



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 #41

Greetings!

Happy New Year!

We are pleased to present our 41st 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

In This Issue

[Are Your Food Choices Nourishing or Depleting You?](#)

[Non-Toxic "Medicine Cabinet"](#)

[Eat Well... Feel Well!](#)

Quick Links

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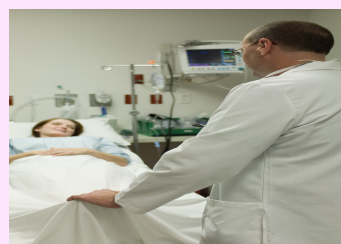
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Eat Well...

Feel Well!

Are Your Food Choices Nourishing or Depleting You?



Grain-Free Crab Cakes



Serves 4

Do you convince yourself that the effects of bad food choices are negated by making better choices throughout the rest of the day? If you believe that eating a low calorie meal or participating in high intensity work outs gives you freedom to indulge in sweets or processed foods without potentially serious effects, you won't think so after reading this...

The thing is, not all calories are created equal and if you use caloric tracking or "points" to determine what you consume in a day, you may be depriving your body of the nutrition it needs. Sure, exercise will increase your body's demand for nutrients and you will need to eat more, but it won't erase the negative effects of eating refined sugars, flours and chemicals found in processed foods...especially the foods labeled as "low fat" or "reduced calorie." These foods are stripped of fats to reduce calorie count, **and then** the manufacturers replace the flavor from fat with chemicals and refined sugars which wreak havoc on the body. "Refined sugars are not a nutritional essential. In fact refined sugar, and its "cousin" white flour, are primary causes of the leaching of healthful nutrients from our bodies - while at the same time leading to many unfavorable conditions."

Some of the health effects of refined sugars and flour on your body:

- Feeds cancer, bacteria and viruses
- Increases cholesterol
- Decreases growth hormone
- Interferes with absorption of protein
- Causes food allergies

1 pound
lump crab meat

¼ cup
green onion,
chopped

¼ cup
onion, chopped
fine

½ cup
bell pepper,
chopped fine

2 ½ Tbsp.
lemon juice

1
egg

¼ cup + 1 Tbsp
. mayonnaise

2 tsp
mustard

½ tsp
garlic powder

1 tsp
sea salt

- Causes insulin resistance which contributes to diabetes
- Can cause cardiovascular disease
- Can impair the structure of DNA
- Causes difficulty concentrating
- Contributes to the reduction in defense against bacterial infection (infectious diseases)
- Greatly assists the uncontrolled growth of Candida Albicans (yeast infections)
- Causes depression by lowering serotonin

How refined/processed foods leach healthful nutrients from our bodies:

Whole food is required for the body to properly utilize food for nutrition to run its processes. When you consume a processed food, you are only getting part of its original nutrients. Processing separates vitamins, minerals and enzymes into a fraction of their original forms. Since **ALL of its parts are required by the body for assimilation**, the body must "borrow" these missing parts from body tissues, relieving **you** of the vital nutrients needed to maintain health.

Don't allow your good choices to be negated by bad choices; eat whole foods and reap the benefits that nature intended!

If you have questions regarding the best food choices for you, please call the office to schedule an appointment with Dawn. **707.795.1063**

1/4 tsp

cayenne pepper

1/4 cup + 1 Tbsp.

almond flour

1/4 cup coconut oil

Mix all ingredients (except for coconut oil) very gently, adding more almond flour if too wet. Shape into 4 cakes and set aside. Heat coconut oil in a large pan over medium/high heat. Add crab cakes to the pan and cook for 4 minutes or until lightly browned on each side. Serve immediately with a homemade aioli or vinaigrette and greens.

Create Your Own Non-Toxic "Medicine Cabinet"



To Help Rid the Body of Toxins and Chemicals:

Multizyme

To break down chemicals in food
*taken on empty stomach

ChelaCo

Herbal remedy to help clear toxins and
protect the body

Cholacol II

To absorb broken down chemicals so
they are not reabsorbed into the body

Parotid PMG

To support the body's chemical defense
mechanism

Please contact the office for dosage, pricing and any other questions.

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"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!"

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

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