs to serve.

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.



Learn to meditate – Part 1. Sunday May 12th 10 am -1:00 pm

To support liver health, release negativity and recharge positivity into your life learn meditation. This morning I teach the basics of meditation - how to prepare for meditation, correct posture and sitting position. I show you a breathing technique to quieten the mind. Experience a visualisation for positive thought and finally enjoy total relaxation using a supine meditation (yoga nidra). Suitable for all. £30 per person. [The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB](#)

Using Crystals with Higher Chakra Meditation Workshop 10:00 am to 3:00 pm - Saturday July 13th 2013.

Enjoy a day of combining crystals with meditation. Carol Swettenham, Crystal Healer and Reiki Master will show you how to: Cleanse and programme crystals, make a "crystal meditation grid". We will be working within the grid to meditate. Justine Evans, Meditation Teacher and Reiki Master will be facilitating the meditations - meditations include clearing the chakras and connecting with Raphael, Charity, Mechichaldeck and Metatron, the angelics associated with the Crown, Soul Star and Stellar Gateway chakra's. This workshop suit experienced meditators who are interested in spiritual meditation. Cost £60. Venue – Sunbury on Thames. Cost includes handout, refreshments and 1 crystal. Please bring your own lunch. CD's of the meditations will be available to purchase together with a selection of crystals, crystal jewellery and quartz generators.

Bushey Park Meditations : July – end August. FREE Tuesday evenings 7.00-8.00pm. July 16th and 30th, August 13th and 27th.

We meet outside the Pheasantry Cafe in Bushey Park. Meditations vary dependant on weather and mood! They tend to include a variety of:

- Breathing meditation, Silence and Mindful walking
- Observation and silence (i.e. watching birds roost etc)
- Tibetan 5 meditation exercises
- Previous meditation experience is not required

Exploring Meditation - Last Tuesday evening of each month, **September 24th, October 29th and November 26th 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, maximum of 10 to group and includes Reiki healing. This group suits all forms of meditators but if you are new to meditation you will need to have completed the learn to meditate morning (part 1) before joining.

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

Forthcoming Workshops – dates to be confirmed

- Gayatri mantra one day workshop
- Learn to meditate Part 2 – mandala's

FREE audio mp3 meditations downloadable from justineevans.co.uk

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Love, Blessings and Thank you ©

Justine Evans is a Naturopath specialising in hormonal, fertility and pregnancy health. She is a member of the Infertility Network, a Pre-Conceptual Health Practitioner, Member of NNA and CThA. Justine offers bespoke Creation Fertility and pregnancy healthcare, naturopathic nutritional therapy, FITT, reflexology, massage, Spagyric remedies, meditation and Reiki