



## November new moon: Hormone Inspiration.

**Thursday 4<sup>th</sup> November. New Moon 9.15pm GMT (new moon in cancer)**

As I pulled the cards this month we link with Lakshmi the beautiful Hindu goddess of prosperity, love, fertility and spiritual abundance. We also link with card 22. organic foods and finally the plant Tulsi which is also known as Holy Basil. Overall the feeling is of compassion, supporting our stress levels and calming our digestives. By the way its also Diwali (festival of light) and synchronicity was at play here because Lakshmi is celebrated at Diwali.

Rebekah Shaman explains **The Scorpio new moon** brings hidden unconscious thoughts to the surface to be dealt with in this three dimensional reality. It is one of the most intense signs of the zodiac, and you may feel things more strongly with extreme spectrums of emotion. This new moon shows us where we may have been misused and abused by others, and helps us find where our boundaries lie. It illuminates things that are no longer working and represents both the death and rebirth of friendships, relationships and projects.

### On the positive:

Mars, the ruler of Scorpio adds to this powerful energy to fuel us through our limitations We hopefully will feel empowered and able to speak our truth.

The Scorpio new moon is also preparing us for the eclipse season where we have the Taurus full moon eclipse, and the Solar eclipse in Sagittarius.

This Scorpio new moon is opening up the possibilities of getting hidden voices heard so it is interesting that COP26 is happening right now.

This moon cycle is great for bringing out the sensual lover in us. It inspires passion, so our creative and passionate urges are often more pronounced. Don't be surprised if you are feeling more attractive, loving and sexy during this week.

## Lakshmi:

Lakshmi is a beautiful and much-beloved Hindu, Buddhist and Jain Goddess.

She is a Mother goddess, the wife of Vishnu and her energy brings *love, fertility, good luck, health, wealth and prosperity and all kinds of material & spiritual abundance*. Her plant is the Holy basil which is said to bring children (I often recommend holy basil for hormone and stress/adrenal support so it definitely can be used to support fertility too) but I shall be talking about that a little later. **Her story:** Lakshmi emerged during the creation of the universe, floating over the water on the expanded petals of a lotus flower because the Gods were in need of renewal.

**Symbolism:** Creation Fertility spiritual artist Samantha Foreman has painted her beautifully. Her energy really comes across. She is elegantly dressed, with a feeling of prosperity. She is often depicted with an owl, lotus or elephant. In Sam's painting Lakshmi sits like a yogini on a lotus pedestal and holds lotuses in her hands. The lotus flower is a symbol for fortune, self-knowledge and spiritual liberation. She has **four arms** - which represent the four goals of human life – Dharma (virtuous, proper, moral life), Karma (pleasure, desire, longing in Hindu and Buddhist literature), Arha (material prosperity, income security, means of life) and Moksha (self-realization and self-knowledge). In Indian philosophy rather than pagan or shamanic the owl represents financial prosperity & an ability to move and work despite confusing darkness. Elephants symbolise work, activity and strength, as well as water, rain and fertility for abundant prosperity.

**So this month, Lakshmi comes to bring you good fortune.**

**She asks that you connect with her energy to find beauty and love in your life.**

**As we are connecting with climate and Earth she also asks you to and connect with nature**

**Reconnect your throat with your heart, expressing with compassion and love to release and let go. [express gratitude](#) for all those who you love in your life, for your riches, prosperity and material comforts but if someone has been triggering you use the Scorpio new moon energy with the pure love from Lakshmi to let them know how you are feeling.**

Use Holy Basil and Lashmi together to bring positive energy, prosperity; love, fertility, calmness into your life. You can bring Lakshmi into your home by placing her print or card in a room or on your alter and connect with her daily.

Lakshmi is associated with card 1 – [starry silence](#); [Card 2 – love](#), Card 6 – conception, [Card 7 – sacral centre](#) & finally [card 26 - the new moon](#) from the Creation fertility oracle lifestyle cards. Lakshmi print or a greeting cards are available from my websites or [Etsy shop](#)

## Plant Medicine: Holy Basil. Tulsi

TCM, Ayurveda, nutritional therapy and traditional medicine all use Tulsi as a regulator to help bring balance and harmony. We use it to aid clarity, reduce anxiety, encourage optimism, reduce depression. Put simply its an adaptogen so wonderful for stress and all forms of adrenal fatigue, memory loss, circulation/heart health, aching bones and arthritis, aching muscles, and even supports insomnia.

