



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

Issue #70

Dear Christine,

We are pleased to present our 70th 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

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Eat Well...

Feel Well!

Fruit & Veggie Popsicles



Red

½ cup water
¼ cup cooked sweet potato puree
½ cup strawberries
¼ cup cooked carrot puree
¼ cup cooked beet puree
¼ cup mashed banana
2 T. lemon juice

Orange

½ cup orange juice
¼ cup cooked sweet potato puree
¼ cup strawberries

Sugar Substitutes: the Good and the Bad



The unhealthy effects of refined sugar have been well documented for decades. In the 1980's artificial, no calorie sweeteners became a popular substitute for those concerned with high blood sugar and other harmful effects of over consuming refined sugars. These no calorie sweeteners turned into a free pass to consume sweet foods and beverages without repercussions...so they thought. We now know that

the side effects are much more detrimental to our health than sugar ever was.

Some artificial sugar substitutes are more well-known than others, but most of them hide in plain sight. You'll find them in processed baked goods, beverages, crackers, frozen treats, salad dressings, and many other food products (you can bet anything labeled as sugar-free too!).

Aspartame, probably the most well-known of the artificial sweeteners, has some truly nasty side effects. The problem with aspartame, like all artificial sweeteners is that it's not really a food. It is actually a chemical compound that once eaten, breaks down into methanol and then into formaldehyde. There are roughly 90 documented symptoms reported as linked to aspartame consumption. Some of these include: fatigue, weight gain, depression, headaches, migraines, insomnia, irritability, dizziness, nausea, vertigo, slurred speech, breathing difficulty, seizures, anxiety attacks, memory loss, numbness, rashes, loss of taste, muscle spasms, chronic urinary tract infections, hearing loss, vision problems, tinnitus, tachycardia, heart palpitations and joint pain.

The following chronic illnesses can also be triggered or worsened by consumption of aspartame: Parkinson's disease, brain tumors, Alzheimer's disease, Lymphoma, birth defects, Multiple Sclerosis, mental retardation, Epilepsy, Diabetes and Fibromyalgia.

Aspartame is especially harmful to children. It is one of the chemicals highly suspected in the development of brain disorders, including learning disabilities, such as Asperger's; it is composed of chemicals with the strongest evidence of developmental neurotoxicity.

Sucralose is best known by its brand name, Splenda. The manufacturer's own short-term studies showed that very high doses of sucralose is shown to cause shrunken thymus glands, enlarged livers, and kidney disorders in rodents. A more recent study also shows that Splenda significantly decreases beneficial gut flora.

Self-reported adverse reactions to sucralose collected by the Sucralose Toxicity Information Center include skin rashes/flushing, panic-like agitation, dizziness and numbness, diarrhea, swelling, muscle aches, headaches, intestinal cramping, bladder issues, and stomach pain.

Agave Nectar (or High Fructose Agave Nectar) consists of 70% to 90% fructose-that's more than

½ cup cooked carrot puree
¼ cup mashed banana
¼ cup orange puree
2 T. lemon Juice

*if you do not wish to make your own cooked fruit/veggie purees, you can use already made baby food.

Make the red popsicle recipe first if you choose to layer the flavors shown in the picture. Both flavors can be made to stand alone.

Put all ingredients for the red puree in a blender or food processor and let it mix until very well blended (no chunks left). Pour the mixture into the popsicle molds - if you are layering, only fill the mold partially. Insert the wooden popsicle stick in the center and place in freezer.

Pull the popsicle molds out of the freezer after about 3 hours and fill the remaining space in the molds with the orange puree.

Put the molds back in the freezer. They should be ready to eat in another 3 hours.

**Berry Banana
Ice Cream**

what is found in high-fructose corn syrup. Agave's high fructose levels go directly to the liver, where the organ repackages it as blood fats called triglycerides, increasing heart disease risk. These high fructose levels can also contribute to insulin resistance, a risk factor for diabetes, as well as nonalcoholic fatty liver disease.

There are better, more natural alternatives to refined sugar to consider. ***Although they are better, it is still important to use restraint when consuming any kind of sweetener, whether naturally derived or not.***

Raw Honey is actually a whole food; it isn't processed with chemicals and all of its vitamins and minerals are intact. It also contains amino acids, specific types of electrolytes and antioxidants, and antimicrobial compounds that help support your body and keep you healthy. So, **in moderation**, one of your best options when it comes to sugar substitutes is to use pure, raw honey.

Green Stevia Powder is a raw, no-calorie, all-natural sweetener that comes from the leaf of a flowering plant. This is the pure stuff, and the only healthy kind of stevia. Most brands of stevia on the grocery shelf are blended with high glycemic GMO Corn Maltodextrin highly processed with chemicals to get rid of the peculiar aftertaste. Pure dried stevia leaf is available in a fine green powder that is 30 - 40 times sweeter than sugar. Be very careful and read the labels when shopping for stevia to avoid unhealthy versions.

Coconut Palm Sugar holds trace amounts of vitamins and minerals. Most notable of these are the minerals Iron, Zinc, Calcium and Potassium, along with some short chain fatty acids, polyphenols and antioxidants that may also provide some health benefits. It also contains a fiber called inulin, which may slow glucose absorption and explain why coconut sugar has a lower glycemic index than regular table sugar.

It is most important to understand that added sugars or sweeteners (natural or otherwise) should be used in very conservative moderation or avoided altogether. Consumed in excess, added sugars (including simple carbohydrates which convert to glucose) feed bacteria, viruses, and cancer and will cause a variety of problems such as metabolic syndrome, obesity, diabetes and cardiovascular disease.

If you would like further guidance with your eating habits or think over-consumption of sugars has



Serves 6

3 frozen bananas
1 cup frozen raspberries
1 cup frozen blackberries
1 tsp. vanilla
1/2 cup coconut cream

Combine all ingredients in a high-powered blender or food processor.

Blend until smooth.

Place the ice cream in the freezer for 30-45 minutes to let it firm up.

Serve immediately or keep in the freezer for later.

If you save it for later, let it sit at room temp for 10 minutes before scooping.

Testimonials

"The symptoms that I was having were an overall sluggish/tired feeling that would not go away. No ambition

caused issues for you, please call the office to schedule an appointment with Dawn. 707.795.1063

Create Your Own Non-Toxic "Medicine Cabinet"



To Maintain Healthy Blood Sugar:

- **Diaplex** – Encourages healthy blood sugar levels already within a normal range when combined with a healthy diet
- **Cataplex GTF** – Supports carbohydrate digestion
- **Gymnema** – An herbal product that helps maintain healthy blood sugar levels, helps reduce sweet cravings and suppresses/inhibits sweet taste sensation
- **Zypan** – *for blood sugar spikes with sweets:* combines pancreatin, pepsin, and betaine hydrochloride to facilitate healthy digestion

*Please call the office for proper dosage and instructions *

707.795.1063

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

to complete tasks.

Dawn is absolutely wonderful! Because of her knowledge I feel much better! My energy is back up, my state of mind is much happier and I feel like I can accomplish anything!

Thank you Dawn!!"

C.S., Santa Rosa

"The results I have achieved through working with Dawn Dolan have given me a new lease on life.

After trying numerous other avenues, I experienced how Dawn and her expertise in Acupoint Nutritional Testing quickly pinpointed the cause of my lifelong ailments and accurately determined the precise remedies that would bring me back to the pink of health.

I am immeasurably grateful to Dawn for her caring support and wise counsel, which have truly changed my life.

Thank you Dawn!"

R.M., Santa Rosa