



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 #68

Dear Christine,

We are pleased to present our 68th 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!

Good Fats - VS - Bad Fats



Serves 4

4 trout (or any firm white fish) fillets, each about 8 ounces

Sea salt and pepper, to



For many years we've been hearing that we need to avoid saturated fats and cholesterol and eat an unsaturated, 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 presented 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.

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).

Sources of healthy fats to include in your diet:

- Olives/olive oil
- Coconuts/coconut oil
- Grass-fed organic butter
- Raw nuts
- Pastured egg yolks
- Avocado/avocado oil
- Grass-fed meats
- Palm oil (sustainably sourced)
- Unheated organic nut oils
- Fatty white fish or Salmon

The consumption of unhealthy dietary fats, such as those found in fried foods and genetically modified oils create an inflammatory condition in the body that raises the bad cholesterol which begins the process of atherosclerosis - allowing your arteries to become clogged.

Cooking with polyunsaturated and monounsaturated plant based oils, most of which become oxidized during processing causing pro-aging free radicals, increase inflammation and actually increase weight gain

taste

6 oz. butter, melted

3 tablespoons fresh lemon juice

2 tablespoons fresh parsley, chopped

Preheat the broiler.

Season the fish with sea salt and pepper. Place in a shallow baking dish.

Combine the butter and lemon juice. Pour over the fish.

Broil for about five to six minutes, and then turn the fish over with a spatula. Broil for about five or six minutes more. Watch carefully so as not to overcook. The fish is done when it flakes easily with a fork.

Serve with pan juices.

Avocado Oil Mayonnaise

2 pastured egg yolks

4 tsp fresh lemon juice

1/4 tsp garlic powder

pinch of cayenne

pinch of sea salt

pinch of mustard powder

1 cup avocado oil

because they have appetite stimulating compounds.

Also be wary of trans fatty acids, also known as trans-fat, hydrogenated oil, and partially hydrogenated oil, in your food. Trans-fats are artery-clogging fats that is formed when vegetable oils are hardened into margarine or shortening. It is found in many other foods besides margarine and shortening, however, including fried foods and processed baked goods (cookies, crackers, donuts, pastries, cereal, breakfast bars, muffins, etc.).

Sources of unhealthy fats to exclude from your diet:

- Canola oil
- Cottonseed oil
- Soybean oil
- Corn oil
- Peanut oil
- Margarine or any other trans-fats
- Processed foods

Navigating through good vs bad fats needn't be tricky if you have access to reliable information. For further study on how dietary fats affect your health, please read *Know Your Fats: Complete Primer for Understanding the Nutrition of Fats, Oils and Cholesterol* by Mary G. Enig, Ph.D., a nutritionist widely known for her research on the nutritional aspects of fats and oils.

If you have any concerns about your cardiovascular health or questions regarding your dietary choices and fat consumption, please call the office to schedule an appointment with Dawn. 707.795.1063

Combine egg yolks, lemon juice, garlic powder, cayenne, sea salt, and mustard powder in a quart size mason jar with an immersion blender. Mix for 30-60 seconds. Add the avocado oil in a very slow stream while keeping the immersion blender working at the base of the mason jar.

Keep blending until all the oil is incorporated and the mayonnaise is thick. Will keep in the refrigerator for 4-5 days.

Testimonials

I wouldn't go to bed without taking at least three ibuprofen pills for my (pain) legs. I had severe discomfort that wouldn't let me sleep. I also had chronic headaches and very bad digestion.

OMG!! I am feeling more than great. It's only been three weeks since I started the program here and I feel that my life has changed completely. I don't

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

have any pain that I have to take any type of medicine. I am thrilled with the results. It's like I am a different person with a different mindset. This is a huge blessing for me. Thanks Dawn!! You are fantastic.

SR, 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