

It's Spring and Time to Detox !

Focusing on Spring Health: The Ancient Chinese saw their physical and psychological health reflected in the changing rhythms of nature. According to the Chinese system the flow of seasons correspond to five basic elements – Water, Wood, Earth, Fire and Metal. Each element connects with body organs and meridians. As a Naturopath and Nutritional Therapist I link the seasons with our health – during Spring (March-May in Chinese Philosophy, March 21st –June 21st Western) our bodies are rebuilding and cleansing. The first part of spring relates to the element of Wood and the associated organs are the liver and gallbladder. So **now** is the time to cleanse past toxins from body and mind or detox in preparation for conception.

How do you know if you are toxic? Symptoms include tight muscles, joint stiffness, joint pain and feeling “rigid” in mind rather than flexible, light and joyful. You may have developed food sensitivities, abdominal fat, feel regularly bloated, heavy, bitter and resentful or suffer with hormonal dysfunction and stress related health issues.

Why are you toxic? This is multi-factorial and we consider environment, emotional and physical. The air we breathe, the food we eat and the water we drink create challenges which affect our health. The problem is not exposure to a small amount of one type of chemical for example a pesticide on a vegetable, but the constant exposure to various chemicals, parabens, synthetic hormones and toxins that accumulate in our systems over years. Through scientific research we understand that these chemicals and toxins not only disrupt our systems but also inhibit our organ function, blocking detox pathways, limiting nutrient absorption and reducing our body's ability to revitalise and repair which can lead to hormone disruption and disease. For instance, Xeno-estrogens, which mimic the effects of oestrogen, are abundant in pesticides, plastics and car fumes, as well as hormones found in non-organic poultry. These xeno-oestrogens affect men and women – often symptomised by a reduced ability to lose weight and gain “fat around the middle” and other hormonal health issues.

[Page 1 - Spring and Naturopathy](#), [Page 2 - Dry Skin Brushing and Spring Special Offer!](#)

[Page 3 - Recipes](#)

[Page 4 - Workshops and Meditation](#)

Helping Yourself

Use Nutrition: Many first green plants of spring are bitter herbs. This season dandelion leaves, sorrel, nettles, yellow dock, red beet and watercress are wonderful tonics for the liver, bringing renewed strength and vitality to the body. Other seasonal foods include asparagus, Jerusalem artichokes, cauliflower, kale, leeks, purple sprouting broccoli, salsify, spinach, spring onions, swede, wild nettles, bananas, blood oranges, kiwi fruit, lemons, pineapple, rhubarb, cockles, dab, dover sole, gurnard, hake, langoustine, lemon sole, lobster, mussels, oysters, red mullet, salmon, shrimp, whitebait, winkles; lamb.

Buy Seasonal and Local! There are a number of reasons to eat local, seasonal food including helping you to connect with seasonal produce. It also tends to be tastier and more nutritious whilst supporting the local community and reduces CO2 emissions needed to grow and transport the food. I am making a conscious effort to avoid supermarket food when possible so whilst I nurture my allotment ready for my seedlings I have subscribed to a weekly organic veggie and meat/fish box which is also encouraging variety into my diet!

Naturopathy: Consider changing your cleaning and skin care products to paraben friendly brands, drink clear filtered water, choose food carefully, include regular exercise such as yoga, pilates, and walking. Support detoxification through therapeutic body

treatments and far infrared therapy. Detox your mind using meditation and visualisation.

How Can I Help You? I offer bespoke Nutritional Therapy programmes, Far Infrared Therapy Treatment combined with Castor Oil Packs and

Justine Evans is a BSc.Nutritional Therapist and Naturopath specialising in hormonal health including fertility and pregnancy. Health Screening, Naturopathic Nutrition, Far Infrared Therapy, Reflexology, Lymphatic Massage, Energy Healing and Meditation

The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB T: 07747 133170.
www.creationfertility.com; www.justineevans.co.uk; t:@createfertility; FB: creation-healing



Body Treatments @ The Conscious Health Centre, Twickenham. Enjoy a course of gentle but remedial manual lymphatic massage, therapeutic massage or reflexology. If your toxins are more “personal” – possibly a past hurt that you are struggling with letting go then I suggest Healing and a Spagyric remedy or come to one of my meditation groups.

