



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, LLC**

Issue #71

**Dear Christine,**

We are pleased to present our 71st 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, LLC

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### Quick Links

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**Eat Well...**  
**Feel Well!**

# Back to School Nutrition



A brand new school year is upon us once again...it's time to switch gears and prepare our children (and ourselves) for the challenges ahead.

Most importantly, if we want our children to stay focused and get the most out of their education, we must help them to maintain their health through proper nutrition. Eating a variety of nutrient dense foods (and utilizing whole food

## Time Saving Tips for Healthy Meals!

- 1) Plan ahead: Set aside time on the weekends to choose a weekly menu and shop from a list
- 2) Prep ahead: Prep anything that can be done ahead for the coming week's menu
- 3) Make lunch the night before: Again, do everything that can be prepped ahead to save time in the morning

## Healthy Breakfast & Lunch Ideas!

Be sure adequate protein is served at

supplementation when necessary) will help our children to maintain strong immune systems and sharper minds. As we get back into the routine of quick breakfasts before dashing out the door and making lunches on the fly, please remember that eating healthfully can be just as easy and fast as grabbing pre-made processed foods or purchasing hot lunch at school. The key is to plan ahead, shop and prep on weekends to avoid relying on processed foods at the last minute during the week. Processed foods contain high levels of toxic additives and simple carbohydrates in the form of refined flours and sugars.

Many products targeted toward children contain unnecessary artificial coloring and flavoring additives. While these are designed to be more visually appealing to kids, they are *highly* toxic. These colorings are derived from petroleum products that have been found to cause hyperactivity and diminished learning ability. Artificial flavoring additives such as, MSG, hydrolyzed vegetable protein, and a variety of other ingredients that contain processed free glutamic acid, act as excitotoxins (causing over stimulation of brain cells in the hypothalamus) which can cause hormonal and emotional disruptions. These often start with symptoms of ADD, ADHD, dyslexia and learning disabilities and can develop into mental disorders: schizophrenia, manic depression, bi-polar disorder and clinical depression.

Foods overloaded with refined flours and sugars cause a swift release of insulin and increase of energy followed by a crash when glucose quickly leaves the bloodstream. This leads to hypoglycemia (low blood sugar), causing fatigue, headaches, mood swings, depression and "brain fog." Furthermore, processed foods are just plain bankrupt of nutrition and can't provide our kids with the nutrients to help them thrive and maintain wellness.

Hot or cold lunches offered at most schools are not much more than processed junk foods heated/unpackaged and served in the cafeteria. Even though they offer a salad bar and fresh fruit, the main course is much less desirable nutritionally. Here are two examples from the August lunch calendar of a local Sonoma County school:

breakfast time. Eggs are the most excellent source of protein and essential fats. Avoid processed cereals and pastries.

Try instead:

## ***Protein Porridge***



*Serves 2*

1 ½ cup water  
2 tsp coconut oil  
¼ cup + 2 tbsp almond meal  
¼ cup + 2 tbsp shredded coconut  
2 tbsp hemp seeds  
2 tbsp chia seeds  
2 tbsp golden flaxseed meal  
1/2 tsp vanilla extract  
1/2 tsp cinnamon

### **Directions**

*Overnight steps:*

Combine all ingredients in a large mason jar or bowl, mix it up well and store in a container with a lid. Refrigerate overnight and mix up in the morning, add milk or more water to loosen up.

Optionally heat on the stove for 2 minutes if

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Grab & Go Tuesday  
PB&J Uncrustable

#### PB&J Uncrustable Ingredients

Bread: Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Unbleached Whole Wheat Flour, Sugar, Yeast, Soybean Oil, Contains 2% Or Less Of: Salt, Dough Conditioners (Distilled Mono And Diglycerides, Datem, Enzymes [With Wheat Starch, Ascorbic Acid, Calcium Peroxide]). Peanut Butter: Peanuts, Sugar, Contains 2% Or Less Of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed And Soybean), Mono And Diglycerides, Salt. Grape Jelly: Sugar, Grape Juice, Contains 2% Or Less Of: Pectin, Citric Acid, Potassium Sorbate (Preservative).

