



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

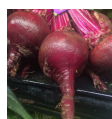
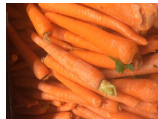
Issue #76

Greetings!

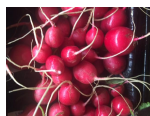
Happy New Year!

We are pleased to present our 76th 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



Cleaning it up with the Purification Program



Have you been struggling with weight loss... or just thinking about adopting a healthier lifestyle with better eating habits?

Would you like to learn how to make better food choices and have more energy?

Where do you start and what do you change?

Begin the new year right with our 21 day **Purification and Weight Loss Program**. In the process, you will learn about your body and what it needs to stay healthy.

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Quick Links

www.rejuvandwellbeing.com

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liveitlifestyle.com/lessons

Eat Well... Feel Well!

Grain-Free Blueberry Pancakes

(from Standard
Process Purification
Cookbook)



Makes 6-8 pancakes

- 2 scoops Whey Pro Complete
- 2 Tbsp. flaxseed meal

It seems like a considerable challenge if you don't have a plan, guidance and/or support. The Standard Process 21-Day Purification Program is an effective way to achieve a greater sense of wellness through a structured and well developed plan. The program supports the whole body's natural toxin elimination and metabolic processes and helps you to establish a long-lasting diet plan that is optimal for your body. Those who have finished the purification program have found:

- Increased energy and vitality
- Better digestion
- Less bloating
- Improved weight management
- Clearer skin
- Shinier hair
- Better sleep
- Clearer thinking
- Better management of challenges related to natural toxin load in the body

The Purification Program isn't just a cleanse diet, it's a structured program that brings healthy lifestyle habits into focus. It's designed to purify, nourish, and help you maintain a healthy body weight by eating whole foods, exercising, drinking nutritious shakes, and taking supplements made with whole foods.

Fad diets sell a lot of books, but they ignore the way our bodies actually work. Gaining the weight back (plus a little extra) is all too common. Our program is different; it is not a diet and you will be encouraged to eat as much as you need to feel satiated.

The menu includes a varied abundance of fresh vegetables and fruits for the first 10 days, with select proteins added on day 11. The supplements support the body's ability to remove naturally occurring toxins and promote a state that allows for toxin release. By the process of elimination and reintroduction, you will also discover which foods nourish you and which ones you should ultimately exclude from your diet.

For the 21 day period, you will eliminate the most common allergens and intolerances for some people: coffee (caffeine), dairy (except organic butter!), sugar, processed foods, grains, nuts, eggs, and most legumes (limited amounts of certain legumes are allowed). It may seem like there isn't much left to eat, but with the Standard Process Purification Cookbook and a little creativity, you will find that you can craft exciting, delicious, and satisfying meals. You may even be inspired to try fruits and vegetables you've never considered before.

See the Purification Program guide [here](https://www.standardprocess.com/Standard-Process/Purification-program/Cookbook#.WPPgdGe1v4Y) and the Purification Cookbook here: <https://www.standardprocess.com/Standard-Process/Purification-program/Cookbook#.WPPgdGe1v4Y>

Another fantastic tool Standard Process provides is the Purification Program app for your smart phone!

<https://www.standardprocess.com/Standard-Process/Purification-Program/Application>

With the app you can track your daily supplements, nutritional shakes,

- 6 Tbsp. coconut flour
- ¼ tsp baking powder
- ½ tsp whole-leaf stevia powder
- 4 flax "eggs" - (mix 1/4 cup flaxmeal with 3/4 cup water)
- 1 cup hemp or coconut milk
- 4 Tbsp. butter
- ½ tsp vanilla
- 1 cup blueberries
- Cinnamon to taste
- Coconut oil for greasing the pan

Mix together all ingredients except coconut oil. Preheat pan over medium heat. Melt a small amount of coconut oil just to lightly grease pan. Use a small ladle and drop pancake batter on pan. Drop blueberries throughout. Once side is lightly browned, flip and brown other side.

