



## 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

## Monthly Health & Wellness Newsletter March 2011

### Concerned with Radiation Exposure?



As we, on the west coast, are becoming more aware of the possible harmful radioactive effects from the disaster in Japan, **we are actively seeking ways to minimize the damage.** For those of you who would like to be proactive with regard to the harmful radiation, we have a recommendation for a protocol that will help rid the body of radioactive poison. The person who developed this technique has a lot of experience dealing with people who were exposed to the Chernobyl disaster and has come up with an effective protocol.

Supplements to support the body's resistance to radiation exposure damage for: adults - \$66.00 for 2+ weeks, child under 100 lbs - \$55.50 for 2+ weeks, child under 20 lbs – please ask. If high level of radiation exposure, increase dosage.

**Please do not take extra iodine unless the body requires** it or you can cause an imbalance to the endocrine system which may be more difficult to correct than radiation poisoning. **We do have a basic preventative protocol that should be good for anyone.** Do consider participating in our **Purification Program** to clear toxins and boost overall immune function.

**However, a high level of the overall state of your health and well being is your best defense. We want to bring you up to an optimal level and then any additional supplementation would be according to exposure. Testing is your best bet.**

**Please feel free to contact the office for either testing or supplement purchase for prevention.**



### Weight Management is Health Management

Are you having trouble losing weight or maintaining healthy eating habits? Would you like to learn how to make better food choices and have more energy? Join us for our 3 week group supported **Purification and Weight Loss Program.** In the process, you will learn about your body and what it needs to stay healthy.

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. It is a program that helps you live a healthier life by purifying, nourishing, and maintaining a healthy body and weight.

The program uses whole food supplements to help your body purify and rebuild itself naturally from the inside out. You'll also be supporting all of your organ systems that play a role in purification.

Throughout this program, you might find yourself eating foods that may be new to you. As a result, you'll be enjoying some new tastes, new textures, and a whole new you!

We will begin the group **Purification Program** on April 5<sup>th</sup>. The cost is \$299 and it includes an initial informational meeting, plus 3 weekly support meetings to discuss challenges and successes and 1 final meeting to go over long term strategies to maintain your new healthy way of living. Each participant will receive protein powder for daily shakes, whole food supplements and detailed instructions. We will also provide tips and healthy recipes that will be complementary to the goals outlined in the program.

Please email us or call our office to get more details: [office@rejuvandwellbeing.com](mailto:office@rejuvandwellbeing.com), 707.795.1063

# Monthly Health & Wellness Newsletter March 2011

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



Keep on hand the **Basic 8**:

	<u>Child</u>	<u>Adult</u>
1. <u>Daily Multi Nutrient</u> <b>Catalyn</b>	1/day	2/day
2. <u>Antihistamine &amp; Detoxifier</u> <u>for bug bites</u> <b>Livaplex</b> (dose 1 or 2 at a time every ½ hour if acute)	up to 3/day	12/day
3. <u>Fever</u> <b>Calcium Lactate</b> (dose every 3 hours until fever reduces)	1-2	4-6
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> (dose every few hours as needed)	1-3 2x/day	2-4 4x/day
7. <u>Runny nose &amp; Mucous</u> <b>Antronex</b> (dose as often as needed for symptom relief)	1-3	2-4
8. <u>Insomnia &amp; Stress</u> <b>Min Tran</b> Insomnia- before bed Stress	2 1, 3x/day	4-6 4, 4x/day

\*Please call the office with any product questions!

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

### **Broccoli!**

Broccoli not only ranks number one in nutrient content, it is also the easiest vegetable of all to prepare. Cut into flowerets and steam about 5 minutes or until broccoli has turned bright green and it is just tender. Transfer to a heated serving dish, top with a generous pat of butter and keep warm in the oven.

Taken from: Nourishing Traditions, by Sally Fallon  
<http://rejuvandwellbeing.com/products>



### **Stir Fry Broccoli with Cashews**

Serves 6

2 pounds broccoli flowerets  
1 cup cashews  
4 Tbsp extra virgin olive oil  
1 tsp freshly grated ginger  
¼ cup naturally fermented soy sauce  
1 cup filtered water, orange juice or chicken broth  
2 Tbsp arrowroot or corn starch mixed with  
2 Tbsp of filtered water  
1 tsp raw honey  
2 tsp toasted sesame oil  
2 cloves garlic, peeled and mashed (optional)  
½ tsp dried rosemary

Combine ginger, soy sauce, water (juice or stock), honey, sesame oil, garlic and rosemary. Mix thoroughly with a wire whisk. Heat olive oil in a skillet or wok. Stir fry the broccoli until just tender, about 5 minutes. Add cashews and the sauce mixture and bring to a boil. Add the arrowroot or corn starch mixture and simmer until sauce thickens and all the broccoli flowerets are well coated.

# Let us help you create your Non-Toxic "Medicine Cabinet"

## Supplement Order Form

\*Purchase all **Basic 8** products together on one order and receive a 10% discount through April 15th

PRODUCT	ITEM#	SIZE	PRICE	HOW MANY	YOUR COST
CATALYN	2140	90T	\$10.50		
	2160	360T	\$37.00		
LIVAPLEX	5375	90C	\$20.00		
CALCIUM LACTATE	1865	90T	\$6.00		
	1885	330T	\$20.00		
CELLULAR VITALITY	2173	90C	\$40.00		
MULTIZYME	5675	40C	\$10.50		
	5700	150C	\$35.00		
ALLERPLEX	0975	40C	\$7.50		
	1000	150C	\$24.00		
ANTRONEX	1100	90T	\$10.50		
	1115	330T	\$35.00		
MIN TRAN	5590	90T	\$6.00		
	5615	330T	\$20.00		
RADIATION PROTECTION KIT (4 PRODUCTS)	ADULT	2+ weeks	\$66.00		
	CHILD	4+ weeks	\$55.50		

☐ I would like my order shipped – include \$8.50 charge

☐ I will pick up my order at Rejuvenation & Well Being  
(No shipping charge for pick up)

CA residents add 9.5% Sales Tax

Total

Shipping

Total

\$8.50

Name \_\_\_\_\_ Phone \_\_\_\_\_

Billing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Shipping Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

☐ My shipping address is the same as my billing address

Signature \_\_\_\_\_

Payment by credit card: If we do not have your credit card on file, please call our office to complete your order.

Payment by check: please make checks payable to Rejuvenation & Well Being.

Please mail, email, fax, or call your order in:

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