



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

Issue #65

Dear Christine,

We are pleased to present our 65th 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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Eat Well... **Feel Well!**

Get Prepared Now for the Upcoming Allergy Season

Meatball & Veggie Soup



8-10 servings

For the meatballs:

2 lbs pastured ground turkey
or chicken
2 pastured eggs
1 1/2 tbsp very finely minced
sweet onion
1 tsp garlic powder



Although it's still chilly outside and spring hasn't brought forth the season's common environmental allergens, it's not too soon to begin preparing. Because of the incredibly wet winter season we've had, spring will likely bring on a strong allergy season.

When your body determines that something is a "foreign invader," it releases histamine that causes an immediate inflammatory response. This is your body's way of alerting you of potential attackers to your immune system. Histamine is produced by white blood cells to increase the permeability of the capillaries to proteins and white blood cells, allowing them to engage pathogens or "foreign invaders." The classic symptoms of an environmental allergic response (a runny/stuffy nose and itchy, watery eyes) are due to fluid escaping the capillaries into the tissues when permeability is increased in the nasal mucous membrane.

Allergic response to food can mirror and intensify the same reaction in addition to itchy skin, rash and hives, swelling, sluggishness, respiratory issues and gastrointestinal problems. The immune system kicks into high gear to push out toxins and return to a normal state. If your body is under constant attack from food intolerances and allergies, your body's baseline may be affected and in your "normal" state, you might be constantly challenging your immune system. If your immune system is always stressed and overburdened, you are more likely to have a more intense reaction during the typical spring allergy season. If you eliminate these extra factors, your body will be more

1 tbsp minced parsley (dried is fine)
1 tsp freshly ground black pepper
1 tsp sea salt

Mix all ingredients together in a large bowl.

Roll balls slightly smaller than the size of a golf ball and place on a parchment lined sheet pan.

Cover and refrigerate for several hours or overnight.

For the Soup:

2 tbsp coconut oil
1 cup sweet onion, diced
1 cup celery, diced
1 cup carrots, diced
1 tbsp garlic, minced
1 bay leaf
6 1/2 cups chicken broth
3 cups baby spinach leaves, chopped
salt and pepper to taste

Directions:

Saute onions, garlic, carrots and celery in coconut oil in a large covered pot for 10 minutes on medium heat, stirring occasionally.

Deglaze your pot with chicken broth and add your bay leaf, salt and pepper.

Bring to a boil and reduce heat. Simmer for 10 minutes.

Add the meatballs to the pot (they will cook in the soup and remain nice and tender). Cook meatballs for about 10 minutes in the simmering soup then

efficient at handling environmental allergens.

What happens to your body when you choose to take prescribed or over the counter medications for seasonal allergies? The sole purpose of these drugs is to ***suppress the immune reaction***, not rid your body of allergies. When your immune system is suppressed, you leave yourself less protected from other invaders or illnesses. Over time this can take an enormous toll on your health and well being.

Why not prepare your body by eliminating factors that challenge your immune system? Rid yourself of toxins and eliminate the foods that cause you to react. You may find that your normal baseline will shift to an amazing feeling of well being with increased energy and vitality.

Give yourself an extra edge by providing your immune system with additional support

. With proper supplementation you can boost your immune system and be less vulnerable to allergen reactions. Please see the Non-Toxic Medicine Cabinet for immune support. If you would like direction in figuring out which foods to eliminate from your diet or which immune boosting products are best suited to your body, please schedule an appointment with Dawn for testing and the appropriate method for elimination.

add the spinach and cook until just wilted.

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 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.

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



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

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