



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 #38

Greetings!

We are pleased to present our 38th 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

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Eat Well...

Feel Well!

Don't Panic... Boost Your Immune System!

Cauliflower "Fried Rice"



Serves 6

1 large onion,
medium diced



The Enterovirus 68 outbreak has been a hot topic of discussion in the media lately. According to Wikipedia's "Signs & Symptoms" for the Enterovirus 68, the "EV68 almost exclusively causes respiratory illness, and varies from mild to severe. Initial symptoms are similar to those for the common cold, including a runny nose, sore throat, cough, and fever. As the disease progresses, more serious symptoms may occur, including difficulty breathing as in pneumonia, reduced alertness, a reduction in urine production, and dehydration, and may lead to respiratory failure. Like all enteroviruses, it can cause variable skin rashes, abdominal pain and soft stools. There is debate whether or not it can cause polio-like paralysis." The medical community offers no specific treatment except to manage the symptoms and let it run its course. Those at greatest risk have underdeveloped or already compromised immune systems.

There are natural precautions you can take that

1 head cauliflower, shredded

Avocado oil (or fat of choice) as needed for sautéing

1 large carrot, finely diced

3 ribs celery, finely diced

1 cup sliced mushrooms

1/2 cup peas

3 cloves garlic, chopped
2 eggs, scrambled

Coconut aminos & salt to taste

Other seasoning to taste (garlic powder, onion powder, chili flakes, ginger...all optional)

2 cups chopped chicken or shrimp (optional)

will enhance your immune function against nasty viruses.

As a rule, your diet has much to do with your defenses against illness and the strength of your immune system. In addition to diet, supplementation will enhance protection from these unwanted invaders. Someone who has a diet of whole unprocessed foods, plenty of fresh fruits and vegetables and good clean proteins and fats will have a much better chance of staying well, despite exposure to viruses...should you be anxious? Not if you've taken the initiative to boost your immune system.

Seven Immune Boosting Foods:

- Due to the sulfur containing compounds, **Garlic** has strong immune boosting properties
- **Red or Pink Grapefruit** is packed with Vitamin C
- Cruciferous vegetables (**Broccoli, Brussels Sprouts, Cauliflower** etc.) are rich in anti-oxidants and choline to help cells function properly
- **Carrots** are an excellent source of beta carotene - this supports the mucus membrane of the respiratory and intestinal tracts
- **Egg Yolks** contain selenium and zinc - minerals that help boost the immune system
- **Cinnamon** is an anti-viral, anti-fungal and anti-bacterial
- **Mushrooms** are rich in zinc - this helps increase the white blood cell count

Please see the "Non-Toxic Medicine Cabinet" for immune boosting supplement suggestions.

Sauté onion on medium high heat until lightly browned. Increase heat to high and add cauliflower. Let cauliflower brown a little, stirring only enough to keep from browning too much. Cook until soft. In another large pan, sauté carrots, celery, mushrooms and garlic until almost soft. Add peas and coconut aminos, stirring until peas are warmed through. Add eggs, cauliflower, any extra seasoning and/or more coconut aminos and chicken or shrimp (if using). Stir mixture over medium heat until heated through.

Testimonials

Create Your Own Non-Toxic "Medicine Cabinet"



To help boost your immune system:

- **Livaplex** – supports liver and toxin elimination
- **Super EFF** – supports cellular health and increases energy
- **SP Green Food** – Provides phytonutrients and antioxidants
- **Immuplex** – supports a healthy immune response
- **Echinacea Premium (MediHerb)** – encourages healthy upper respiratory tissue

*Please call the office for proper dosage and instructions 707.795.1063

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 was diagnosed with Alopecia Areata - I lost patches of hair ranging in 1-4 inches in diameter. I also had an inflamed rash on my neck that was extremely itchy and painful. I was given numerous ointments and wash medications and nothing was working. Also, due to the hair loss, I became really stressed and depressed. (all my symptoms started September 25, 2012)

So five months later I started seeing Dawn (March of 2013). After five months of seeing numerous doctors and dermatologists, my hair is growing back!! The rash, that for five months would not clear, is clearing up, if not gone! I am less stressed and I am sleeping (which is not even what I came here for)! I feel amazing! It was great to find Dawn. She listened and cared. In this last year she was the only one trying to find an answer!

Thank you so much!"

Melinda E.