



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 #88

Greetings!

We are pleased to present our 88th 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!

Candida Overgrowth



Candida is a yeast overgrowth that can lead to a fungal infection called Candidiasis, that is common and becoming more so over time. Many people experience the symptoms of Candida overgrowth but may not be consciously aware of

Green Chili Chicken Soup



3-4 servings

Ingredients:

2 Tbsp. coconut oil

1/2 cup coarsely

the reason behind them or how they develop. If left unchecked, Candida can become extremely toxic and wreak havoc on your immune system. With proper care and attention to diet, you can avoid or rid your body of Candida overgrowth.

Candida is a yeast that naturally occurs in small amounts on skin and in our mouths and intestines. It won't cause problems unless an external influence encourages the yeast to multiply and the colony will grow out of control. When overproduced, it can break down the wall of the intestine and penetrate the bloodstream releasing toxic by-products into your body and causing leaky gut and Candidiasis. This can lead to many different health problems, from digestive issues to autoimmune diseases.

When toxic by-products are released into your body, your liver is tasked with filtering them out. Your liver can become overburdened and struggle with maintaining blood sugar levels, storing vitamins and minerals, and regulating hormones. Some symptoms of an overburdened liver due to Candida overgrowth include brain fog, irritability, and fatigue. Brain fog can also be caused by Candida taking the glucose that should be going to the brain.

Candida overgrowth leading to leaky gut and an overburdened liver can trigger your immune system to react, causing chronic inflammation. Inflammation can present itself in distressing symptoms like weight gain, skin rashes, and brain fog and can eventually lead to autoimmune disease.

Other symptoms to look out for:

- Skin and nail fungal infections, such as athlete's foot or toenail fungus
- Feeling tired and worn down, or suffering from chronic fatigue
- Digestive issues such as bloating, constipation, or diarrhea
- Difficulty concentrating, poor memory, lack of focus, ADD, ADHD, and brain fog
- Skin issues like eczema, psoriasis, hives, and rashes
- Irritability, mood swings, anxiety, or depression
- Vaginal infections, urinary tract infections, rectal itching, or vaginal itching
- Severe seasonal allergies or itchy ears
- Strong sugar and refined carbohydrate cravings

chopped onion

2 celery stalks, thinly sliced

2 garlic cloves, minced

4 cups chicken broth

1 cup spaghetti squash, roasted and shredded

8 oz. cooked, shredded chicken

½ cup chopped green chilies

1 tsp. dried oregano

Sea salt and pepper, to taste

2 Tbsp. lime juice

Avocado slices (optional)

Fresh cilantro (optional)

Lime wedges (optional)

In a large pot, heat oil over medium heat.

Instructions:

Add the onion, celery, and garlic and cook, stirring occasionally, until beginning to soften, about

What causes Candida overgrowth?

- Eating a diet high in refined carbohydrates and sugar feeds yeast/fungus
- Consuming a lot of alcohol (sugar)
- Taking oral contraceptives disrupts the bacterial balance in the microbiome
- Living a high-stress lifestyle can slow down digestion and trigger inflammation
- Antibiotics kill good bacteria along with harmful bacteria which allows candida to take over

What you can do to avoid or repair damage from Candida overgrowth:

- Avoid sugar and processed foods, especially simple carbohydrates
- Eat vegetables on the low side of the glycemic index
- Limit consumption of fruit low on the glycemic index and avoid those on the high side
- Follow a diet of only proteins, low carb vegetables, and clean fats if you are fighting overgrowth
- Eat lots of raw garlic and coconut oil - both have fungal fighting properties
- Concentrate on replenishing good gut bacteria by eating fermented foods after the decline of overgrowth

If your Candida overgrowth has reached critical levels and you are experiencing severe symptoms, you may need additional intervention. Consider using a natural, whole food supplement approach to eliminate the issue and support your immune system. Please call the office to schedule an appointment with Dawn for further advice and an anti-yeast and anti-fungal protocol designed just for you. 707.795.1063

5 minutes.

Add chicken broth and bring to a boil.

Reduce heat and add spaghetti squash, shredded chicken, green chilies, dried oregano, salt and pepper.

Simmer stew covered over medium low heat for 15 to 20 minutes.

Stir in lime juice just before serving.

Garnish bowls of stew with sliced avocado, fresh cilantro and lime wedges.

Testimonials

"I was very excited to find Dawn: local, modestly priced, and working with natural, concentrated, whole foods based supplements by Standard Process. She was able to quickly figure out I was suffering from mercury toxicity and side effects from immunizations.

She had me start a safe, natural and effective supplement regimen to eliminate the mercury and immunizations from my body. Over the weeks, she

Create Your Own Non-Toxic "Medicine Cabinet"



To Rid the Body of Toxins and Fungi: ~On an Empty Stomach~

- **Multizyme**
- **Zymex Capsules**
- **Zymex II**

Please call the office for proper dosage and instructions 707.795.1063

monitored my progress, fine tuned the regimen and coached me through numerous healing crises.

I don't know exactly how Dawn works; it seems she knows and feels in the body's energy meridians and acupuncture points, while muscle testing with a cache of diluted substances, similar to what a doctor would use for allergy testing. Her work is detailed, sensitive, very accurate and powerful.

I am grateful for Dawn's help and I can honestly say she has been an important person on my healing journey."

David W.

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

