



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 #53

## Greetings!

We are pleased to present our 53rd 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

## In This Issue

[Fats Are Healthy For Your Heart!](#)

[Non-Toxic "Medicine Cabinet"](#)

[Eat Well... Feel Well!](#)

## Quick Links

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## Eat Well...

## Feel Well!

# Fats ***Are*** Healthy For Your Heart!

Everyone likes a  
little treat on  
Valentine's Day...  
bake something  
sweet for your  
sweetie!

Red Velvet



For many years we've been hearing that we need to avoid cholesterol and eat a low fat diet to keep our hearts healthy and avoid disease. Unfortunately, along with decades of the low-fat/non-fat trend we saw increased rates of cardiovascular disease and declining wellness.

Although it still isn't common knowledge, research has been coming out that **cholesterol and saturated fats have been badly misjudged**...in fact, they are essential for optimal health!

Cholesterol is utilized in building cell membranes, intracellular transport, cell signaling, nerve conduction and production of hormones, bile acids and vitamin D. By reducing your dietary cholesterol, you may actually be increasing your risk for cardiovascular disease. Without adequate amounts of healthy dietary fats, your liver is unable to produce the good cholesterol which supports the immune functions and helps to repair and maintain the health of those very arteries which are at risk. The consumption of unhealthy dietary fats, such as those found in fried foods and genetically modified oils, i.e., canola oil, create an inflammatory condition in the body that raises the bad cholesterol which begins the process of atherosclerosis, thus allowing your arteries to become clogged.

# Cupcakes



## Makes 24

2 cups cooked beet puree  
3 organic cage-free eggs  
1 cup butter, room temp  
1 cup coconut nectar  
1/2 cup canned coconut milk, full-fat, room temp  
1/2 cup unsweetened applesauce  
2 tablespoons apple cider vinegar  
3/4 cup sifted blanched almond flour  
3/4 cup coconut flour  
1 cup unsweetened cocoa powder  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/2 teaspoon fine sea salt

Preheat oven to 350.

In a food processor, combine: beet puree, eggs, palm butter, coconut nectar, coconut milk, applesauce, and apple cider vinegar, set aside. In a separate large bowl sift your almond and coconut flour, then add the rest of your dry ingredients, cocoa powder, baking powder, baking soda, and salt. Fold the wet ingredients from the food processor into the dry ingredients until combined. Line your pan with cupcake liners and scoop the batter in to them. At this point you can also use a spatula or a knife to smooth out the tops of the cupcakes. The batter won't rise too much as it bakes so you can

Saturated fats also play vital roles in our health. They are carriers for fat-soluble vitamins A, D, E and K, provide building blocks for cell membranes, hormones and hormone-like substances, as well as optimal fuel for your brain, act as an anti-viral agent and modulate genetic regulation that helps prevent cancer (butyric acid).

In the 1960's Ancel Keys conducted the [Seven Countries Study](#) in which he drew a correlation between saturated fat intake and heart disease, but he did not take into account factors such as smoking, sugar consumption and exercise levels. He also neglected to include data from all 22 countries that he collected. Data from some of these countries directly contradicted his conclusions. Communities such as the Arctic Inuit, Polynesian Tokelau and Kenyan Masai follow diets high in saturated fat and had very low levels of heart disease.

After following the advice from advocates of this study, Americans adopted a lifestyle of eating low-fat and non-fat alternatives to their favorite foods. These foods were highly processed to remove natural healthy fats and replaced with refined sugars and grains. People lost the ability to feel satiated and consumed larger quantities of empty calories. Over time, habits such as these cause inflammation in the blood vessels. Extra sugar in the blood attaches to proteins that cause repeated injury to the blood vessel walls that set off inflammation. It's the inflammation in the blood vessel walls that help the development of atherosclerosis.

For your heart health, choose to cut out processed foods and add these natural anti-inflammatory foods:

- **Animal based omega-3 fat** - wild Alaskan salmon
- **Leafy greens** - kale, spinach, chard, collard greens
- **Blueberries**
- **Green tea**
- **Fermented foods** - sauerkraut, kefir, kimchee or other fermented veggies
- **Shiitake mushrooms**
- **Garlic**

fill to the top of the liner if you want. Bake 20 minutes. To make sure the cupcakes are done, stick a toothpick or knife into the center and if it comes out clean you are good to go! Let the cupcakes cool completely before adding the cream cheese frosting.

### Cream Cheese Frosting

1 tablespoon vanilla  
½ cup pure maple syrup  
16 oz full fat cream cheese  
½ cup butter

Allow butter and cream cheese to come up to room temperature. Blend butter, cream cheese, maple syrup and vanilla with a hand mixer or kitchen mixer.

## Testimonials

"I was very excited to find Dawn: local, modestly priced, and working with natural, concentrated, whole foods based supplements by Standard Process. She was able to quickly figure out I was suffering from mercury toxicity and side effects from immunizations. She had me start a safe, natural and effective supplement regimen

If you feel you are in need of nutrition counseling and/or reducing inflammation in your body, please call the office to schedule an appointment with Dawn. 707.795.1063

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



## For Cardiovascular Health:

- **Circuplex** – promotes healthy peripheral circulation and vascular integrity
- **Myo-Plus** – supports normal coronary blood flow and provides ingredients with antioxidant activity
- **Cardiotrophin PMG** – supports normal heart cell growth and differentiation
- **Black Current Seed Oil** – Supports normal blood flow and the body's normal tissue repair process

\*Please call the office for proper dosage and instructions 707.795.1063\*

to eliminate the mercury and immunizations from my body. Over the weeks, she monitored my progress, fine tuned the regimen and coached me through numerous healing crises. I don't know exactly how Dawn works; it seems she knows and feels in the body's energy meridians and acupuncture points, while muscle testing with a cache of diluted substances, similar to what a doctor would use for allergy testing. Her work is detailed, sensitive, very accurate and powerful. I am grateful for Dawn's help and I can honestly say she has been an important person on my healing journey."

David W.



## 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