Dry Skin Brush: Did you know that more than a pound of waste products are discharged through your skin every day? Dry skin brushing takes less than 5 minutes per day but helps digestion, cellulite, cell renewal and detoxification.

How Do You Do It? Use a long handled natural bristle skin brush. Always brush towards the heart. Begin at the soles of the feet brushing from the heel to the toes. Each area should be brushed about 3 times as vigorously as you feel able. Then do the top of your feet – toes to ankles. Work your way up your legs, shin to knee, calf to back of knee, knee to thigh, back of knee towards bottom. Do not work over open sores or wounds. Now work up your buttocks and then up the back towards your neck and shoulders. Continue with brushing hands and up your arms towards your arm pit and shoulders. Lift your arm

above your head and brush from your hand downwards to your armpit and towards your nipple. When doing your chest focus the brush strokes towards your heart and include your breasts. Work towards the nipples. Don't do your face but give the back of your neck and your scalp a good brush. Now the Abdomen area. From the left side of the waist brush diagonally downwards towards the pubic area. This will stimulate the **rectum/sigmoid colon**. Now we activate the **descending colon**: Brush downwards from under your left rib towards the groin. **Tranverse Colon**: Starting just below the right rib cage brush straight across towards bottom of the left rib cage. **Ascending Colon**: From the groinal area on the right side brush upwards towards the bottom on the right rib cage. Finally brush in a circular movement. The starting point is the right groinal area – brush upwards to the right rib, across to the left rib and down to the pubic area. For hygiene reasons you need a separate brush for each member of the family, and of course you will need to wash the brush itself every couple of weeks with a paraben friendly shampoo.



My Special Offer during the next quarter (March, April and May) is Far Infrared Therapy with a Castor Oil Pack!

£125 for 6 far infrared treatments

£150 for 6 far infrared treatments with 3 castor oil packs

£180 for 6 infrared treatments with 6 castor oil packs

Far infrared rays are the invisible spectrum of sunlight discovered by Sir William Herschel in 1800. Far Infrared energy is safe and absorbed very easily by the human body. It helps with most aspects of bodily growth, development and stimulates healing. By simply lying in the Far Infrared the rays penetrate - releasing toxins and rejuvenating at cellular level

whilst you relax.

So Why use a Castor Oil Pack? Well, castor oil has been used for thousands of years to support a wide variety of health conditions. Castor seeds contain very high concentrations of a special fatty acid called ricinoleic acid which is thought to underlie its healing properties and its effect on the gastrointestinal and lymphatic system.

At The Conscious Health Centre we have recently opened a dedicated Far Infrared Therapy room and to celebrate we are offering your first treatment for only £10*! (excludes special offers above*). More information on the benefits of far infrared can be found <http://www.justineevans.co.uk/far-infrared-therapy-special-offer/> .

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

Justine Evans is a BSc.Nutritional Therapist and Naturopath specialising in hormonal health including fertility and pregnancy. Health Screening, Naturopathic Nutrition, Far Infrared Therapy, Reflexology, Lymphatic Massage, Energy Healing and Meditation

The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB T: 07747 133170.
www.creationfertility.com; www.justineevans.co.uk; t:@createfertility; FB: creation-healing

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.

Recipes:

Grate raw beetroot on salads. One tablespoonful on a salad and work up to larger amounts as the liver begins to cleanse.

Drink warm water with lemon first thing in the morning and a large glass of water before bed. You may also drink nettle and fennel tea, dandelion coffee or take some digestive bitters.

Sophia's Peanut Noodles with Tofu. serves 4.

2 cloves garlic – crushed
 4 tablespoons peanut butter (or almond or cashew butter)
 3 tablespoons Soy Sauce or Tamari
 3 tablespoons vinegar
 ½ tablespoon sesame oil
 1 teaspoon sesame seeds toasted
 1 x green chilli (optional)
 4oz Tofu – drained, pat dry and cut into small cubes
 4 oz Soba noodles
 2-3 large carrots shredded or ribboned
 3 spring onions – thinly sliced
 Prepare noodles as per pack instructions.
 Mix peanut butter, soy sauce, oil, vinegar, garlic, chilli and sesame seeds in a bowl. Medium hot wok add tofu and sauté until lightly browned. Drain noodles, add to peanut sauce, add carrots, top with tofu. Sprinkle spring onions on top and serve. Can be eaten hot or cold

Nettles: Before gathering nettles ensure you take gloves!.

