

Early Summer 2015



Welcome to Early Summer! First of all - on behalf of Amanda

Wilkes, Sonya and myself I would like to thank you all for your generosity and attendance to the Nepal Charity Evening Event at The Bingham Hotel in Richmond. It was a totally amazing and humbling evening and collectively we raised £1,722 plus an extraordinary number of practical donations for the people of Nepal. Thank you Thank you Thank you.

Since my [Spring Newsletter](#) it has been a busy time – most of which you can track by following me on twitter @ [CreateFertility](#) or facebook at [Creation Healing](#). I am loving sharing my knowledge with you and supporting your female health journeys – whatever they may be - whether you are in the throws of the menopause, have other endocrine/hormonal issues or embarking on a fertility journey I am here for you.

This year I have been lucky enough to be interviewed on Kingston Green Radio to discuss Fertility and will be exhibiting at The Fertility Show in November at Olympia. In addition to my private clinic I also continue to offer local talks and workshops – my next one is Wednesday! I hope to see some of you there!

I have finally launched my [Creation Fertility Insight Cards](#), The alchemical Sacral Anointing [Creation Essence](#) and my Birthing Kits. With this in mind I wonder if I can *ask a favour of you?* I am researching where to advertise my lovely alchemical products and wonder whether you

would be kind enough to complete a short survey for me. It literally will only take one minute and is focusing on what magazines you read – if any! Here is the link for it. [Justine's Survey](#). Thank you for your support – I really do appreciate it! xxxxx

Love Your Womb

Wednesday 17th June 7.00 – 9pm
Heart Twickenham
67a Holly Road, Twickenham TW1 4HF



Tonight this collaborative workshop includes naturopathy, meditation and yoga. We have split the workshop into two halves. Beginning with naturopathy enjoy learning about your sacral area - facts about the uterus and womb and how you can recognise imbalances. Learn self healing techniques such as when to use castor oil packs and how to apply.

We then change tactics and connect with our “Womb Goddesses” through the Microcosmic Orbit Exercise, visualisation and Creation Essence before enjoying a delicious gentle but flowing yoga sequence to support and tone the womb and uterus. We finish the evening with a relaxing breath meditation . Yoga is provided by the lovely [Amanda Wilkes Yoga](#). Please pre-pay for this event through paypal – it’s only £20 [Ticket for Love Your Womb Workshop](#) or call me, Justine Evans on 07747 133170.

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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I am available for Naturopathic Nutrition and Health consultations **Tuesday to Thursdays over the summer with one Saturday clinic a month. Late evening Wednesday's - last appointment starts 7.30**

pm. Saturday Clinic: 13th Jun, 18th July, 8th August

If you are unable to attend at Grenville Mews Hampton Hill TW12 1BE I am available for Skype consultations.

So what is Alchemy?

Alchemy for me is the Quest for Universal Medicine – marrying Traditional Healing Methods from Eastern Wisdom and Spirituality with Western Science - It is the art of working and perfecting the body with the help of Nature.

My naturopathic approach includes complementary therapy such as [reflexology](#), Energy Medicine such as Spagyrics, nutritional medicine including the use of supplements, exercise and a positive mindset. I provide [Asyra Health Screening](#) and integrate functional blood, stool and saliva tests. I also like to view copies of tests which you may have received through your GP. 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.](#)



Planned Events!

Honouring Your Hormones -
Venue and date to be confirmed due to Twickenham venue no longer being available on 23rd September. Another wonderful collaboration with Amanda Wilkes Yoga!

Restorative Women's Half Day -
YogaSp8ce, Cobham, Surrey – October – date to be confirmed

The Fertility Show – 7th and 8th
November at Olympia, London

[Fancy a Weekend Away?](#) I am looking forward to sharing my lovely cedarwood lodge with you. It is available as a holiday let or for [Wellness Weekends](#). These weekend breaks are truly bespoke and tailored to suit couples or a group of up to 4 friends. Some of my Reiki Share group are attending a Reiki Solstice Weekend Retreat with me over the Solstice weekend – June 20th – 22nd. I shall report back - if it goes well I will offer it on an annual basis.



Recipes Below!!

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Summer Omelette



Easy to cook for a light meal – serves 2-3

4 organic eggs – crack open and beat with a little water, salt and pepper

Large handful Spinach – washed and torn

Large Handful Fresh Coriander leaves - washed

Greek Feta Cheese – broken up

1 large onion - chopped up

1 chilli – deseeded and chopped finely

1 -2 teaspoons coconut oil

First heat the coconut oil in a shallow pan and add the onion and chilli until soft. Add the eggs and cook over a medium heat for about a minute, then add the feta cheese. Heat for a further 2-3 minutes until the cheese softens and the omelette starts to take shape. Add the spinach and coriander leaves. Place under a gentle grill until it begins to wilt and the omelette is firm – then it is ready to eat! Good hot or cold.

Justine's Hot Toddy Tea – Serves 2-3

This is a warming tea which provides a selection of anti-inflammatory ingredients which support any inflammatory disorders including hayfever!

Half a teaspoon of each of the following ingredients
honey,

lemon juice and grated rind,

turmeric root (grated fresh or dried powder),

ginger root (freshly grated or dried),

cinnamon powder or half a cinnamon stick,

plus a few black pepper corns.

Add boiling water – about 500 ml - leave to infuse, strain and drink. Makes a small pot.



Creation Essence £11.99

An alchemical essence of paraben free aromatherapy oils bespoke to Creation. It has been designed to support hormonal health and the sacral chakra. Each bottle is imprinted with healing energy. The blend contains an alchemical mix of **Rose** to nurture; **Geranium**: The ultimate hormone balancer; **Jasmine**: Love and an aphrodisiac; **Clary Sage**: Regulates hormones and emotions; **Frankincense**: Connects with your soul; **Bergamot**: Uplifting and encourages trust; **Cedar**: Grounding, calming and harmonizing. More information including the anointing process available at [Creation Essence](http://CreationEssence.com)

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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