

Spring 2015

A very belated 2015 to you all. Apologies for the delay in sending this newsletter out– it has been a super hectic time with my daughter moving to University and developing new projects which resonate with Naturopathic Hormonal and Fertility Health PLUS birthing The Tauret Fertility Guidance Cards which I am very excited to announce are available to purchase from April! Now all that has been completed I am looking forward to sharing my projects and work with you.



Clinic Consultations

I am available for Naturopathic Nutrition and Health consultations

Tuesday,

Wednesday, Fridays and some Saturdays.

Late evening Wednesday's - last appointment starts 7.30 pm.

Saturday Clinic: 7th March, 18th April and 9th May

In line with the new [Wellness Weekends](#) and [Meditation Group Practice](#) my clinic days will change to **Tuesday Wednesday and Thursday's from April 1st**. My clinic is based at my home 12 Grenville Mews Hampton Hill TW12 1BE.

My naturopathic approach integrates Eastern philosophy with Western science and includes the use of supplements, Energetic remedies, complementary therapies, exercise and a positive mindset. I include a non invasive in house [Asyra Health Screening](#) within the consultation. Whilst health screening is a helpful indicator to assess your vitality, nutrient levels and concerns on occasions I need to integrate functional blood, stool and saliva tests. I also like to view copies of tests which you may have received through your GP. Please note if functional laboratory tests are recommended they will be discussed during the consultation.

[Justine Evans Programmes and Fees](#)

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

Don't forget I am also available for Skype consultations. All I ask is that you send me a small sample of your hair prior to the Skype consultation to enable health screening.

So What Is A Naturopathic Lifestyle?

Being in tune with the Seasons and choosing to eat natural unrefined foods
Living a balanced lifestyle which includes adequate amounts of exercise and rest, having a positive mindset and connecting socially
Being present to the spiritual aspects of life
Avoiding toxins and polluted environments
Maintaining detoxification and eliminations to support health

[Meditation:](#)

Please note that my meditation groups have moved to [Heart Twickenham](#).

If you can't attend one of the group practices then I have a number of free audio meditations and e-books available to download on my web sites. I am also available for 1-2-1 classes – either at my clinic room or via Skype. This year I am also offering personalised recorded meditations when you have a 1-2-1 lesson.

Sunday Chant Group @ Heart

8th March, 19th April and 10th May
10am -11 am Usual price £10 each
Heart Twickenham, 67a Holly Road,
Twickenham TW1 4HF

We begin with either Bio-dynamic pre-meditation, or finish with relaxing yoga nidra. Mantra Chants change per month and are Hindu based.

50% reduction Special Offer – Pay by February 20th!

£5.00 for your 1st attendance Or pay for all 3 group meetings via bank transfer for only £15.00

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

T: 07747 133170.

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

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An important naturopathic principle includes supporting patients/clients through education.

With this in mind I have reintroduced my [Nutrition Natters](#) which are also being held @ Twickenham Heart. In line with my expertise and core principles I am discussing

Fertility Health (April 22nd)

Pregnancy Health (17th June)

Hormonal Health (23rd September)

Eating The Seasons (25th November)

Wednesday evenings 7.30 pm – 9 pm.

Places are limited so please ensure you let me know if you are wishing to attend. Payments for the events can be made via PayPal on my website – more information can be found below.

Save The Date!!

Tuesday February 24th 12 noon – 2pm

Kingston Green Radio 87.7FM

I will be discussing Natural Fertility with Anna Watson from Arnica Natural Immunity.

Please listen in – 87.7FM

<http://www.gffradio.org.uk/>

In addition to my talks and on line free resources I am currently updating my website to include a shop which will provide a range of naturopathic tools. You can also buy

Consultations with me

Create Health Recipe and Naturopathic Approach To Health booklet

Spagyric Energy Remedy Kits - Hormone

Balancing Kit, Fertility Kit (his and hers),

Pregnancy Wellbeing and a Birthing Kit.

Tauret Fertility Guidance Cards from April.

Payments via Paypal

Later in the year I will be offering **on line naturopathic short coaching courses in fertility, pregnancy health, menopause and eating the seasons.** All very exciting! More about this at my talks!

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[Nutrition Natters](#)



Let's Talk About Fertility

Wednesday April 22nd 7.30 pm – 9 pm

The Heart Community Centre, First Floor, 67a Holly Road, Twickenham TW1 4HF

Tonight I cover the Importance of [Preparing for](#)

[Pregnancy](#). The evening includes

Fertility Testing and Exploratory Tests

I explain why your liver is so important to fertile health and discuss Fertility Diets, Plans and Food Supplements, Conception Awareness, and the role complementary therapies and meditation play in fertility.

I also introduce Spagyric [Energy Essences](#) and Tauret Fertility Oracle Cards.

This talk is FREE but it is essential to book your seat !

[Fancy a Weekend Away?](#) I am looking forward to sharing Wellness Breaks with you in Dorset. These wonderful weekend breaks are truly bespoke and tailored to suit couples or a group of up to 4 friends. Arrive Friday from 2pm and return home on a Sunday 4.30pm. Weekend breaks are available April- December with me.

Perhaps you are looking for Nutrition or Fertility Coaching, or a Cookery Workshop?

Peace and Tranquillity with a Reiki attunement, meditation weekend or relaxation using swimming and complementary therapies.

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Are you looking for a Detox or Juicing weekend , or fun at a Healthy Hens Weekend? Perhaps you are looking to walk and relax or take time to just be, nurture and rejuvenate. Whatever your needs the beautiful Cedar Wood Lodge caters for up to 4 people. I am taking bookings so please email or phone me if you are interested.



Title	When	Subject	Cost	Where
Rainbow Light Channelling Group	2 nd February 2 nd March 10.30 am - noon	Developmental channelling group using the Rainbow Light	donation	12 Grenville Mews Hampton Hill TW121BE
Reiki Share/Exchange	Monday 13 th April 10.30am– 12.30pm	Reiki symbol and World Peace meditation for Reiki practitioners attuned by myself	Free	12 Grenville Mews, Hampton Hill TW12 1BE
Conscious Development Lunar Energy	Monday 2 nd 9 th and 16 th March 7pm – 9pm	Over 3 Monday evenings we learn the relevance of moon energy and its impact on us.	£50	12 Grenville Mews, Hampton Hill TW12 1BE
Meditation Hindu Chant	March 8th 19 th April 10 th May 10 am – 11 am	Different mantras per month! We begin with either Bio-dynamic pre-meditation, or finish with relaxing yoga nidra.	£10 see Special Offer	Twickenham Heart. The Heart Community Centre, First Floor, 67a Holly Road, Twickenham TW1 4HF



I'd love to hear from you with any suggestions, comments, ideas and testimonials. I evolve and develop my naturopathic practice by listening to your needs. I work from recommendation and word of mouth so if you have received positive benefits from any of my offerings please do tell others (and me!). Wishing you all a magical year and look forward to seeing you soon. 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.

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