



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 #39

### Greetings!

We are pleased to present our 39th 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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## Flu Shot vs Bolstering Your Immune System

## Curry Butternut Squash Casserole



This can be a fun Thanksgiving side dish in place of the



As flu season approaches, you'll see a push in the media calling for you to protect yourself and others around you by getting the flu vaccine. They will tell you it's your duty to comply in order to keep the virus from spreading to others, especially those who are very young, pregnant, elderly and allergic to egg protein (unable to receive the shot because of egg protein contained in flu vaccine). They will tell you that the benefits far outweigh the risks...let's break this "logic" down and see how it holds up, shall we?

***Just a few of the toxic ingredients in the most common flu vaccines and their serious effects:***

**Mercury** - a preservative used in multi-dose vaccines. Mercury is a well-known neurotoxin that depresses immune function and damages the myelin sheath (which is essential for the proper functioning of the nervous system because its purpose is to protect neurons).

**Formaldehyde** - is used to kill undesirable bacteria and viruses that contaminate a vaccine during

traditional starchy options. Butternut squash is right in the middle of the glycemic index at 51.

Bonus: the turmeric in yellow curry powder is a powerful immune booster too!

**2 medium sized butternut squash**

**2 Tbsp. fat of choice**

**1 onion, chopped**

**3 large eggs**

**1/2 cup coconut milk, or whole milk**

production. Formaldehyde is a carcinogen that helps DNA to bond with cancer causing chemicals.

**Monosodium Glutamate (MSG)** - is used as an emulsifier. MSG is an excitotoxin, a substance that overexcites cells to the point of damage or death.

### **Would *you* consider these risks acceptable?**

Rather than assuming these risks in your quest for flu prevention, why not consider risk-free, immune boosting options instead? With a strengthened immune system, you have the best chance of fighting off the flu virus.

**AVOIDING the wrong foods and CHOOSING the right foods, along with proper supplementation (made from whole foods), will go a long way in bolstering your immune system and promoting optimal wellness.**

Avoid packaged, processed foods, refined grains and sugar and limit fruits that are higher on the glycemic index. The high sugar content of these foods works against your immune system and contributes to a favorable environment in which viruses thrive.

Choose organic, fresh, seasonal, whole foods with a variety of color. Make your diet consist predominately of vegetables (raw and cooked) with good clean fats and protein. Also choose fruits that are lower on the glycemic index. Adding whole food supplementation to your diet will fortify your efforts, building a stronger foundation for a healthy,

**1 cup shredded cheese or goat cheese \***  
**(optional)**

**1 1/2 teaspoons yellow curry powder**

**1 teaspoon salt**

**1/4 teaspoon cracked black pepper**

Cut the butternut squash in half and cook in a slow-cooker on high until tender, about 3 hours. Or roast in the oven at 400 for about 40-45 minutes. Scoop out the seeds and place cooked squash in a large bowl. \*(can be cooked the day before and held in the refrigerator until ready to use)  
Preheat oven to 350 degrees F. Lightly grease a

functioning immune system.

Schedule an appointment with Dawn to learn how you can further strengthen your immune system with a proper diet and supplementation.

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9x13 baking dish.

Sauté chopped onion in 2 Tbsp. of fat until translucent or lightly browned and add to squash.

In a small bowl, whisk together eggs, milk, cheese (optional), curry powder, salt, and pepper. Add to squash mixture. Beat at medium speed with an electric mixer until smooth. Spoon into prepared baking dish. Bake 40 minutes or until center is set.

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



Stock your Non-Toxic Medicine Cabinet with the perfect solution - *customized just for you!*

Please call the office to schedule an appointment with Dawn Dolan for testing.

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## 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

"The symptoms that I was having were an overall sluggish/tired feeling that would not go away.

supplements and herbal remedies. The results speak for themselves!



Dawn Dolan, MA

No ambition to complete tasks. Dawn is absolutely wonderful!

Because of her knowledge I feel much better!

My energy is back up, my state of mind is much happier and I feel like I can accomplish anything! Thank you Dawn!!"

C.S., Santa Rosa