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Baked Chicken Nuggets  
100% Mozzarella Pepperoni Pizza  
Peanut Butter Jelly Sandwich with  
String Cheese  
Berry Blend Parfait

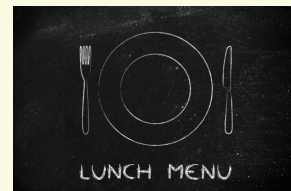
#### Tyson Chicken Nuggets Ingredients:

Boneless chicken breast with rib meat, water, wheat flour, contains 2% or less of the following: brown sugar, corn starch, dried garlic, dried onion, dried yeast, extractives of paprika, natural flavor, salt, spices, wheat starch, white whole wheat flour, yellow corn flour. Breading set in vegetable oil.

While the school cafeteria lunches may seem convenient, the health effects will certainly be most inconvenient. Please see "Eat Well...Feel Well" section for recipes, tips and suggestions for convenient, time saving, healthy meals and snacks.

If you'd like more specific information regarding your or your children's daily nutrition and to learn more about

you'd like to eat it warm or just serve cold and add desired toppings such as: fruit, nuts and more cinnamon!



#### Pack plenty of protein, veggies, and fruit for lunch too

- Cheese sticks or slices
- Nuts
- Celery sticks with cream cheese or nut/seed butter
- Apple slices with nut/seed butter
- Whole milk yogurt (unsweetened)
- Egg, tuna or chicken salad
- Nitrate-free lunch meat
- Fresh sliced veggies with dressing or hummus "dip": carrots, bell peppers, snow peas, broccoli, cauliflower, green beans
- Hard boiled eggs
- Berries and other low-glycemic fruits

**Testimonials**

boosting your immune systems with whole food supplements, please call the office to schedule an appointment. 707.795.1063

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



Remember to keep the **Basic 8** on hand:

|  | <u>Child</u> | <u>Adult</u>   |
|--|--------------|----------------|
| 1. <u>Daily Multi Nutrient</u> – <b>Catalyn</b>                          | 1/day        | 2/day          |
| 2. <u>Antihistamine &amp; Detoxifier for bug bites</u> – <b>Livaplex</b> | Up to 3/day  | 12/day         |
| (Dose 1 or 2 at a time every ½ hour if acute)                            |              |                |
| 3. <u>Fever</u> – <b>Calcium Lactate</b>                                 | 1-2          | 4-6            |
| (Dose every 3 hours until fever reduces)                                 |              |                |
| 4. <u>Cold &amp; Flu</u> – <b>Cellular Vitality</b>                      | 1, 2x/day    | 2, 3x/day      |
| 5. <u>Digestive problems &amp; Gas</u> – <b>Multizyme</b>                | 1/meal       | 2/meal         |
| 6. <u>Allergies</u> – <b>Allerplex</b>                                   | 1-3, 2x/day  | 2-4, 4x/day    |
| (Dose every few hours as needed)   |              |                |
| 7. <u>Runny nose &amp; Mucous</u> – <b>Antronex</b>                      | 1-3          | 2-4            |
| (Dose as often as needed for symptom relief)                             |              |                |
| 8. <u>Insomnia &amp; Stress</u> – <b>Min Tran</b>                        | (Insomnia)   | (Insomnia)     |
|  | 2 before bed | 4-6 before bed |
|  | (Stress)     | (Stress)       |
|  | 1, 3x/day    | 4, 4x/day      |

### 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, ACN

"I have been seen by Dawn on 5 separate occasions with the hope of experiencing an increase in my energy level as well as treatment for a knee infection.

I am pleased to say that my energy level increased greatly within 2 weeks. I must also say that following 4 weeks of focus on my knee, it too is feeling remarkably better. I should go on to say that I have been recovering from knee surgery for about two years and I finally, thanks to Dawn, feel normal again. I feel great! Greater energy, physically strong.

Dawn is a true pro and I will recommend her often!"

John L.