



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 #15

We are pleased to present our 15th 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

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### Quick Links

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

[Email us](#)

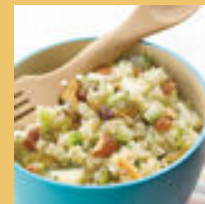
[liveitlifestyle.com/lessons](http://liveitlifestyle.com/lessons)

## Eat Well... Feel Well!

## April Showers Bring May Flowers and Those Pesky Seasonal Allergies Along with Them...



## Quinoa Salad with Apples and Almonds



Serves 6-8

1 cup Quinoa, rinsed  
2 cups water  
2 tablespoons honey  
1/4 cup lemon juice  
1/2 tsp coarse sea salt  
3 tablespoons olive oil

Do you know specifically what causes your allergies? What tests, if any, has your MD run to pinpoint what the biggest offenders are? Imagine if your body became as efficient as it was designed to be, it would be able to process those environmental allergens without causing itchy, watery eyes, uncontrollable sneezing, stuffy nose and fatigue. Our bodies become less efficient and accumulate toxic build up when we eat foods that are not optimal for us. When the body is busy clearing toxins from its systems, it is less able to perform the day to day function of warding off these external invaders that cause a histamine reaction. Using prescription and over the counter drugs will only suppress the body's immune response to allergens... but the drugs don't just selectively suppress this immune response, they suppress the immune system's response to other issues as well (DANGEROUS!). Rather than go the prescription drug or over the counter drug route to suppress the immune system, why not try changing up your diet by eliminating foods that may be overloading or junking up your system?

We have strategies that we would like to share with you. We are offering a free group discussion on how to combat seasonal allergies and cleaning up the immune system by way of eliminating problem foods.

We would like to make this group discussion as accessible to as many people as possible; please see the options below and let us know what works best for you. Once we get enough feedback to determine the most popular option, we will announce the day and time of the event.

Monday 12:30pm to 1:00pm

Wednesday 6:00pm to 6:30 pm

Thursday 5:00pm to 5:30pm

Friday 12:30pm to 1:00pm

Please email us at [office@rejuvandwellbeing.com](mailto:office@rejuvandwellbeing.com) or

call us at 707.795.1063

1 cup diced tart green apple  
1 cup finely chopped celery  
1/3 cup golden raisins  
1/3 cup finely chopped parsley  
1/2 cup coarsely chopped almonds  
Salt and pepper to taste

In a medium saucepan, combine the quinoa and water. Bring to a boil, then reduce heat to a simmer and cover. Cook until tender and the water is absorbed, about 15 minutes. Transfer the quinoa to a large bowl, stir, and let cool completely.

In a small bowl, whisk together the honey, lemon juice, and salt. Gradually whisk in the oil until blended.

Add the apple, celery, raisins, parsley, and almonds to the quinoa and toss the ingredients well. Add the dressing and toss once more to coat the salad. Season it with salt and pepper to taste. Serve at room temperature.

## Testimonials

"Thanks to Dawn, I feel better than I have in years. She identified issues that had plagued me for ages. Things that had been dismissed by doctors multiple times. My protocol, which lasted about 6 months, combined with Dawn's lifestyle and nutritional advice has me functioning at full capacity again... a feeling I haven't felt for twenty or so years. My energy and ability to

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



Stock your Non-Toxic Medicine  
Cabinet with the perfect solution -  
*customized just for you!*

Please call the office to schedule an  
appointment with Dawn Dolan for testing.

**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

focus are through the roof. I feel like a new person and couldn't be more thankful to have found Dawn when I did. The healing process isn't an easy one and I can't imagine a better guide/inspiration than Dawn. Thank you from the bottom of my heart."

T.V. - Novato, CA

"For three years I suffered from various gastrointestinal problems without relief - diarrhea, heartburn, nausea, gas, bloating, appetite changes, weight gain and fatigue. My MD was unable to help me despite many tests, different medications, and diet changes. I came to Dawn after hearing about my daughter's success in treatment for health problems that weren't addressed by her regular physician. It did take time, but today I no longer have GI problems except for occasional heart burn. I can again not worry about leaving the house, my weight has stabilized, my energy has returned and I am enjoying life to the fullest. Thank you Dawn for returning a full and happy life to me!"

