

It's Summer!



Welcome to the Summer ! So much has happened since my Spring newsletter I am uncertain where to begin but the insight card I drew on January 1st was relevant. It was "New Beginnings".

So what new beginnings? **My ND upgrade is complete!** I am Justine Evans ND! If you have seen me before you already know my approach to health blends Western Science with Eastern Philosophy and I consider 21st century living, physical health and emotions before devising a Wellness Programme – seeing my clients as a

"whole" and working with nature to restore/maintain balance. With the help of technology and national press coverage I am working with more clients who live out of the locality. Whilst I prefer to meet clients face to face this is not always practical so I am offering **Skype consultations** for naturopathy/nutrition, fertility coaching and 1-2-1 meditation support. This means that High Street clinic facilities are a thing of the past – I can provide a bespoke service from my home where I have a dedicated consulting and treatment room! So what else is new? I have updated my **health screening equipment** - the new model screens faster without a probe and includes energetic imprinting using a laser. This in house tool helps me to recognise nutrient deficiencies, food sensitivities, stress related issues, gut, organ and hormone imbalances and helps to assess when additional or more complex blood serum or stool analysis testing should be considered. The new screening format also means that when you are unable to attend a consultation face to face it is still possible to screen using a piece of your hair in your absence! Wow! Anything else? I am very excited to tell you about my **consulting service** - I am offering my attendance at your hospital appointments – conversing with the doctors for your own well being and ensuring that you understand what is being discussed - really helpful for those of you with chronic health issues or partaking on a difficult fertility journey. Another popular addition to my services is **labour reflexology and energetic birthing remedies** - I offer reflexology during labour, staying with you as long as you need me (including within the hospital). This is becoming increasingly popular and seems very beneficial for you emotionally and physically including labour pain and childbirth. Finally, I am **updating my web sites** to include on-line support including educational videos, information and audio meditations. I truly feel these "new beginnings" will benefit us all collectively and help me to help you maintain health and balance in your life.

Focusing on Summer 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 corresponds with a season and has its own set of mental, physical and spiritual "symptoms" which occur when the energy of that element is out of balance. Summer is the time of the Fire element and the corresponding organs are the heart and small intestine.

Symptoms of Imbalanced Heart Energy: In Chinese medicine the heart is seen as a monarch over the kingdom of the mindbodyspirit. Imbalances may show as poor circulation, low or high blood pressure, hardened arteries, angina, heart attacks, a red or ashen complexion, excess in thirst and fevers or hot painful joints or swellings – i.e "trapped heat". Emotionally there may be mental and emotional instability, agitation, nervousness, over excitability, restlessness, a lack of peace of mind, insomnia, forgetfulness or panic. When our heart and "fire for life" is imbalanced we are unlikely to reach our potential and enjoy life!

Symptoms of Imbalanced Small Intestine Energy: The small intestine is the heart's pair, the yang to the heart's yin. It is the body's alchemist. On the physical level, it has a very important role in digestion, sorting out what the body needs and what can be discarded. Fats, carbohydrates and protein are broken down in the small intestine

Justine Evans ND, BSc.Nutritional Therapist and Registered Naturopath specialising in hormones, fertility and pregnancy.
Health Screening, Naturopathic Nutrition, Far Infrared Therapy, Reflexology, Lymphatic Massage, Energy Healing and Meditation

T: 07747 133170.

www.creationfertility.com; www.justineevans.co.uk; t:@createfertility; FB: creation-healing

by bile and intestinal and pancreatic enzymes. Inefficient digestion leads to a build up of toxins, poor absorption, immune function, anemia, food sensitivities and allergies. The main emotional pattern is a consistent inability to discern healthy relationships - whether family, lover, friend, or work. Being over analytical, have difficulty sorting ideas and setting priorities or being gullible or over cynical – these may all cover up emotional confusion. Those with fire imbalances find the period between 1PM – 3PM the most challenging for them.

Page 1 - New Beginnings and Summer Time Page 2 Helping Yourself - Special Offer, Page 3 - A Meditation and Workshops

Helping Yourself

Nutrition: Try to eat early in the evening. Eat slowly and stop eating when you are three quarters full. Over eating congests the small intestine!

