



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 #69

Dear Christine,

We are pleased to present our 69th 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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Eat Well...
Feel Well!

Garlicky Caesar Salad



Makes 2 meal size salads

2 T homemade mayo
1 T lemon juice
1 clove of garlic
3 T shredded
Parmesan
Sea salt & pepper, to
taste
1 tsp anchovy paste
2-3 T olive oil

Be on the Lookout for a Surge in Ticks & Mosquitoes



It's been an abnormally wet year and winter wasn't as

cold as it should've been. With the temperature heating up, our environment has created the "perfect storm" for a substantial population of ticks and mosquitoes. More insects survived the warmer winter; meaning more insects have been able to breed in the ideal wet conditions. We can expect to see a rise in tick and mosquito borne diseases this year, but if we get ahead of the problem by taking the proper precautions, we can lessen or eliminate the threat.

Lyme disease has been a hot topic in the media lately as more and more cases have been reported. Lyme disease is spread to animals and humans by ticks carrying the bacteria *Borrelia burgdorferi*. Unlike mosquitoes, ticks do not bite, feed, and go on their way. Ticks have beak-like projections that plunge into the skin of their host. Depending on its type, a tick may feed on the host's blood for hours, days or even weeks.

Prepare Your Environment

Reduce your tick exposure by clearing out areas where lawn and tree debris gathers. Ticks thrive in moist, shady areas and tend to die in sunny, dry areas. Locate compost piles away from play areas or high traffic. Separate them with wood chips or gravel. Don't position playground equipment, decks and patios near trees.

Mosquito eggs require standing water to hatch into successful larvae. Take care of home maintenance needs that can contribute to standing water, including cleaning out gutters and making sure downspouts are attached properly, keeping your lawn grass low, and check irrigation systems for leaking. Remove excess grass, leaves, firewood and clippings from yards.

Reduce standing water to eliminate mosquito threats, including those in children's sandboxes, wagons or plastic toys; underneath and around downspouts, in plant saucers and dog bowls. Other hot spots include tarps, gutters, and flat roofs.

Select plants and shrubs that are not attractive to deer and/or install physical barriers to keep deer out of your yard. Check with your local nursery to determine the best choices for your area.

Know tick hiding places and check them frequently. Fences, brick walls and patio retaining walls are

2 romaine hearts,
chopped
2 cooked chicken
breasts, sliced

Directions:

Place the first six ingredients into the bowl of a food processor or jar of a blender. Blend until garlic is chopped and all is combined.

With motor running, add the oil in a stream to let the dressing emulsify together.

Toss romaine with the dressing. divide into 2 salad bowls and top with chicken.

Homemade Mayo

2 pastured egg yolks
4 tsp fresh lemon juice
1/4 tsp garlic powder
Pinch of cayenne
Pinch of sea salt
Pinch of mustard
powder
1 cup avocado oil

Combine egg yolks, lemon juice, garlic powder, cayenne, sea salt, and mustard powder in a quart size mason jar with an immersion blender. Mix for 30-60 seconds. Add the avocado oil in a very slow stream while

popular hiding places.

Prepare Yourself

Be sure to cover yourself in lots of insect repellent before you head out for hike, especially if you'll be in areas with tall grass where ticks like to hang out. Mosquitoes are most active from dusk through the night, so if you are spending time outdoors in the evening hours, whether camping or just gathering, it's another beneficial time to apply repellent. Since most commercial repellents are highly toxic, try making your own from essential oils and other natural products (see Non-Toxic Medicine Cabinet).

If you will be in areas where ticks or mosquitoes are likely to hang out, it's helpful to wear long sleeves and tuck your pants into your socks. When you return home, check yourself very carefully for ticks and toss your clothes directly in the washing machine. If you do locate a tick, remove it carefully. Grasp the tick as close to its head as possible with a pair of tweezers and gently pull straight out (do not twist). You have about 24 hours to remove the tick before it transmits bacteria.

If you have been bitten by a tick and are concerned with the possibility of Lyme disease, please contact the office to schedule an appointment with Dawn right away. If caught early enough, Lyme disease is easily treatable. 707.795.1063

keeping the immersion blender working at the base of the mason jar.

Keep blending until all the oil is incorporated and the mayonnaise is thick. Will keep in the refrigerator for 4-5 days.

Testimonials

"I am happy to get the word out about Dawn and her total awesomeness. I started having some pretty serious health issues about a year ago and did not want to go the traditional medical route, as I've had bad luck in the past, and loathe medication and all their side effects. I initially went to see Dawn because I was suffering from exhaustion, weight gain, extreme PMS and hypothyroidism. I had ZERO energy and I'm only 32. I have always lived a very active life and love working out, hiking and yoga, but all of this stopped in the last year. I could barely get out of bed. I was, in fact, suffering from a number of things.... adrenal fatigue, candida overgrowth and hypothyroidism. Instead of being told

Create Your Own Non-Toxic "Medicine Cabinet"



Natural Insect Repellent

2 oz. apple cider vinegar

2 oz. water

20-40 drops of either [geranium bourbon essential oil](#), [citronella essential oil](#), [lemon eucalyptus essential oil](#), or [catnip essential oil](#) (Or a mixture of any of these essential oils as long as the total amount used is 20-40 drops)

Start by adding your geranium oil to the apple cider vinegar, witch hazel or vodka. Add a squirt of castile soap if desired and allow it to sit for a couple of minutes before giving the mixture a stir. This will disperse the essential oil in the liquid. Add water and pour into a spray bottle, preferably one made of glass.

Shake well before use. Spray on skin or clothes before going outside.

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

that I would have to go on meds for the rest of my life, I was simply put on a protocol of whole food supplements. I also had to quit carbs and sugar to help clear the Candida, which was much easier than expected. I dropped the weight super fast and slowly but surely, the PMS went away, no more fatigue and my thyroid levels went back to normal without meds!!

Had it not been for Dawn, I may have never gotten to the bottom of my issues, and I am already beyond thankful for everything else she has done for me. She has literally been an angel in my life. I highly recommend her!!"

F.W., Petaluma