



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

Issue #10

We are pleased to present our 10th 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 &  
Christine Calaway  
Rejuvenation & Well Being

## Dangers of Aspartame

### History of Aspartame

Aspartame was discovered by accident when a chemist working for G.D. Searle Company was testing an anti-ulcer drug. It was originally approved by the FDA in 1974, but objections from neuroscientist Dr. John Olney and consumer attorney James Turner caused approval to be delayed. The research practices of G.D. Searle also came into question during the investigation. Regardless of these objections and what was discovered later as falsified data in the aspartame studies, the FDA approved aspartame in dry goods in 1981 and carbonated beverages in 1983. In 1985 Monsanto bought out G.D. Searle and the brand NutraSweet was born.



### In This Issue

Dangers of Aspartame

Non-Toxic "Medicine Cabinet"

Eat Well... Feel Well!

## Eat Well... Feel Well!

### Raw Green Smoothie



Serves 1

- 2 Tbsp. SP Complete or SP Complete Dairy Free (can be purchased through the office)
- 4 kale leaves
- ½ bunch parslev

To learn more about the history and politics behind the approval of aspartame, please click on the link below:

[http://www.naturalnews.com/023175\\_aspartame\\_FDA\\_the.html](http://www.naturalnews.com/023175_aspartame_FDA_the.html)

### Harmful effects

There are roughly 90 documented symptoms reported as linked to aspartame consumption. Some of these include: fatigue, weight gain, depression, headaches, migraines, insomnia, irritability, dizziness, nausea, vertigo, slurred speech, breathing difficulty, seizures, anxiety attacks, memory loss, numbness, rashes, loss of taste, muscle spasms, chronic urinary tract infections, hearing loss, vision problems, tinnitus, tachycardia, heart palpitations and joint pain.

The following chronic illnesses can also be triggered or worsened by consumption of aspartame: Parkinson's disease, brain tumors, Alzheimer's disease, Lymphoma, birth defects, Multiple Sclerosis, mental retardation, Epilepsy, Diabetes and Fibromyalgia. Aspartame is especially harmful to children. Aspartame is one of the chemicals highly suspected in the development of brain disorders, including learning disabilities, such as Asperger's. It is also composed of chemicals with the "strongest evidence of developmental neurotoxicity". Aspartame is listed as more harmful and having a greater evidence of developmental neurotoxicity than formaldehyde and dichloromethane.

### Products to avoid

Over 6,000 products worldwide contain aspartame. It is predominantly used in "diet" drinks and processed food items; some common products include NutraSweet, Equal, diet soft drinks, light yogurts, chewing gum, cereals, pharmaceutical tablet coatings, synthetic vitamin coatings (especially varieties made for children), many products made by Weight Watchers, fast food menu items and most products labeled "sugar free" (just to name a few).

### What to do about aspartame poisoning

- First and foremost, **CHANGE YOUR DIET**
- Participate in a Detoxification Program (please inquire about details & see Non-Toxic Medicine Cabinet)
- Read labels before purchasing grocery items (while at the store also read labels of products that you may order in a restaurant such as: dressings, sauces and beverages)
- Know what you are ordering in a restaurant, especially drinks: soft drinks, iced tea (is it brewed or from a soda fountain?), dressings (from a bottle or house made?) and sauces (from a bottle or house made?)
- Make use of detoxifying supplements (see Non-Toxic Medicine Cabinet)

- **1 small beet**
- **½ small apple**
- **Handful of ice cubes**
- **½ to ¾ cup of water**

Blend all ingredients together. Add more water if you prefer a thinner shake. Keep refrigerated if you plan to drink later in the day.

## **Creamy Cauliflower Soup**



### **Serves 4**

- **1 Tbsp butter**
- **1 clove garlic, crushed**
- **¼ tsp ground nutmeg**
- **¼ tsp black pepper**
- **1 ½ tsp salt**
- **6 cups water**
- **1 head cauliflower, chopped**
- **1 large carrot, cubed**
- **1/3 cup green onion, chopped**
- **¼ cup fresh parsley, chopped**

Melt butter in a large pot over medium heat. Cook garlic in butter for 30 seconds then stir in

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



### To Help Rid the Body of Toxins and Chemicals:

#### Multizyme

To break down chemicals in food  
\*taken on empty stomach

#### ChelaCo

Herbal remedy to help clear toxins and  
protect the body

#### Cholacol II

To absorb broken down chemicals so  
they are not reabsorbed into the body

#### Parotid PMG

To support the body's chemical defense  
mechanism

Please contact the office for dosage, pricing and any other questions.

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nutmeg, pepper and salt,  
cook 30 seconds more.  
Add water and cauliflower.  
Bring to a boil, then reduce  
heat, cover and simmer 20  
minutes.

In a small saucepan over  
medium heat, cook carrot  
with water to cover until  
just tender. Drain and  
reserve. Puree cauliflower  
mixture in a blender or food  
processor. Stir in reserved  
carrots, green onion and  
parsley.

## Testimonials

### 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

" I am grateful to Dawn  
for helping me find a way  
to live a calmer life. The  
combination of  
supplements, supportive  
listening and caring has  
alleviated my anxiety.  
The bloating and gas has  
been diminished. I am no  
longer depressed and look  
forward to each day. I  
appreciate all of the  
kindness shown to me.  
Thank you Dawn."

Myrna R.

