



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

Monthly Health & Wellness Newsletter Feb 2011

Are you concerned with all of the diseases being spread around?

Protect Yourself!

Boost your immune system with the fuel it needs to do its job. We all know that not everyone who is exposed to disease becomes ill. What is their secret?

The news is full of headlines about new strains of the flu, a resurgence of pertussis and such. The usual solution for protecting your health is a vaccine that is promoted as a “magic bullet.” However, we are also hearing about problems caused by these very vaccines. Some have been discovered to be contaminated or lethal only after being given to the public, most contain preservatives which are neurotoxins, and others simply do not fulfill their promises.

What to do?

If you choose to take the vaccines, do come in for an immune boost to protect against any unwanted side effects. If you choose to forgo the vaccines, do come in to see what your body is asking for to keep its natural immunities intact and optimally functioning.



NEW! Health Maintenance Program

Gaining your health without maintaining it, is like winning the war, but losing the peace.

For our regular clientele:

When you are past the acute phase of any health concerns and are feeling wonderfully “normal,” do take advantage of our “Health Maintenance Program.”

If you schedule in on a regular basis for a check-in/check-up, you will receive a yearly HRV test (valued at \$45) at no charge. In order to take advantage of this offer, we suggest one of the following:

If coming in 1 time every 3 months, you will generally need only a 30 minute appointment time.

If coming in 1 time every 6 months, you will generally need a 45 minute appointment time.

If coming in 1 time each year, a 1 hour appointment should be sufficient. **Of course, if an acute condition arises at any time, please call immediately to schedule an appointment.**

What is the HRV Test?



The Heart Rate Variability monitor is the best indicator of the functional integrity of all physiological processes (i.e., neural, autonomic, hormonal, etc.) in the human body!

For more info, go to →

<http://rejuvandwellbeing.com/articles/what-is-heart-rate-variability>

Create Your Own Non-Toxic "Medicine Cabinet"



What you can do at home to protect yourself and boost your immune function for prevention!

Whole Food Supplements:

Dosage

Cruciferous Complete	2/day
Epimune	2/day

If fatigued on a regular basis, add

Herbal Supplements:

Echinacea Premium	2/day
Vitanox	2/day
Gut Flora*	2/day

**Add Gut Flora if you have a history of frequent or long term antibiotic use*

Please call the office should you have any product questions!

Eat Well... *Feel Well!*

Oven Poached Wild Salmon

Serves 6

2 pounds filet of wild salmon

4 cups fish stock or 4 cubes of fish

bouillon in 4 cups of boiling water

Butter a small rectangular glass pan and set the filet, skin side down, in the pan. Bring the stock to a boil and pour over the filet. If the liquid does not cover the fish, add filtered water. Set in 325° oven and poach until just tender, from 10 to 15 minutes depending on the thickness of the filet. Remove from oven when the inside is still a little rare; you can check for doneness with a fork. Serve immediately.

For a more elegant presentation:

Oven Poached Wild Salmon with Tarragon Butter Sauce

Serves 6

½ cup butter, softened

1 Tbsp fresh tarragon leaves, snipped

1 tsp vinegar

Prepare salmon as directed above. After removing salmon from the oven, set the filet on a heated platter, cover with a lid or a piece of parchment paper, and keep in a heated oven while you prepare the sauce. Pour the stock into a heavy skillet and boil vigorously until it reduces to about 1 cup. Allow to cool slightly. Pour cooled stock into a bowl set in barely simmering water. Using a wire whisk, add butter 1 Tbsp at time, beating vigorously with each addition. Stir in vinegar and tarragon. Do not let sauce boil. When all the butter has been incorporated, check for seasoning. Salt will probably be unnecessary. Spoon sauce onto each filet and serve immediately.

Let us help you create your Non-Toxic "Medicine Cabinet"

Supplement Order Form

PRODUCT	ITEM#	SIZE	PRICE	QUANTITY	YOUR COST
CRUCIFEROUS COMPLETE	2960	90C	\$24.00		
EPIMUNE	4050	90C	\$65.00		
ECHINACEA PREMIUM	M1240	40T	\$29.50		
	M1245	120T	\$84.00		
VITANOX	M1462	40T	\$31.50		
	M1468	120T	\$89.00		
GUT FLORA	M1318	40C	\$28.00		

				Total	
<input type="checkbox"/> I would like my order shipped – add \$8.50 charge <input type="checkbox"/> I will pick up my order at Rejuvenation & Well Being (No shipping charge for pick up)				CA residents add 9.5% Sales Tax	
				Shipping	\$8.50
				Total	

Name _____ Phone _____

Billing Address _____ City _____ State _____ Zip _____

Shipping Address _____ City _____ State _____ Zip _____

☐ My shipping address is the same as my billing address

Signature _____

Payment by credit card: If we do not have your credit card on file, please call our office to complete your order.

Payment by check: please make checks payable to Rejuvenation & Well Being.

Please mail, email, fax, or call your order in:

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