



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 #62

Greetings!

We are pleased to present our 62nd 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

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Eat Well... Feel Well!

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Eat Well...
Feel Well

Food Additives and their Effect on Children

'Thanksgiving Leftovers' Frittata



serves 6

7 large eggs

1 tsp sea salt

1/2 tsp black pepper

1 oz. shredded cheese



Kids need extra protection from processed food additives.

Children are especially at risk from the harmful effects of toxic chemicals in food additives, which can include asthma, digestive disorders, cancer and nerve damage (just to name a few). In general, the younger the child, the more at risk and vulnerable he or she is. Each exposure to a poisonous chemical or toxin increases the burden on a child's body, and since children **can't** detoxify as well as adults can, they need to be protected from toxic food additives whenever possible.

Brightly colored processed foods, made to look "fun," are designed to attract kids' attention. This, combined with flavor enhancers, creates an unrealistic expectation of how food should look and taste. It's important that children learn to identify with whole nutritious foods at an early age to avoid these consequences of health and behavior issues. Grocery shopping with your kids is a great way to teach them how to read labels and decide whether or not products are nutritionally sound. You'll likely find that many foods with labels (processed foods) contain anti-nutrients. Unfortunately, the bright, cartoonish, and fun looking packages designed for kids are the most dangerous of them all.

Popular Toxic Additives:

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 methylene chloride.

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

2 tsp coconut oil

1 small onion, diced

8 oz. mushrooms, chopped

1 cup spinach (or other greens), chopped

1 tsp. fresh thyme

1 clove garlic, crushed

8 oz. leftover turkey, chopped

Preheat oven to 400 degrees. Whisk eggs with salt and pepper in a large bowl, then stir in shredded cheese. Set aside.

Heat a 10 inch cast iron skillet (or any other oven safe skillet) over medium heat. Add the coconut oil and onions and cook until golden - about 5-6 minutes. Add the mushrooms, spinach, thyme, and garlic. Cook until the mushrooms are soft - about 7 minutes.

Stir in chopped turkey. Pour the egg mixture into the skillet and reduce heat to low.

coatings (especially varieties made for children), many products made by Weight Watchers, fast food menu items and most products labeled "sugar free."

GMO Soy lecithin originates from the soy bean. Since a majority of soy crops in the world are now genetically modified, they pose the same threat as GMO sugar beets...and then some. GMO Soy has also been linked to ADD, ADHD, digestive distress, endometriosis, allergies and a higher risk of heart disease and cancer.

Artificial flavorings are known to cause many problems including: nervous system depression, dizziness, chest pain, headaches, fatigue, allergies, brain damage, seizures, nausea, and much more. Some of the popular flavorings can also cause genetic defects, tumors, bladder cancer, and many other types of cancers.

MSG, free glutamic acid, and hydrolyzed proteins, used as flavor enhancers in processed foods, are especially dangerous. These chemicals are used to hyper-enhance flavors in the same way that steroids give an athlete the advantage of added physical strength. A child's protective blood brain barrier is not fully developed and more susceptible to the effects of MSG and its derivatives. MSG contains a neurotransmitter that literally excites brain cells to death (brain cells do not regenerate!). **Reading labels for hidden sources of MSG**

Artificial colors, most of them derived from coal tar, are also known to trigger hyperactive, ADD and ADHD behaviors and result in a significant reduction in IQ. The toxic substances used to create the deceptively innocent colors in candy and processed foods marketed for children have also been linked with cancer.

If you are concerned that you or your children have developed issues due to food additives and would like help to clear them from your systems, please call the office to schedule an appointment.
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Cook for another 6-8 minutes or until the edges are set.

Transfer the skillet to the oven until the frittata is set and completely cooked through - about 8-10 minutes. Remove from the oven, cut into 6 wedges and serve hot.

*Any other Thanksgiving leftovers can be a welcome addition! Just add cooked ingredients with the egg & cheese mixture.

- Veggies
- Potatoes
- Sweet potatoes
- Herbs
- Cranberries

Testimonials

"The symptoms that I was having were an overall sluggish/tired feeling that would not go away. No ambition to complete tasks. Dawn is absolutely wonderful! Because of her knowledge I

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.

707.795.1063

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

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