



Rejuvenation & Well Being
Live from the heart.

Phone: 707.795.1063
Email: Office@RejuvAndWellBeing.com
Web: www.rejuvandwellbeing.com
315 East Cotati Ave. Suite A, Cotati, CA 94931

"One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition. It is the substitution of artificial therapy over natural, of poisons over food, in which we are feeding people poisons trying to correct the reactions of starvation."

-Dr. Royal Lee

Rejuvenation & Well Being

Issue #4

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We are pleased to present our 4th monthly Health and Wellness Newsletter! As always, we welcome any feedback and questions. We thank you for your continued support and hope you find something of value within. Please pass this along to any who may benefit.

Sincerely,
Dawn Dolan &
Christine Calaway
Rejuvenation & Well Being

Is Fatigue Your Middle Name?



Don't get up in the morning with eagerness and vitality for the day ahead? Do you drop after lunch or mid afternoon and wish we lived someplace where afternoon siestas were the norm? Are you collapsing after dinner and having no evening time to spend doing something with your family or something else that interests you?

This most common phenomenon has many possible causes - stress, poor dietary choices, hormone imbalances, allergies, infections or drug reactions to name just a few. With the questions we ask and the tests we do, we can put you on the right track to regain the energy

Eat Well... Feel Well!

Lemon Sole with Salsa Verde



2 bunches fresh basil, chopped
2 garlic cloves, minced
4 oz. grated Parmesan cheese
4 hard boiled eggs, chopped
Extra virgin olive oil
Salt and pepper
12 lemon sole fillets, skinned
Flat leaf parsley, to garnish

Preheat broiler.

Meanwhile, prepare salsa verde: mix

you need to enjoy life again.

Let us help!

Create Your Own Non-Toxic "Medicine Cabinet"



For Energy Boost:

- | | | | |
|-----------------------------|-------------|---|-----------|
| 1. <u>Super EFF</u> | 3-6 per day | 4. <u>Eleuthro</u> * | 2 per day |
| 2. <u>Cellular Vitality</u> | 2-4 per day | 5. <u>Herbal Vital</u> * | 2 per day |
| 3. <u>Drenamin</u> | 1-3 per day | *not to be used during pregnancy, lactation, acute infection or fever | |

The next Group Supported Detox Program will begin on July 5th! Please call the office for details: 707.795.1063

[Click here to place an order from the Non-Toxic Medicine Cabinet](#)

About Us

Dawn Dolan has been a practitioner of [Jin Shin Jyutsu](#) since 1990. She is a strong advocate for integrative healthcare, consulting with medical doctors, chiropractors, acupuncturists, psychotherapists, body workers, massage therapists and other healthcare professionals.

Dawn has been practicing [Acupoint Nutritional \(or Integrative\) Testing](#) since 2004. She has trained for the past several years with Dr. Freddie Ulan using Nutritional Response Testing, and with microbiologist and Clinical Nutritionist Dan Newell using Acupoint Integrative Testing.

The combined benefits are profound. The nutritional testing uses specific points along the acupuncture meridians to check specific homeopathic antigens, hormones, vitamins, minerals, as well as other physiological markers to monitor the integrity of the body systems, creating a remarkably successful methodology for pinpointing appropriate whole food supplements and herbal remedies. The results speak for themselves!



Dawn Dolan, MA

together the basil, garlic, parmesan and eggs. Add enough oil so that the mixture is moist yet still stiff enough to hold its shape. Add salt and pepper to taste.

Brush each sole fillet with olive oil and season with salt and pepper. Broil, turning once, until cooked, 8-10 minutes.

To serve, place 2 of the fillets on each of 6 warmed serving plates. Top with salsa verde and enjoy!

Testimonials

"I have had severe to moderate chronic asthma since infancy. Since I've been seeing Dawn for nutritional testing, I've experienced an 80-90% improvement in my asthma."
- D. Stone

"Starting in 2000, I began having kidney stones. Doctors were good for nothing more than pain medication. Several stones later, I thought I had discovered the triggers and gotten the problem under control. After 2 years without a stone, I suddenly had 2 within 1 week of each other. Since doctors were useless, I came to Dawn. After a crash-course detox and 2 months of nutritional protocol, I have improved my diet, increased energy, and no recurring stone attacks." - A. Sevilla