Thai Pumpkin Soup

(from Standard Process Purification Cookbook)

water intake, meals, exercise/activity, and how you're feeling. It also includes recipes and a grocery shopping list function. The app helps you stay on track by sending reminders at meal times.

A few things to help you on your purification journey:

- Purchase the Whey Pro Complete (protein powder) to add to your nutrition shakes. It will add an additional 15 grams of protein and make you feel satiated
- Adding ½ a banana helps with the consistency of the shakes, but leave it out if you are aiming for lower carbohydrates
- SP offers vanilla and chocolate flavored versions of the SP Complete for your shakes, but if you don't want to have these flavors for every meal, you can simply add vanilla and/or raw cacao nibs (in the blender, of course!) to them
- Get creative with your shake flavors: try ½ banana, ½ cup pumpkin, ½ cup full fat coconut milk, a few ice cubes, splash of vanilla, and pumpkin pie spice with 2 scoops SP Complete and 2 scoops Whey Pro Complete - delicious and satisfying!
- Adding full fat coconut milk to your shakes gives you healthy fat you'll need to maintain your energy...and it offers extra flavor
- Make sure you are prepared when hunger strikes: have ready-made snacks available and be sure to plan and prep your meals ahead of time
- Use a variety of textures in your meals so you don't get bored - add crunch to a dish by including sunflower or pumpkin seeds where appropriate
- Ask a friend or family member to join you - it adds a level of accountability *and* a feeling of solidarity
- You may experience cold or flu-like symptoms for a couple days as the toxins leave your body (make sure to take extra care of yourself and get enough rest during those days)
- If you are a coffee drinker, eliminate coffee slowly over the week or two before you begin the program - you'll have an easier time in the first few days of purification
- Give yourself enough time to mentally prepare and choose a time period when you aren't traveling (you need to have full control over your meals)

If you are considering the 21-Day Purification Program, but are unsure if this is right for you, please contact the office to schedule an appointment with Dawn to discuss your options. 707.795.1063

Also, Standard Process has developed a toxicity questionnaire to help you determine your toxic load and possible need to purify. Feel free to take the questionnaire and share it with Dawn or your healthcare practitioner.

<https://www.standardprocess.com/Standard-Process/Purification-Program/Toxicity>



Serves 2-4

- 2 tbsp. olive oil
- 1 large onion, chopped
- 1 tbsp. tomato paste
- 2 ½ cups canned pumpkin
- 2 tbsp. fresh ginger
- 1 clove garlic, chopped
- 3 cups chicken or vegetable broth
- 1 tbsp. green chilies, chopped
- ¾ cup coconut cream
- ¾ cup coconut milk
- 1 tbsp. fresh lemon juice
- Sea salt and ground pepper

Sauté onion in olive oil until soft. Add tomato paste, pumpkin, ginger, garlic, and broth.

Combine until thoroughly heated and place in blender. Add chilies, coconut cream, coconut milk, and lemon juice. Blend for 30 seconds. Season with sea salt and pepper to taste. Serve immediately.

Create Your Own Non-Toxic "Medicine Cabinet"



Purification Program:

SP Complete Protein Powder –

Essential whole food nutrition in a convenient powder - supports healthy liver function

- Whey based – Provides essential amino acids

OR

- Rice based – Provides a non-dairy source of amino acids

SP Cleanse – Supports the body's toxin removal process

SP Green Food – Provides antioxidants and vital phyto-nutrients to your diet, supports overall cellular health

Gastro Fiber or Whole Food Fiber –

Provides soluble and insoluble fiber to support the digestive system

Whey Pro Complete (optional) –

Supports weight management, muscle tissue, immune function, and gastrointestinal health

*Call for details on best usage and pricing 707.795.1063

Testimonials

"The results I have achieved through working with Dawn Dolan have given me a new lease on life.

After trying numerous other avenues, I experienced how Dawn and her expertise in Acupoint Nutritional Testing quickly pinpointed the cause of my lifelong ailments and accurately determined the precise remedies that would bring me back to the pink of health.

I am immeasurably grateful to Dawn for her caring support and wise counsel, which have truly changed my life. Thank you Dawn!"

R.M., Santa Rosa, CA

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