



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 #81

Greetings!

We are pleased to present our 81st 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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Green Tea Poached Salmon with Asian Slaw



Serves 4

Slaw:

3 Tbsp. rice wine vinegar
2 Tbsp. avocado oil
1 tsp honey
1 Tbsp. fresh lime juice
1/4 tsp sea salt
4 cups Napa cabbage,
thinly sliced
1/2 small daikon radish,
shredded

Damaging Effects of Overexposure to the Sun



A little sun exposure has health benefits in the

manifestation of vitamin D synthesis, but overexposure to UV rays from the sun can lead to long term, harmful effects. The appearance of sunburn is only the first sign of damage. While the sunburn goes away after a short period, the damage caused by the UV rays from prolonged sun exposure can continue deep in your skin.

Absorption of energy from UV rays causes your skin to burn, damaging skin cells in the process. Extra blood flows to the damaged skin in an attempt to repair it, which is why your skin turns red when you are sun burnt. When your skin is exposed to the sun, it naturally releases melanin for protection. However, your skin may run out of melanin due to overexposure. As a result, the skin's protective barrier is compromised and the UV rays infiltrate the inner layer causing the damage seen visibly as sunburn. The more frequently you get sunburns, the higher your risk of developing the long-term negative effects.

A small amount of sun exposure can aid in the faster healing of wounds and strengthen your immune system; over-exposure to UV radiation has a harmful suppressing effect on your immune system. The effects of sunburn can change the distribution and function of disease-fighting white blood cells for up to 24 hours after exposure to the sun. Repeated over-exposure to UV radiation can cause even more damage to the body's immune system. Damage to your immune system can limit your body's ability to defend against bacteria, microbes, viruses, toxins and parasites (disease and infection). Moreover, blisters can appear on the severely sunburned skin and breaking them open makes you susceptible to bacterial or viral infections.

Prolonged exposure to the sun, with or without sunburn, also raises your risk of developing skin cancer. The UV rays penetrate deep in the skin, causing damage to the DNA of the skin cells and accelerating the growth of abnormal skin cells. Look out for sudden changes in the skin, changes of a mole's size and color, and the appearance of bleeding and crusting lesions as they may be a signs of skin cancer.

Ways to Prevent Sun Damage

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**If you plan to be out in the sun for more than 15 minutes, it is important to cover exposed areas of your skin.*

Mineral Based Sunscreens containing Zinc Oxides

- Please read our previous article about sunscreen and vitamin d: [click here](#)

1 medium carrot, shredded
1/4 small red onion, very thinly sliced

Salmon:

2 cloves garlic, thinly sliced
1 Tbsp. fresh ginger root, minced
2 scallions, thinly sliced
5 cups water
5 green tea bags
2 Tbsp. fresh lime juice
Four 6-ounce center-cut, skin-on salmon fillets
1/8 tsp kosher salt
Freshly ground black pepper

Directions

For the slaw: Whisk together the vinegar, oil, honey, lime juice, and salt at the bottom of a bowl large enough to hold all the slaw ingredients. Add the cabbage, radish, carrot and red onion, which should total 7 to 8 cups of vegetables. Toss to incorporate the dressing. Let the slaw sit while you prepare the salmon.

For the fish: Combine the garlic, ginger, scallions and water in a large, deep skillet or saute pan. Bring to a boil over high heat, then reduce the heat to low; cook for 10 minutes, then remove from the heat. Add the tea bags and let steep for 5 minutes.

Discard the tea bags, then add the lime juice and place over low heat.

Arrange the salmon fillets in the skillet, skin side down. Add water as needed to make sure the fish is completely submerged. Cover and cook for 8 minutes or until the fillets are opaque and firm. Use two spatulas to gently transfer the fillets to a plate or cutting board; discard the skin.

Season the salmon with the salt and few grinds of pepper. Serve warm or chilled over a mound of the slaw.

Wear a Hat, Long Sleeves and Pants - wear a wide brimmed hat to shield your face and neck and loose lightweight material long sleeves and pants to keep cool in the heat while protecting your skin

Nutritional Support - whole food supplements with antioxidants to support the skin's immune function and protect it from further sun damage

Antioxidant Rich Diet - high quality proteins, fresh organic fruits and vegetables, and clean water

Foods to Help Prevent Sun Damage

Wild Salmon - source of the carotenoid antioxidant known as *astaxanthin*, (1000 times more effective than Vitamin E), which helps to repair damage from UV rays

Green Tea - an antioxidant food high in *catechins* which also protect the skin from UV damage

Cocoa - dietary flavanols from cocoa contribute to endogenous photo-protection, improve dermal blood circulation, and affect cosmetically relevant skin surface and hydration variables

Watermelon - rich in lycopene; protects your skin from sunburn and possibility of developing skin cancer

Broccoli Sprouts - contain sulforaphane, which is linked to increasing the skin's ability to protect itself from cancer

If you are experiencing effects of sun damage, please contact the office to schedule an appointment with Dawn for a whole food supplement protocol designed for your specific needs. 707.795.1063

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 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.

Create Your Own Non-Toxic "Medicine Cabinet"



Providing Vitamin D and Immune Support:

- **Cataplex D** – Provides vitamin D, which is needed by almost every cell in the body for development and transcription
- **Cod Liver Oil** – addresses vitamin A deficiency and vitamin D deficiency while supporting the body's healthy immune system function
- **Calcium Lactate** – supports absorption of calcium and the immune system response function
- **Ostrophin PMG** – combines synergistic nutrients for natural bone health support

If Overexposed to the Sun:

- **Cataplex F (tablets)** – supports the body's inflammatory response function and promotes healthy skin

Please call the office for proper dosage and instructions 707.795.1063

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

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