



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](#)

Issue #45

Greetings!

We are pleased to present our 45th 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

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Antibiotics & Their Effect on Your Immune System

Simple Homemade Sauerkraut in a Mason Jar



Antibiotics were developed to kill unwanted bacteria...and they work very well at killing bacteria. So well, that doctors have a tendency to prescribe them often for colds and other viral infections, even when they haven't confirmed a bacterial infection. What harm can that do? Plenty!

Using antibiotics to rid your body of a bacterial infection may weaken your gut by damaging the good flora (good bacteria) that is needed to heal. More than 80% of your body's immunity is developed in the intestinal tract by the beneficial bacteria balance that resides there.

Antibiotics will not discern between good and bad bacteria...they will indiscriminately destroy both.

When your gut flora is damaged, the bacterial



Yields 1 to 1 1/2 quarts

1 small head green cabbage (about 1.5 pounds)

1 small head purple cabbage (about 1.5 pounds)

1 cup shredded red beets

1 ¾ tablespoons Celtic sea salt

Slice cabbage thinly into strips about 2 inches long.

Combine sliced cabbage with shredded red beets and salt in a large bowl. Begin working the salt into the

balance becomes unchecked and your immune system is considerably weakened, leaving you open to foreign invaders and more susceptible to future infections.

In addition to damaging your gut flora, the overuse of antibiotics leads to what are commonly known as "super bugs." Bacteria learn to adapt, become stronger and resistant to antibiotics. What's worse is that the "super bugs" share the information with other bacteria they may later come in contact with in their environment, creating more antibiotic resistant bacteria.

Antibiotics do have a place in our repertoire for defeating selected issues. For the aforementioned reasons, antibiotics should **only** be used for serious issues.

When the occasion arises that you need antibiotics, there are measures you can take to increase the good bacteria and help your gut to heal.

- Get rid of refined carbohydrates, processed foods and sugar in your diet. Consuming these "foods" helps to feed bad bacteria and keeps them thriving, thus creating the imbalance that threatens the fitness of gut flora and weakens the immune system.
- Just eat whole foods with all of their nutrients intact!
- Add fermented foods that act as natural probiotics (encourages good bacterial growth). Choose foods such as sauerkraut, kimchee, kefir, yogurt, or any other fermented vegetables.
- Use whole food supplements that help

cabbage by massaging and squeezing the cabbage with your hands - about 5 to 10 minutes.

Pack the mixture into a 2 quart mason jar. Keep pressing cabbage mixture down until tightly packed. Pour any liquid released from the cabbage mixture into the jar as well.

Weigh the cabbage down with a smaller mason jar that fits easily through the opening of the 2 quart jar. Place clean stones or marbles into the smaller jar to help weigh it down. The cabbage mixture needs to remain submerged beneath the liquid throughout the fermentation process.

strengthen your immune system and rebuild the gut (see the Non-Toxic Medicine Cabinet).

These methods are also the best way to help your body's ability to fight off bacterial infections and restore the balance of gut flora without harmful side effects. For a specific protocol designed to help your body rid itself of bacterial infections or restore your beneficial gut flora, please call the office to schedule an appointment with Dawn for testing.

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Cover the mouth of the mason jar with cloth and secure it with twine or a rubber band. Allow the sauerkraut to ferment for 10 to 14 days, mixing every few days. Be sure to keep the cabbage mixture submerged after each mixing. As it is fermenting, keep it away from direct sunlight at about 65° to 75°.

Begin tasting the sauerkraut at 10 days. When the flavor you prefer has developed, it is done. Skim off any white "scum" before refrigerating. Sauerkraut will store for several months in the refrigerator.

Testimonials

I wouldn't go to bed without taking at least three ibuprofen pills for

Create Your Own Non-Toxic "Medicine Cabinet"



To help your body's ability to fight off bacteria:

- **Thymex** – supports a healthy thymus gland, master gland of the immune system
- **Spanish Black Radish** – Supports the body's normal toxin-elimination function
- **Immuplex** – supports a healthy immune response

To encourage beneficial bacteria after antibiotic use:

- **ProSynbiotic** - supports gut flora and overall intestinal health
- **Prebiotic Inulin** – supports immune system function in the gut
- **Lact-Enz** – supports healthy gastrointestinal flora
- **Lactic Acid Yeast** – establish proper pH balance in the gut and supports a healthy intestinal environment

*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

my (pain) legs. I had severe discomfort that wouldn't let me sleep. I also had chronic headaches and very bad digestion.

OMG!! I am feeling more than great. It's only been three weeks since I started the program here and I feel that my life has changed completely. I don't have any pain that I have to take any type of medicine. I am thrilled with the results. It's like I am a different person with a different mindset. This is a huge blessing for me. Thanks Dawn!! You are fantastic.

SR, Santa Rosa