

# Creation

From fertility to family

## Naturopathy for Fertility, Pregnancy and Assisted Conception

Keep it Simple - there is a right time for each treatment.

### Naturopathic Nutritional Therapy

**Preparing for Pregnancy and Assisted Conception.** Supports hormonal balance, egg production, sperm health, enriches the lining of the womb and may address the underlying causes of sub-fertility including ovulation irregularities, PCOS, fibroids and miscarriage in addition to supporting conception and the future health of your child.

**During the three trimesters of pregnancy** sensible eating plans support your health and the development of your baby. What your baby is exposed to during embryonic development will be imprinted into immune function throughout life.

**Postnatal naturopathic nutritional recovery programmes** support post birth health – for example energy levels, milk production, hormonal balance.

### Reflexology

**Fertility Reflexology** encourages hormonal balance and detoxification in addition to being deeply relaxing. Trying to conceive? Assists assisted conception issues incl. IVF, recovery after miscarriage and encourages *natural conception* easing the stress and anxiety often associated with fertility.

**Pregnancy Reflexology** eases uncomfortable symptoms - nausea, fluid retention, heart burn, sleeping disorders, back ache and hormonal disturbances. A very successful treatment for a wide variety of conditions it encourages your baby to lie correctly and your pelvis to open in preparation for the birth. It has been used to encourage breech babies to turn and induce labour.

**Labour Reflexology:** Throughout labour it can be used for relaxation and pain relief.

**Post-Natal Reflexology.** Lactation issues - maintaining or increasing milk supply, mastitis, post birth trauma, encourages hormonal equilibrium, offers relaxation and eases sleep deprivation and depression.

### Massage and Lymphatic Massage (LM)

**Signature Fertility and Pregnancy Massage** treatments help to increase circulation in the uterus, ovaries and fallopian tubes, enhance the immune system, promotes hormonal balance and relieves stress related conditions thus supporting conception. Massage is very relaxing and helps to reposition a tilted uterus. Recommended when preparing for pregnancy and trying to conceive, up to the two week wait and after the 1<sup>st</sup> trimester of pregnancy.

**Lymphatic massage** is a specific form of remedial massage which gently stimulates the lymphatic system, balances hormones and supports the body. It helps to drain, detoxify and regenerate in preparation for pregnancy and after assisted conception failure or miscarriage. It is used in the lead up to an IVF cycle or between cycles, reducing IVF bloating. Deeply relaxing.

**Pregnancy lymphatic massage** is calming and hypnotic and helps to reduce oedema often associated with the late stages of pregnancy

**Post Birth lymphatic massage** releases fluid post surgery (especially after c-section), calms, relaxes and supports healing and recovery – especially mastitis!

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## **Far Infrared Thermal Treatment:**

**Fertility infrared** can be used as a stand alone treatment or combined with other complementary therapies to help detox, calm and rejuvenate at cellular level. Far infrared can be used to increase circulation in the uterus, ovaries and fallopian tubes, thus supporting ovulation and conception as the rays warm the womb. It helps to drain, detoxify and regenerate **in preparation for pregnancy** and is helpful post assisted conception failure or miscarriage. It is not suitable during pregnancy but used post birth to heal, recover from mastitis and after surgery.

## **Reiki:**

Treats the whole person creating a feeling of relaxation, peace, clarity and well being. **Safe throughout the fertility journey.** A natural method of healing not associated with religion. Insights, visualisations and energy oils including Spagyric remedies support the treatment and I have found it most beneficial for conception, during pregnancy and parental bonding .

## **Spagyric Energy Remedies:**

**Suitable throughout the fertility journey:** A blend of “energy medicine” which combines herbal plants, homeopathy, aromatherapy and mineral therapy. This natural healing system complements all forms of medicine and remains completely non-toxic so safe during conception, pregnancy, child birth and post partum.

It is based on a holistic healing system which takes into account many traditions including The Four Elements, Fire, Air, Water and Earth, the dual principle of Male/Female, Light and Darkness and considers the physical, mental, emotional and spiritual aspects of fertility and pregnancy.

Essences are generally taken orally, 20 drops three times per day for a set period of time but it is possible to use them as a room spray, add to the bath or apply topically as a cream. There are many pre-blended essences or I am able to personalise essences using numerology and your name.

## **Meditation:**

**Suitable throughout the fertility journey** to encourage focus, trust and acceptance in the outcome. Meditation is different to hypnotherapy because it teaches silence between your thoughts, positivity and self worth rather than focusing on a visualisation on a positive conception or pregnancy. Breath work, mindful movement, visualisation and mantras support a fertile mindset and are very helpful during all aspects on life including when you are wanting to have a family, prepare for pregnancy, trying to conceive not to mention the 2 weeks wait! During pregnancy meditation helps you to connect with your baby whilst breathing meditation and visualisations support labour. Once mastered meditation offers a sense of stability, calmness, peace and balance that has multi-factorial benefits throughout life. Meditation is offered during treatments, taught 1-2-1, in addition to small evening and weekend groups and is suitable for everyone .

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With over 16 years experience specialising in women's health and fertility Justine Evans BSc N.Med has a degree in Nutritional Medicine, is trained in Asyra™ Health Screening and Far Infrared Thermal Treatment. She has ITEC and Vodder qualifications in massage, lymphatic massage and reflexology, a Reiki Master/Teacher and qualified Meditation Teacher. Her therapeutic and practical approach is aimed at helping you maximise your fertility potential and ensure a healthy pregnancy, birth and child. Most complementary therapies can be blended to suit your needs. She is a member of the NNA (Naturopathic Nutrition Association), CThA (Complementary Therapists Health Association), The Fertility Reflexology Network, The Foresight Charity and The Infertility Network.