

Winter 2015

Welcome to the Winter Edition of my newsletter. As we head towards the Solstice and the shortest day it reminds us that it is time for reflection, introversion (a challenge over the festivities) and restoration. A time to re-charge enabling mind body and soul to prepare for 2016. Within this edition I focus on seasonal health and overindulgence so please see what I have in store and don't forget to read the last page of this edition for tips on supporting your Christmas hangovers!!!

Wishing you peace and love during this season.

Justine

Winter Offerings

The Winter programme is Restore and Relax £300
Available: December 1st – February 28th/29th



With short days and long evenings this is the period to **restore and relax**, support inflamed joints and boost immunity. I invite you to a course of 6 hour treatments comprising 30 minutes of a

warming back neck and shoulders hot stones massage, followed by a lymphatic facial massage whilst soothing joints and immunity in the [Far Infrared "Cocoon"](#). I am also including an option of 1 ginger compress. Each treatment ends with a cup of steaming home made turmeric tea. Call Justine on 07747 133170 for more information.



[MuMuYoga and Baby Reflexology](#)
Sunday 7th February 2016. 2pm-4pm.
Bullen Hall, Hampton Wick, Surrey
KT1 4AT.

Muriel Mueller from [MuMuYoga](#) and I are offering a wonderful **Sunday afternoon family workshop**. Muriel will guide you through a delicious gentle yoga sequence whilst I demonstrate reflexology techniques for you and your baby. So bring your baby and go with the Yoga Flow! This

workshop is suitable for all parents and babies (newborn to 6 months ish) Justine aims to cover #sore tummies, #weaning #colic, #wind, #teething, #sleepingbaby **Only £25.00**. Pre payment is required via BACS so email me to reserve your place! You will need to bring your baby and a towel. Yoga mats are already there! A [Spagyric Baby Cream](#) will be available to use.

As many of you know I marry the seasons with traditional Eastern healing methods and Western science. To solidify my approach I have introduced [Seasonal Health Programmes](#) together with an amazing weekend retreat in October whilst remaining focused on womb, fertility and hormonal health. For more workshops and events please take a look [Here](#).

Presents!



[Creation Wrist Mala £24.99](#)

A great Solstice, Christmas or New Year prezzie! This exclusive wrist mala is hand made and sealed with healing energy. Wear it on the left for new beginnings.

The mala is made from 21 stones comprising of carnelian and moonstones. These are particularly good crystals for fertility and hormonal health.

Moonstone: Associated with moon energy and hormonal health this is the stone for meditation and new beginnings. It is believed to support menstrual related disorders, fertility and reproductive health

Carnelian: A protective stone and associated with the sacral centre, life force, warmth, courage and confidence. The wrist mala included silver – silver is associated with the moon and believed to increase the power of the stones, multiply the healing properties and strength of the mantra recitation by 100,000 times

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Wear the mala as a piece of jewellery or use it to recite a mantra. Full instructions are included with the purchase.



Creation Essence £11.99

An aromatherapy oil 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. Makes an amazing present for all women and comes with full instructions!

Seasonal Support! Overindulgence and Hangovers

One of the supplement companies I use tells me that alcohol consumption increases by 40% in December. This long party season brings with it an excess of eating, drinking and a lack of sleep. All opposite to our seasonal health requirements. Instead of harping on about how not to overindulge here are some tips to help you deal with dehydration, low energy, cravings for sugary and fatty foods, dark circles, headaches, constipation, diarrhoea, nausea and poor skin that you are likely to suffer through excess.

So what exactly is a hangover ?