This month I had ginkgo planned but when I pulled the cards the Hindu Goddess Lakshmi stepped forward - the goddess of fertility, abundance and love!

HOLY BASIL (also known as tulasi or tulsi, bai kaprow and kemangi) is widely known throughout India and Asia for its culinary uses, medicinal properties and religious use.

In TCM it is known as Sheng Lou Le which is known to nurture the spirit.

It is considered the elixir of life and tied to Ayurvedic medicine who classify every person's energy into three components: kapha (earth), vata (air), and pitta (fire). Ideally, the three elements work in balance, but we mostly have an excess of 1 or 2 components within our bodies/personalities. For those with a dominant kapha, holy basil is often used to help return harmony and balance.

It's an adaptogen - it helps us calm down but also get going. You know that feeling - wired but tired! It's one of the wonderful herbs which help regulate.

It is a super powerful anti-oxidant and has anti-inflammatory effects. Did you know that it has been proven to be as effective as aspirin and ibuprofen, but without the side effects. So if you suffer with any form of inflammatory pain such as migraines, arthritis, PCOS, endometriosis, or experiencing a miscarriage or any painful or inflammatory condition then Tulsi may help you avoid using those Western medicine nasties such as ibuprofen, paracetamol or aspirin.

Traditionally it has been used to promote a healthy central nervous system and support your cognitive health

It can be used to support anxiety, depression and sadness.

It is said to strengthen the mind and promote spiritual purity.

From a Spagyric perspective we use it to uplift and bring a feeling of warmth, safety and comfort - just like the Goddess Lakshmi.

Holy basil is connected with the throat and heart chakras. It helps us re-connect both these areas and release all that which is weighing us down.

It supports blood glucose levels (great for PCOS syndrome and type 2 diabetes)

Holy basil is a go to for digestive care – it's a great anti-spasmodic so wonderful for gas, nausea, irritable bowel and gastritis.

It has also been used to help reduce fever, headaches, cough, cold and flu, sinusitis, asthma, lung and respiratory disorders. We also use it to support rheumatism / arthritis, and to prevent (or help pass) kidney stones.

## To do this month

In Hinduism, it's said that holy basil plants protect your space, brings in luck and prosperity, and wards off negative vibrations so place a pot of fresh Tulsi on your kitchen window  
Drink 3 cups of Tulsi tea daily to help clear unwanted energy, whilst restoring your nervous system or for any of its other benefits  
If you are post menopausal or not trying to conceive it is safe to drink throughout the month cycle  
If you are trying to conceive drink Tulsi from day 1 of your bleed through to ovulation  
If you suffer with inflammation and pain (PCOS, endometriosis, fibroids, rheumatic etc) drink regularly

## Card 23. Organic Foods:

I am all about eating seasonally so here is a list of foods for you to consider eating regularly this month

**Root vegetables:** carrots, squash, pumpkin and sweet potato, onions, garlic, shallots

**Whole grains:** brown rice, quinoa, oats and millet

**Legumes:** beans, chickpeas, lentils, soybeans.

**Green vegetables:** broccoli, spinach, kale, celery, rocket and artichokes; leeks; chicory and savoy cabbage, pak choi

**Fruit:** apples, pomegranates, citrus fruits and pears

**Fish:** sea bass, cod, sole and haddock

**Herbs:** ginger, turmeric, cinnamon, rosemary, thyme, basil and dill.

Although all of these foods have wonderful attributes I thought this month we would focus on pre-biotic foods to support immunity, digestion and calm hormones. Just for your information a prebiotic food must:

*resist gastric acidity*

*can be fermented by the probiotics in your gut*

*Stimulate the growth and/or activity of intestinal bacteria.*

***We need both prebiotics and probiotics to maintain a healthy gut microbiome. Prebiotics are the food for probiotics! Probiotics are living microorganisms, so they need to eat and flourish in our gut but they can't without a good colony of prebiotics which you may know as fibre.***

## Let's focus on *Leeks, garlic, onions, savoy cabbage, shallot and chicory*

**Leeks, garlic, onions and shallots are all members of the allium family.** All of these alliums are prebiotics and have cardiovascular health benefits. A recent study published by the National Institutes of Health (NIH) suggests that a high intake of alliums reduced the risk of cardiovascular disorders by up to 64%. They are also associated with reduced risk of miscarriage and reduce the risk of cancer. They contain kaempferol which is a powerful antioxidant believed to help reduce the risk of developing chronic disease.