Nettle soup (V) by Hugh Fearnley-Whittingstall. Serves six.

Around 150g nettle tops
 30-35g knob of butter
 1 onion, peeled chopped
 1 large or 2 small leeks, washed/finely sliced
 2 celery sticks, chopped
 1 clove garlic, peeled and chopped
 2 tbsp white rice, such as basmati
 1 litre vegetable (or chicken) stock
 Sea salt and freshly ground pepper
 6 heaped tbsp thick, plain yoghurt, to finish
 1 small bunch chives, to finish
 Pick over the nettles, wash them thoroughly and discard the tough stalks. Melt the butter in a large pan over medium-low heat, add the onion, leek, celery and garlic, cover and sweat gently for 10 minutes until soft but not brown. Add the rice and stock, bring to a simmer and cook for 10 minutes. Add the nettles, stirring them into the stock as they wilt, and simmer for five minutes or so, until the rice and the nettles are tender (very young nettle tops will need only two to three minutes). Season. Purée the soup and reheat if necessary. Serve - topping each portion with a dollop of yoghurt and a sprinkling of snipped chives or a dessertspoon of ground flaxseeds.

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 dissolve the blocks that challenge you. Please note that the March Chanting date is **SUNDAY 23RD MARCH 10AM – 11AM.**

| Title | Date | Time | Cost | Where | Includes |
|----------------------|---------------------------------------------------------------------------|------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sunday Chanting | March 23 rd April 27 th June 29 th | 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 | March 23rd - Om Namō Narayanaya - maintains balance and harmony April 27th – Om Shanti – meaning I am peace June 29th - Om Gum Gunapatayi Namaha – mantra to overcome obstacles |
| Exploring Meditation | 29 th April, 25 th May 24 th June | Tuesday evening. 7.30 pm – 8.45 pm | £33 for the term - need to prebook contact@justineevans.co.uk | The Greenwood Centre, School Road Hampton Hill | Connecting with the Seasons Over the term we will be working with mindfulness, breath, visualisation, music and movement. |

Justine Evans is a BSc.Nutritional Therapist and Naturopath specialising in hormonal health including fertility and pregnancy. Health Screening, Naturopathic Nutrition, Far Infrared Therapy, Reflexology, Lymphatic Massage, Energy Healing and Meditation

The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB T: 07747 133170.
www.creationfertility.com; www.justineevans.co.uk; t:@createfertility; FB: creation-healing

| | | | | | |
|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Crystals with Higher Meditation | Sunday May 18 th | 10.30 am - 1.30 pm | £30 – includes a crystal | Sunbury on Thames | Learn how to cleanse and programme crystals, make a crystal grid and enjoy a led meditation connecting with the angelics. |
| Conscious Development. | Summer Term June 2 nd , 9 th , 16 th , 23 rd and Sunday July 6 th | 7:15 pm – 8.45 pm Mondays Sunday 10.00 am – 12 noon | £100 per term – contact me for further information and to book your place | The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB | Interpreting, experiencing and working with the 7 layers of the Aura, the 10 energy bodies and yin and yang! |

And Finally there is a Free Audio Spring Time Meditation on both my websites – www.justineevans.co.uk and www.creationfertility.com for you to download. Also consider yogic philosophy

March: Growth and Expansion

*Start walking outside in the new oxygenated air
Be kind to someone daily
Set 3 new goals, things that will enhance your life*

April: Joy

*Practise speaking from the heart with compassion
Make sure you continue towards your goals*

May: Suppleness and Connection

*Become more flexible in life – rigid in body is rigid in mind!
Remember you are what you digest, absorb and eliminate mentally and physically
Work with the triad of health – mind emotions and body
Remain positive!*

Love, Blessings and Thank you ☺

You receive this e-newsletter because you have visited Justine Evans or Creation Fertility or subscribed to this e-newsletter. I hope you value them but please email me @ contact@justineevans.co.uk with the word "unsubscribe" if you no longer find them helpful.