

Creation Fertility Guide to New Moon Reflective Practice

Present Situation

Support Considerations

Sowing the Seeds for the Future

Fertility nutrition, prepare for pregnancy, fertility diet, supplementation, herbs, bio-identical hormones

Identification – factors which may be impacting on conceptual ability, immune and auto-immune health, NK cells, hormone disruption, sperm health, egg reserve/AMH, womb health, physical issues, genetic factors, gut health etc/ovulation timing
Do we need assisted conception support?

Finances

Fertility coaching

Environmental factors - physical toxins, parabens, geopathic, wireless, sick building syndrome, toxic tampons

Release - grief counselling/trauma impacting/stress/work overload/time

Complementary therapies including acupuncture, massage, reflexology, osteopathy, lymphatic drainage massage, thermotherapy, Reiki energy healing, vagi-steams, homeopathy, Spagyric medicine, Chinese medicine, Ayurvedic, womb yoga, meditation, exercise
Creation Fertility Toolkit

Justine Evans ND is a Hormone Alchemist and Fertility Expert. She offers Nutritional Therapy, Holistic Body Therapy, Energy Healing, Meditation

07747 133170 / 0208 487 3631

contact@justineevans.co.uk creationfertility.com justineevans.co.uk