



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](http://www.rejuvandwellbeing.com)

Issue #78

### Greetings!

We are pleased to present our 78th 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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## Eating too much Sugar can Cause Micronutrient Deficiency

## Eat Well... Feel Well!

**Immune  
Boosting  
Homemade  
Sauerkraut in  
a Mason Jar**



Most people are aware of the common issues caused by excessive sugar consumption (increased blood glucose, diabetes, heart disease, weight gain, etc.), but may not be familiar with how it can also contribute to [micronutrient](#) deficiencies. ***Even if you consume enough essential micronutrients and maintain a relatively healthy diet with supplementation, the added intake of sugar can negate the positive effects by depleting your body of those very important micronutrients.*** These micronutrient deficiencies intensify the challenges our immune systems already face.

## **The 5 Micronutrient Deficiencies from Eating too much Sugar:**

### **1. Vitamin D**

is ingested through food and manufactured in your skin through sunlight absorption. The synthesis of vitamin D facilitates calcium absorption and the rebuilding of bone tissue. A high intake of fructose (commercially derived from sugar cane) increases the enzyme responsible for degrading vitamin D and decreases the enzyme that helps synthesize vitamin D.

**As a result, fructose enhances the breakdown of vitamin D and impairs your ability to synthesize it.**

When you become vitamin D deficient, you are more susceptible to infection, have a higher risk of developing autoimmunity, increase your risk of cancer, diminish immune function, and increase your risk of fatty liver disease.

**2. Calcium** supports the health of bones (and teeth!), assists in blood coagulation, and helps nerves to send



**Yields 1 to 1 1/2 quarts**

1 small head green cabbage (about 1 pound)

1 small head purple cabbage (about 1 pound)

1 cup shredded red beets

1 cup chopped leafy greens

1 cup chopped onion

3 chopped garlic cloves

1 ¾ tablespoons Celtic sea salt

Slice cabbage thinly into strips about 2 inches long. Combine sliced cabbage with shredded red beets, leafy greens, onion, garlic and salt in a large bowl.

Begin working the salt into the cabbage mixture by massaging and squeezing the cabbage with your hands - about 5 to 10 minutes.

Pack the mixture into a 2

signals and contract muscles. Since calcium absorption is dependent on vitamin D synthesis, consuming too much sugar also disrupts our bodily functions that are reliant on calcium. Without enough calcium our bodies will struggle to heal broken bones and possibly suppress parathyroid function.

**3. Magnesium** is a mineral required for every organ in our bodies! It is responsible for regulating muscle and nerve function, building bone, regulating blood sugar, synthesizing DNA, and making protein. Elevated insulin levels (due to high sugar intake) are shown to deplete magnesium through kidney excretion. There is a vicious cycle between magnesium depletion and blood sugar stabilization: when magnesium levels are too low, blood sugar regulation is impaired...leading to more magnesium depletion due to elevated glucose in your blood.

**4. Chromium** is a trace mineral required for macronutrient metabolism and blood sugar control. Our bodies only need very small amounts, but excessive sugar consumption causes chromium to be excreted in our urine. Chromium and sugar have a relationship similar to magnesium and sugar: chromium deficiency contributes to poor glucose tolerance and higher blood sugar levels...causing more chromium depletion.

**5. Vitamin C** helps to repair and regenerate tissues, protect against heart disease, aid in the absorption of iron, prevent scurvy, and decrease total and LDL ("bad") cholesterol and triglycerides. Both glucose and vitamin C use the same transporters to enter cells, so when blood glucose levels are high, it limits the absorption of vitamin C.

Deficiencies in these 5 micronutrients may not seem obvious at first, but will end up causing a lot of trouble for your immune system in the long run. Keep your diet focused on whole foods low in sugar and fortify yourself with concentrated whole food supplements containing these 5 micronutrients to maintain a strong immune system...and potentially reverse the damage from consuming too much sugar. See the Non-Toxic Medicine Cabinet section for suggestions to help fortify your diet.

Please schedule an appointment with Dawn for testing to help determine what your micronutrient needs are.  
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quart mason jar. Keep pressing cabbage mixture down until tightly packed. Pour any liquid released from the cabbage mixture into the jar as well. Weigh the cabbage down with a smaller mason jar that fits easily through the opening of the 2 quart jar. Place clean stones or marbles into the smaller jar to help weigh it down. The cabbage mixture needs to remain submerged beneath the liquid throughout the fermentation process.

Cover the mouth of the mason jar with cloth and secure it with twine or a rubber band. Allow the sauerkraut to ferment for 10 to 14 days, mixing every few days. Be sure to keep the cabbage mixture submerged after each mixing.

As it is fermenting, keep it away from direct sunlight at about 65° to 75°. Begin tasting the sauerkraut at 10 days. When the flavor you prefer has developed, it is done.

Skim off any white "scum" before refrigerating. Sauerkraut will store for several months in the refrigerator.

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## Testimonials

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



### To help fortify your immune system with micronutrients:

- **Cataplex GTF** – Contains chromium and encourages healthy blood sugar utilization at the cellular level
- **Cataplex D** – supports bone health, mineral absorption, the immune system, and cellular processes
- **Cataplex C** – supports the immune and cardiovascular systems, skin and connective tissue
- **Magnesium Lactate** – contains magnesium to support cellular functions
- **Calcium Lactate** – supports absorption of calcium and magnesium

\*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, ACN

"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