Alcohol is a diuretic which encourages urination and cellular imbalances. Fatigue, increased blood pressure and dizziness are symptoms of this as the brain suffers dehydration. Alcohol increases a stress response - cortisol levels, which encourages fluid retention, blood sugar imbalances and reduces an amino acid called

glutamine which makes us sleepy. Alcohol also triggers an inflammatory response, - we notice sore joints and stomach reactions, plus it causes **Liver strain**. As the liver breaks down alcohol it produces acetaldehyde which is more toxic than alcohol. So, once you've stopped drinking the body has to work super hard to rebalance and re-hydrate and this is when we suffer the tell tale symptoms of **fluid retention, puffy face and eyes, swollen hands and feet, a headache, a restless night's sleep, fatigue, tremors and anxiety, sickness and stomach upset – ie A HANGOVER.**

So now we know what happens when we over indulge and accepting that we may have one of two overindulgences over the festive period here are some **HANGOVER TIPS - PREPARE YOUR BODY NOW.**

X Congeners – these are by products of fermentation and found in red wine, and dark-coloured spirits. These cheeky chaps affect our acid: alkali balance and cause headaches, nausea and gastrointestinal symptoms including stomach pain and vomiting.

✓ **Vitamin C** Supplement with at least 1000mg vitamin C daily during the festive season . **B- Vitamins** . B1 is thought to enhance the effects of NAC whilst B6 may help to reduce the symptoms of a hangover. Consider using a B complex during this period. **Turmeric** is a long-used natural anti-inflammatory and has significant antioxidant properties. Add a thumb of turmeric to foods and drinks. Make use of **Milk Thistle which** contains silymarin and silybin and helps protect the liver from toxins and increase levels of glutathione. Dandelion and beet root may also help. Consider **N-Acetyl-Cysteine (NAC)** a form of amino acid which increases the absorption of an amazing antioxidant called glutathione which helps to break down acetaldehyde and aid a quick recovery. Cysteine is naturally found in poultry, oats, dairy, garlic, onions and Brussels sprouts. Take 25 – 50mg daily throughout the festive season or take 30 minutes before you have a drink to help reduce the toxic effects of alcohol. **Magnesium** - Amongst its many benefits it may help reduce hangover symptoms. Epsom salt baths (500 grams) are a good idea over the

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festive period or supplement with up to 50mg daily. **Don't forget to Re-Hydrate** –Plenty of pure filtered water. A good tip is to have a glass of water in-between each alcoholic drink and before you go to bed or drink some coconut water. **Don't forget to Juice brightly coloured fruits and vegetables daily – remember alkaline is best.**

A freshly made juice containing A thumb of turmeric and ginger, 1 apple, a large handful of fresh parsley, 1 carrot and 2 beet root plus half a squeezed lemon or lime will reduce nausea, help restore PH balance, hydrate and provide an antioxidant hit. So that's why you were given a NutriBullet or similar for Christmas!

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 any medication you may be taking, food sensitivities or allergies or any 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.



The [Creation Fertility Toolkit](#) (£50.00) was showcased at The Fertility Show @ Olympia in November. Here are some reviews. *"I'm loving my bracelet and cards" SW*
"I am so glad I bought the whole kit from you. I use the oil almost

every day. I am wearing the bracelet as well. The cards you gave in the kit are also amazing. They seem to be helping me realise what I am feeling and how to deal with it" JH

Don't forget if you can't make it to my clinic I also offer Skype consultations. My **naturopathic approach includes [nutritional therapy](#), [Asyra Health Screening](#) complementary therapies including [reflexology](#),**

Energy Medicine and Spagyric remedies. For my fee structure please see

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

Phlebotomy Service. Only £15.00 per draw
[Seasonal Health Programmes](#) – courses of 6 treatments
£300



I am taking some time out over Christmas and will be closed from 21st December until Tuesday 5th January 2016. 2016 Clinic hours are:

Tuesday 9.30 am – 5 pm

Wednesday: 11 am – 9 pm, Thursday or Friday: 10 am

until 4 pm and I Saturday per month: 11.30 am – 5pm

Winter Saturday clinics: 9th January & 6th February

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 with the word "unsubscribe".

And finally from the lady who is all about the Womb and the Moon I wish you all a Peaceful Christmas and a Positive New Year!

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