**Garlic:** A natural antibiotic and antiviral you need 6-12 cloves per day to support immune health.

**Onions, shallots:** The Amish whose traditions date back to the 16th century placed onions in their homes during winter flu season to absorb bacteria and mould. The onions need to be peeled if left around the home. Many people do this during flu season and find that no one gets sick, whereas in previous years with no onions, they had several members of the family fall ill. If placed around the home for prevention, the onions should be replaced every 3 months. Use peeled onions cut in half. Place in a bowl in the room of an ill person to relieve their symptoms quickly and naturally. It is said that white onions work better than red onions.

**Chicory:** another great prebiotic. Approximately 68% of chicory root fibre comes from the prebiotic fibre inulin which improves digestion and bowel function, and helps relieve constipation. You can even drink chicory root coffee or tea.

**Savoy cabbage:** Cabbage has been known to help treat lung and chest disorders for a very long time. Boiled cabbage remains a staple to soothe inflammatory digestive tract disease and regulate digestive tract functions because it contains pre-biotics. It is often used to support heartburn, hiatal hernia, reflux, and GERD. Did you know it can even help soothe gastric pain caused by ulcers, duodenal ulcers, and gastritis? Cabbage is a great high fibre food, helps weight loss, contains loads of antioxidant properties, trace elements and high in vitamin C in addition to its prebiotic benefits. You can even use raw cabbage topically to help heal wounds and reduce pain caused by rheumatism, headaches, sciatic pain and painful joints.

#### **Things to do this month:**

**Peel and chew three cloves of garlic and chew daily (up to 4 times per day) or try to cook with it as much as possible. Of course, you can also take a garlic supplement**

***Garlic Syrup: Peel and chop 6-8 cloves of fresh garlic. Place in a jar and cover with 8 tablespoons of honey. Let it stand for several days and then strain. You can use this by the teaspoon (2 for children 4 for adults) to boost your immune system and treat infections.***

***Garlic or Onion Milk – Put onion or 3 cloves of garlic thinly sliced into a pan with 2 cups of milk. Simmer over a low heat for 20 minutes. Strain. (can be stored in fridge for up to a week) Dosage: 1 teaspoon up to 6 times per day***

***Fire cider: chop up a selection of onions, garlic, cayenne pepper, horseradish, turmeric, chilli, ginger and black pepper. Cover with Mother apple cyder vinegar and leave in a kiln jar for around 4 weeks (some people leave it for 2 weeks others 6 weeks). Strain and then add some honey or maple syrup dependent on how you like it. Bottle it up and take 1 teaspoon per day. A pungent wonderful immune boosting elixir***

***Alternative: chop the ingredients up without the cyder vinegar. Add honey and gently warm until all the ingredients are very soft. Eat daily to support your immunity.***

**Eat plenty of pre-biotic seasonal foods, leeks, garlic, onions, savoy cabbage, shallots and chicory to support a healthy immune system and happy gut microbiome**

**Use garlic syrup, fire vinegar or garlic or onion milk or place onions in your house if you feel unwell or want to boost your immune system**

**Make your own fermented kimchi with cabbage and chilli for happy digestives**

**Use foods in the traditional way to boost your immune system and maintain happy digestives**

**Justine Evans is a Hormone Alchemist and fertility expert. This guidance has been written for general information and should not be considered personal recommendations. Please speak to your health professional before making changes to your diet. [justineevans.co.uk](https://justineevans.co.uk) and [creationfertility.com](https://creationfertility.com)**

#### **References**

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School of Health Herbal webinar – 3<sup>rd</sup> November 2021