Increase Bitter foods into your diet to aid cleansing and digestive absorption: Endive, Chicory, Asparagus, Artichoke, Very dark chocolate, minimum of 70% cocoa solids (yes, I did say that!), green tea, green leafy vegetables especially kale. Eat foods high in calcium and magnesium to help calm your nervous system and support your cardiovascular system – almonds, cashew nuts, peas, lentils and beans. Lemons are believed to calm the mind and whole grains such as brown rice and oats are believed to help elevate the neurotransmitter serotonin. Garlic helps maintain healthy cholesterol levels, is a strong antioxidant and excellent for antibacterial support. Ginger stimulates the appetite and improves circulation - Mix this with aniseed and black pepper to support digestion further. Remember to include oily fish - great for the heart. Try cold pressed oils – flaxseed and hemp which are also good sources of essential fatty acids whilst lecithin granules are a rich source of phospholipids, believed to help prevent fatty deposits accumulating in the blood. Don't forget live yoghurt - it contains beneficial bacteria which aids digestion in the intestines.

How Can I Help You? By offering bespoke Naturopathic Wellness Programmes which includes Health Screening I support your wellbeing. If naturopathy does not suit then why not try some reflexology with me? Very calming and excellent for

re-balancing. If you think your heart or gut health concerns are related to more emotional triggers then I suggest you come for some healing and an Energetic remedy (Flower, Spagyric, Bio Regulatory) or consider learning meditation . More of this below!



2 Special Offers - valid June 1st – August 31st 2014

15% discount on Initial Naturopathic Wellness Programme with Health Screening (RRP £150)

Hands On Energy Healing Treatment plus Asyra™ Energy Remedy Screening AND energetic laser treatment OR energetic remedy bottle - £65.00

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.*

Justine Evans ND, BSc.Nutritional Therapist and Registered Naturopath specialising in hormones, fertility and pregnancy.
Health Screening, Naturopathic Nutrition, Far Infrared Therapy, Reflexology, Lymphatic Massage, Energy Healing and
Meditation

T: 07747 133170.

www.creationfertility.com; www.justineevans.co.uk; t:@createfertility; FB: creation-healing

Intuition is the guiding voice of our hearts. Without it we cannot truly discover what brings us authentic joy. If you listen to your intuitive soul you walk with a gentle heart, a joyous heart, the heart of a child.
Sonia Choquette.

Conscious Development and Meditation

If you are interested in participating in any of my courses please confirm attendance by sending me a deposit to 12 Grenville Mews Hampton Hill TW12 1BE. (£50 Conscious Development) or a cheque for £33.00 for Exploring Meditation.

Title	Date	Time	Cost	Where	Includes
Exploring Meditation	September 24th October 28th November 25th	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 Autumn. Over the term we will be working with mindfulness, chanting, breathwork and visualisation.
Conscious Development.	Summer Term June 9th, 16th, 23rd, 30th and Sunday July 6th	7:30 pm – 9:00pm Mondays Sunday 10.00 am – 12 noon	£100 per term – see above	57 Lyndhurst Avenue, Sunbury on Thames	Interpreting and working with the 7 layers of the Aura, the 10 energy bodies and yin and yang! Workbooks provided

Heart Meditation:

Ensure you will not be disturbed for the next 10 minutes or so. Sit comfortably on a chair in a upright but relaxed position. Breathe in to a slow count of four and out to a slow count of four. Repeat 8 times. This will have a deeply calming effect on your heart. Now think of a place where you feel secure and safe – maybe it is a beach, a wood or a beautiful garden or relaxing room. Spend a moment to visualise yourself in this safe place. Feeling comfortable once more work with your breath – breathing in deeply to the count of four, taking time to notice the gap between the inhalation and the exhalation. Breathe out to the count of four. Repeat, inhaling to the count of four, exhaling - to the count of four. Now place your hand on your heart and breathe deeply, keeping the mind clear of thoughts and focussing on your chest area. Feel how the hand on your heart rises as you inhale and releases as you exhale. Repeat this breathing technique until you feel ready to return your hand to your lap. Let your eyes open, returning to the present. Take a moment to stretch your whole body and take a drink before continuing with your day.

Tip: You can do this if you feel under pressure or off balance or before an important business meeting or hospital appointment! You can also listen to some soothing music at the same time!

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”.

Justine Evans ND, BSc.Nutritional Therapist and Registered Naturopath specialising in hormones, fertility and pregnancy.
Health Screening, Naturopathic Nutrition, Far Infrared Therapy, Reflexology, Lymphatic Massage, Energy Healing and Meditation

T: 07747 133170.

www.creationfertility.com; www.justineevans.co.uk; t:@createfertility; FB: creation-healing