



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 #36

Greetings!

We are pleased to present our 36th 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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Are you running on artificial energy?

Do you need caffeine or sugar to get you going in the morning or to sustain you in the afternoon or evening? Coffee, chocolate, sugar or the well-advertised 'energy' drinks all give us a temporary boost in that feeling of being energized but then leave us feeling even more depleted a few hours later. Just stopping these energy crutches is generally not a viable option for most of us - we're busy and can't afford the down time to let our bodies reset to a more normal energy rhythm. Often we are planning more to do in our daily schedules than seems humanly possible but we

Eat Well... Feel Well!

Energy Snacks



try not to notice this discrepancy. What to do?

It is your adrenals that supply the energy boosts you feel when using the stimulants, not any outside added free energy. Over time, this can cause such severe adrenal depletion that the entire endocrine system may be disrupted leading to weight gain around the midsection of the body, anxiety, depression, and immune challenges.

One of the major contributors to a successful transition is a program of adrenal support during this process. A good place to start is to consider the way in which you are fueling your body. When and what are you feeding this amazing 'machine' that hosts our spirit? There are many different dietary choices to suit various genetic preferences and requirements, but they all have a few things in common. Eat a balance of clean protein, good fats, fresh vegetables, some fruit and a few fermented foods. Eat small but adequate portions every few hours to keep your blood sugar even and able to sustain all of your activities. With this in place, you will find the need for those artificial energy boosters fading away.

If this has been a long-standing way of life for you, a designed program of specific adrenal support could be helpful to alleviate any of the above-mentioned problems that you are experiencing. See our section this month on the Non-Toxic Medicine Cabinet.

Be well, Be Healthy, Be Happy,
Be Energized!!



Don't let your energy drop between meals
- munch your way to feeling great!

Gather:

Organic unsulfured
dried fruits, nuts and
seeds.

Try:

apricots
cherries
mangoes
berries
currants
raisins

Try:

cashews
almonds
any other nuts

Try:

pumpkin
sunflower seeds

Put 1/2 cup of any mixture that appeals to you in a small container that can easily fit into your pocket, purse or the glove box of your car.

Create Your Own Non-Toxic Medicine Cabinet

Energy Support for the Whole Person

Drenamin - maintain energy production

Drenatrophin PMG - long term support of adrenal function for stress and fatigue

Super EFF -provides precursors for energy production

Nutrimere - promotes vitality

Daily Fundamentals packs - combination of 7 supplements designed to provide convenient maintenance for the whole body

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

Change it up from time to time for variety and **do forget to include** the things that melt easily - *yes, I do mean to leave out those chocolate bites....*

Enjoy the tastes -
Enjoy the energy!

Testimonials

When I first came to see Dawn, I felt very tired and couldn't lose any weight. I had no energy, my cycle was very off and I was suffering from severe heartburn. I had been to see my regular doctor and others and was unable to find relief for my symptoms.

Since I have been

themselves!



Dawn Dolan, MA

seeing Dawn, I have more energy, my cycle has been on track and I have been able to loose 17 lbs. I am starting to feel like my old self again. Thank you!

Lisa L Santa Rosa,
CA