



Rejuvenation & Well Being  
Live from the heart.

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*"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, LLC

Issue #77

## Greetings!

We are pleased to present our 77th 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  
Rejuvenation & Well Being, LLC

# Prepare for the Allergy Season and Head off Those Irritating Symptoms

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[www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)

[Email us](#)

[liveitlifestyle.com/lessons](http://liveitlifestyle.com/lessons)

## Eat Well... Feel Well!

## Chicken Pad Thai



**3-4 servings**

1½ lb chicken, cut into  
small 1" chunks

4-5 Tbsp. coconut oil

5 cloves garlic, finely  
chopped



As we approach spring and pollen levels are steadily increasing, now is a great time to begin preparing for allergy season. We cannot eliminate or change the environmental factors this spring, but we can make lifestyle changes to help counteract the effects.

When your body determines that something is a "foreign invader," it releases histamine that causes an immediate inflammatory response. This is your body's way of alerting you of potential attackers to your immune system. Histamine is produced by white blood cells to increase the permeability of the capillaries to proteins and white blood cells, allowing them to engage pathogens or "foreign invaders." The classic symptoms of an environmental allergic response (a runny/stuffy nose and itchy, watery eyes) are due to fluid escaping the capillaries into the tissues when permeability is increased in the nasal mucous membrane.

Allergic response to food and mold can mirror and intensify the same reaction in addition to itchy skin, rash and hives, swelling, sluggishness, respiratory issues and gastrointestinal problems. The immune system kicks into high gear to push out toxins and return to a normal state. If your body is under constant attack from food and/or mold allergies, your body's baseline may be affected and in your "normal" state, you might be constantly challenging your immune system. **If your immune system is always stressed and overburdened, you are more likely to have a more intense reaction during the typical spring allergy season. If you eliminate these extra factors, your body will be more efficient at handling environmental allergens.**

Please don't fall into the trap of taking prescribed or over the counter medications for seasonal allergies. The purpose of

5 Tbsp. fish sauce

2 Tbsp. coconut  
amino acids

5 Tbsp. fresh lime juice

2 tsp apple cider  
vinegar

5 Tbsp. chopped fresh  
cilantro

4-5 green onions, finely  
chopped

1 12oz package of  
broccoli slaw

2 cups bean sprouts

2 medium carrots,  
shredded

Optional: add 2 Tbsp.  
chopped cashews

Heat a wok over medium-high heat. Add oil and garlic, cook about 1 minute.

Add chicken and cook 2-3 minutes, stirring frequently, until lightly browned.

Add fish sauce, coconut amino acids, lime juice and vinegar. Cook at a rapid simmer until chicken is cooked through, about 5-8 minutes.

Add broccoli slaw, bean sprouts and shredded carrot. Cook, stirring frequently, until soft but still firm, about 3-4

these drugs is to *suppress the immune reaction*, not rid your body of allergies. What happens if you suppress your immune system? You leave yourself less protected from other invaders or illnesses. Over time this can take an enormous toll on your health and well-being.

Why not prepare your body by eliminating factors that challenge your immune system? Rid yourself of toxins and eliminate the foods that cause you to react. You may find that your normal baseline will shift to an amazing feeling of well-being with increased energy and vitality. To help you determine which food choices may challenge your immune system and contribute to a higher toxin load, please revisit our newsletter from January to learn more about the Purification Program and how you can lessen the body's toxic load. [Click here for January's newsletter.](#)

**Give yourself an extra edge by providing your immune system with additional support.** With proper supplementation you can boost your immune system and be less vulnerable to allergen reactions. Please see the Non-Toxic Medicine Cabinet for immune support and natural options for allergy relief. Please schedule an appointment with Dawn to determine your optimal protocol to combat seasonal allergies. 707.795.1063

minutes.

Toss or garnish with green onion, cilantro and optional cashews.

## Testimonials

"I was very excited to find Dawn: local, modestly priced, and working with natural, concentrated, whole foods based supplements by Standard Process. She was able to quickly figure out I was suffering from mercury toxicity and side effects from immunizations.

She had me start a safe, natural and effective supplement regimen to eliminate the mercury and immunizations from my body. Over the weeks, she monitored my progress, fine tuned the regimen and coached me through numerous healing crises.

I don't know exactly how Dawn works; it seems she knows and feels in the body's energy meridians and acupuncture points, while muscle testing with a cache of diluted substances, similar to what a doctor would use for allergy testing. Her work is detailed, sensitive, very accurate and powerful.

## Create Your Own Non-Toxic "Medicine Cabinet"



### To help boost your immune system:

- **Livaplex** – supports liver and toxin elimination
- **Super EFF** – supports cellular health and increases energy
- **SP Green Food** – Provides phytonutrients and antioxidants
- **Immuplex** – supports a healthy immune response
- **Echinacea Premium (MediHerb)** – encourages healthy upper respiratory tissue

\*Please call the office for proper dosage and instructions 707.795.1063

I am grateful for Dawn's help and I can honestly say she has been an important person on my healing journey."

David W.



## 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, ACN