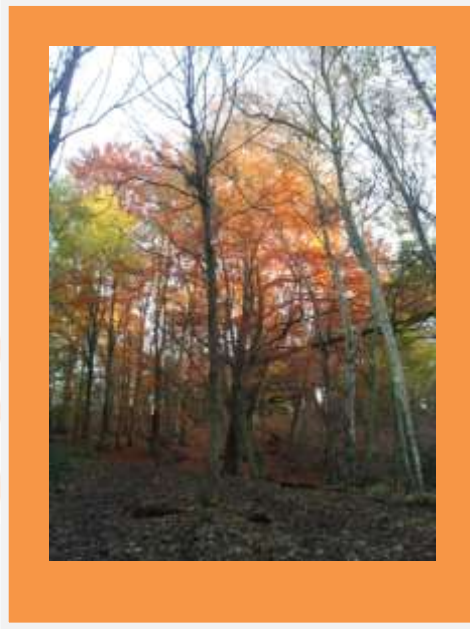


It's Autumn! I love this time of year – a real sense of change in the air but an abundance of energy from nature and the animal kingdom. If you have an allotment you will know that it is a time for harvesting, clearing and then hibernation - restoring the Earth during winter to prepare for new beginnings in Spring. If you take time to walk in Windsor, Bushy or Richmond Park you will be well aware of the energy the deer and their rutting are presently vibrating! For them their abundant energy focuses on "Preparation for New Life". Interestingly, one of the best natural supplements I have found for low libido is a combination of Peruvian Macca root and Velvet Deer Antler (from live American Elk). There is obviously a reason why the deer use the antlers so forcefully whilst rutting!

This e-newsletter focuses on Autumn and how it resonates from a naturopathic perspective, associating the changing rhythms of nature with physical, emotional and mental health. The autumn period connects with the lungs and large intestine. It is a time for transformation and change. A time to gather our energy together, a time for internal cleansing and releasing physical and emotional rubbish.

Metaphysically the lungs relate to breathing in life - inhalation and exhalation whilst the large intestine releases all that is no longer required. Is your life full of vitality and energy or are you harbouring an unresolved trauma in your colon which you could let go? During autumn the seasonal energy turns crisp and clear. Typically the lung is sensitive to dryness as well as to cold and heat and therefore you may develop too much or not enough lubrication. Symptoms of imbalanced lung energy include



blocked nasal passages, sinus issues, dry cough or sore throat, breathing problems, increased nose bleeds or airborne allergy problems. You may experience congestion, shortness of breath, lack of vitality, tiredness, a weak voice, increased phlegm and water retention. Possibly you may experience the beginning of seasonal sadness or depression. Often people get sick with a cold or experience grief or a trauma which they then transfer to their digestive system. The energy of both the large

intestine and the lung needs to descend to be healthy – when lung energy cannot descend, we cough but when the large intestine energy doesn't descend constipation occurs. This season we can support the large intestine by **colon cleansing, helping you to release toxins - whether emotional, physical or mental**. Physically, the colons function is to let go of waste after our digestive system has taken all the necessary nutrients. On an emotional level it does the same – allowing us to let go of grief and trauma, patterns of negative

thinking, destructive emotions, and spiritual blockages. When the large intestine energy is imbalanced people have a hard time moving on from difficult situations, or hold very tightly to emotions they know are harming.

Helping Yourself
Begin with Nutrition: Sprouted foods are super food for intestines. A sprout is a germinating plant packed with nutrients. Because it is in an active growth phase the nutrients in sprouts are charged with life force and easy for the body to digest. Ideally you can grow your own but these days the supermarkets stock freshly sprouting seeds.

Justine Evans ND, Hormone Alchemist and Fertility Expert

Integrating Eastern Wisdom with Western Science using Health Screening, Naturopathic Nutrition, Far Infrared Therapy, Reflexology, Energy Healing, Attunements and Meditation

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Add brown rice or millet , ground linseeds, Psyllium husks and Chia seeds which form a soft non irritant fibrous mass to help cleanse the gut. Add an abundance of antioxidants to support immunity – you can do this by including seasonal vegetables in plentiful quantities to your diet and some fruit. Include black pepper, nutmeg, garlic, and ginger root for their anti-microbial and warming support. Don't forget to include kefir or live yoghurt - it contains beneficial bacteria which aids digestion in the intestines. Consider a Bespoke Naturopathic Programme. It may be using exercise, supplements, dry skin brushing, meditation, reflexology, counselling, energy remedies and/or healing. However you

choose to let go and transform enjoy the journey over the Autumn season.

