

## Spring 2016

### Spring Offerings

Welcome to the Spring, it seems to have definitely arrived! From an Eastern perspective Spring represents new growth and energy. It is a time of optimism and according to the Five Elements the energy of the liver is at its peak. So, NOW is the time to **detoxify, cleanse and rebalance those hormones!** Here are my offerings for you this Spring time.



#### [Spring Seasonal Offering](#)

An amazing offer at only **£300 (RRP £500)** and suitable for most women including anyone who has recently suffered an

assisted conception failure or struggling with menopausal symptoms.

**You receive: A Nutritional consultation and personalised programme including an Asyra™ Health Screening to restore vitality and aid detoxification PLUS 5 x weekly signature treatments.** Each weekly body treatment includes a liver castor oil pack, [reflexology](#) and an abdominal massage. For more about this wonderful detox programme look [here](#)

\*The price excludes supplementation (about £60 for a month)

**Don't forget it's late night Wednesday and my Saturday clinics are April 2<sup>nd</sup> and April 23<sup>rd</sup> 2016**

### Date for Your Diary!



**Saturday May 7th**  
**#LoveYourWomb Sacral Workshop.**  
**10.30 am – 1.30 pm**  
**@ [Heart-Twickenham](#) £35.00**

Another wonderful collaboration with [Amanda Wilkes Yoga](#). Together we invite you to re-connect with the sacral chakra – the Yoni. The womb is a women's feminine core and generator of

creative potential, bringing balance and loving power. Demonstrating Eastern and healing philosophy I help you to re-connect with the sacred centre then [Amanda](#) guides you through a warming womb and sacral chakra vinyasa yoga sequence. The workshop includes a series of delicious **yoga sequences, meditations, womb breathwork, mantra and cleansing ritual to restore balance.** Payment is only £35 and required via BACS to reserve a place. Please email [contact@justineevans.co.uk](mailto:contact@justineevans.co.uk) to reserve your space. Are you interested in attending the Nurture and Nourish retreat in East Sussex. Details are [here](#)

### Seasonal Gifts!

#### **Gluten free and hormone friendly!**

**Nutty Crackers, Wild Garlic Pesto and a Free Meditation:**

My friend David found this recipe at : <https://wistaa.wordpress.com/2014/05/02/the-real-meal-revolution-adventures-nutty-crackers/>. He added additional pumpkin seeds, chia seeds and chilli flakes to spice it up. His only problem was getting the mixture thin enough on the baking tray and then detaching it from the paper/foil! Anyway, have a go.

#### ***Nutty Crackers Ingredients:***

**200g sunflower seeds and 60g flax seeds**  
**100g sesame seeds plus 2 tbsp psyllium husks**  
**500ml water and 1 tsp salt**

Preheat oven to 160°C. Combine ingredients and leave the mixture to stand until it is thick and pliable.

Spread the mixture out as thinly as possible on a baking sheet or in a baking tray. The mix should have no holes in it so maybe line the tray with greaseproof paper. Bake for an hour to an hour and 15 or 20 minutes until they are seriously crispy, maybe slightly less for fan assisted ovens.

Remove from the oven and leave to cool. Once cooled, break them into any size you like and store in an airtight container. **Makes about 16**

Justine Evans ND BSc Nut.Med – fertility expert, hormone alchemist and founder of [Creation Fertility](#). A multi-dimensional approach to health, blending western nutritional science with traditional alchemy and yogic philosophy T: 07747 133170.

[www.creationfertility.com](http://www.creationfertility.com); [www.justineevans.co.uk](http://www.justineevans.co.uk); t:@createfertility; FB: creation-healing

## Spring 2016

**Wild Garlic Pesto: Makes 300g. This will go well with black bean or lentil [Really Healthy Pasta](#) or some grilled fish.**

80 g wild garlic leaves  
50 g parmesan (or similar hard) cheese  
50 g pine nuts  
1/4 tsp salt  
1/4 tsp pepper

100 ml olive oil + more for topping up the jar  
Wash the wild garlic leaves and dry them carefully. Grate the cheese

Grind the pine nuts in the nutri bullet/food processor. Add cheese, salt and pepper and about 1/2 of the wild garlic leaves. Blend again. Repeat with the remaining leaves. Add the olive oil and blend. Put in jar and top up with oil so that the pesto is covered and close lid.

Source:

[http://foodfun.blog.co.uk/2007/04/07/making\\_wild\\_garlic\\_pesto~2050357/](http://foodfun.blog.co.uk/2007/04/07/making_wild_garlic_pesto~2050357/)

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 whether you are pregnant or trying to conceive, nor on any medication or suffer with food sensitivities or allergies or any health issue. Naturopathic consultations and assessment are recommended on an individual basis.

Don't forget if you can't make it to my clinic I also offer Skype consultations. These are becoming very popular and I can still include health screening – just send me some of your hair! My **naturopathic approach includes [nutritional therapy](#) & [Asyra Health Screening](#)**. For my fee structure look at

[Justine Evans Programmes and Fees](#)

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

**Phlebotomy Service. Only £15.00 per draw**

Love, Blessings and Thank you ☺

**Pranams & Gratitude**

Thank you for subscribing and reading my newsletter.

You receive it because you have visited Justine Evans ND or Creation Fertility. I trust it is of value but if at any

time in the future you no longer find it helpful email me @ [contact@justineevans.co.uk](mailto:contact@justineevans.co.uk) with the word "unsubscribe".



### Creation Essence £11.99

This beautiful aromatherapy oil has been designed to support hormonal health and the sacral chakra. 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. I use it everyday. Here are some ideas:

**Anoint** at the beginning or each day or before yoga or meditation. This helps set intention or dedicate your practice. Before the anointing ritual decide on your intention – it can be anything but will be personal to you. Here are some suggestions - to be peaceful, remain positive, call your baby, manifest abundance, work from the heart, dedicate the day to world peace or even avoid a food or drink. There are many anointing rituals but one of the easiest is to place a drop of the Creation essence onto your index finger and place on your third eye (area slightly above the centre of your eyebrows), this represents the mind, then on your throat (body and communicating) and finally your heart centre (spirit). Repeat your intention with each anointment.

**Sacral Chakra Bath:** First place 2 dessertspoons of coconut butter/oil to the bath as it is running. Then add 300 grams of Epsom salts or dead sea salts. Just before getting into the bath add 15 drops of Creation Essence. Wallow for 20 minutes and when you get out your skin will be beautifully soft, you will smell divine and be very relaxed (not suitable in the first trimester of pregnancy). Creation Essence can be purchased in clinic or online [Creation Essence](#)

**Meditate? Listen to FREE visualisations and hormone supporting meditations** [Meditation and Visualisations on line](#)

Justine Evans ND BSc Nut.Med – fertility expert, hormone alchemist and founder of [Creation Fertility](#). A multi-dimensional approach to health, blending western nutritional science with traditional alchemy and yogic philosophy T: 07747 133170.

[www.creationfertility.com](http://www.creationfertility.com); [www.justineevans.co.uk](http://www.justineevans.co.uk); t:@createfertility; FB: creation-healing