How Can I Help You?

Come for a Personal Naturopathic Wellness Programme which includes Health Screening. Whilst your health may not be directly related to this season it is a great time to identify your concerns and start improvements, especially when hormones are playing a part. If naturopathic nutrition does not suit then why not try some Hopi ear candles with some far infrared or have a dry skin brush with some reflexology ? Very relaxing, balancing and supportive.

If you think your health concerns are related to emotional triggers then I recommend healing and an Energy remedy (Flower, Spagyric, Bio Regulatory) or consider learning meditation . More of this below!



Special Offers - September 1st - November 30th 2014

Hands On Energy Healing Treatment plus Asyra™ Energy Remedy Screening AND energetic laser treatment with Bespoke energetic remedy bottle - £60.00

Hopi Ear Candling with Far Infrared Therapy. £50.00

Reflexology with Dry Skin Brushing (45 minutes) £50.00 or buy a course of treatments – pay for 5 and get 6 treatments!

For more information on how I can help you and also my fees here are the links:

[Justine Evans Programmes and Fees](#)

[Creation Fertility Fees and Programmes for Fertility and Pregnancy Wellbeing](#)

For more information on Dry Skin Brushing look here [Guide to Dry Skin Brushing](#)

I am offering a talk on Immunity at Christ Church Hall, Epsom Road, Leatherhead on Thursday 23rd October. 7.30 pm. Tickets £5 on the door. Bring a friend!

Conscious Development and Meditation - You may be interested to learn meditation – a great tool for mental, physical and spiritual health. This term my group is focusing on connecting Autumn with reflection and letting go. They are also learning breathing techniques to support the lungs and digestion. My group class is full but here is a link to an [Autumn Meditation](#). If you are interested in learning the breathing techniques then read the [Keep Calm and Meditate](#) notes and enjoy the audio meditations as well. If you are interested in a more “spiritual or energetic“ approach you may be interested in the workshops below.

Title	Date	Time	Cost	Where	Includes
Clear Your Space	Thursday 6 th	10:00 am – 4:00pm	£60 per person	TBC either Sunbury	Have you ever wanted to clear your space but don't know how? This workshop helps you connect with

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	November			or Hampton Hill	the Angelics of the North South East and West and their associated Totem Animals for protection. The workshop includes a Tibetan Internal Cleansing Practice Meditation before showing you how to Clear your Space with Smudging and drawing in Ganesh energy. Attendance certificate and workbook provided.
Rainbow Light Channelling Group	First Monday of each month	10.30 am-12 noon	By donation	Sunbury or Hampton Hill dependant on numbers	Small group helping you develop connection and interpret channelling in a safe environment. We also include World Peace Healing.

Finally here is recipe from one of my clients:

Hemp Milkshake:

- 200ml almond milk
- 1 banana
- 2 tbl spoons Hemp protein powder
- 1 teaspoon organic honey or Manuka
- 1 teaspoon Viridian Soul food greens or Barley Grass/Spirulina/Macca Root/Lecithin granules (optional)
- 2 teaspoons chia - add at the very end

Put all the ingredients, except the Chia into a smoothie maker and blend. Pop in the chia, give it a quick whiz, pour and enjoy.



Why not consider using Energetic remedies? They can be a great support in releasing and clearing old emotions so they don't affect your physical wellbeing:

Consider these Flower Remedies:

Bottlebrush: Great remedy for letting go and moving on. Particularly helpful for sluggish bowels.
Stuart Desert Pea – wonderful essence for letting go of grief and deep hurt which affects the lungs and intestinal area.

Spagyric PS623.2 for Constipation. Safe when taking any form of orthodox or complementary treatment. If you add ICM-CSJ-HT this will help you live in the present without fear of the future or include ICM-PAS-AL to let go of the past, progress in the present without fear and reach you goal!

Flower Essences are generally added to water or placed directly on or under the tongue. Spagyrics can be taken internally or externally. More information is available here [Spagyric and Energy Essences](#)

Love, Blessings and Thank you ☺

Pranams & Gratitude

Thank you for subscribing and reading my newsletter. You receive it because you have visited Justine Evans or Creation Fertility. I trust you value it but if at any time in the future you no longer find it helpful email me @ contact@justineevans.co.uk with the word "unsubscribe".

Disclaimer: This newsletter, its information and articles are meant for general information only and should not be construed as guidance or recommendation. The suggestions do 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.