



Rejuvenation & Well Being
Live from the heart.

Phone: 707.795.1063
Email: Office@RejuvAndWellBeing.com
Web: www.rejuvandwellbeing.com
315 East Cotati Ave. Suite A, Cotati, CA 94931

"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 #14

We are pleased to present our 14th 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

Have you been ill since you were a child? Are you protecting your children?

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[Email us](mailto:Office@RejuvAndWellBeing.com)
liveitlifestyle.com/lessons

Eat Well... Feel Well!

**Slow-Roasted Halibut
with Shaved
Asparagus and Fennel
Salad**



Serves 6



Do you notice that you are taking your child to the doctor often with symptoms such as, chest congestion, post nasal drip and digestive issues (excessive gas, diarrhea and/or constipation)? These are all symptoms that *something* is interfering with the body's natural processes.

Kids need special protection. Infants and children are especially at risk from the harmful effects of toxic chemicals and pesticides, which can result in 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 pesticides and environmental toxins and poisons whenever possible. Children are more vulnerable in the moment, but adults are subject to the effects of long term cumulative exposures to toxins.

Expectant and lactating mothers should avoid consuming chemical additives and preservatives. These substances, including pesticides and other toxic chemicals, can cross the placental barrier and affect her developing fetus. They are also known to show up in breast milk (which is, more often than not, deemed nutritionally superior to infant formula).

Avoid the following chemicals in food whenever possible:

- Pesticide residues
- MSG and hydrolyzed proteins, used as flavor enhancers in processed foods
- Aspartame, the artificial sweetener marketed as NutraSweet and Equal
- Partially hydrogenated oils, found in baked goods and processed foods
- Bovine growth hormones, used to make cows produce more milk
- Artificial colors, artificial flavors and preservatives (look

Salad:

- 4 1/2 teaspoons fresh lemon juice
- 1 tablespoon Dijon mustard
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons drained capers, chopped
- 3/4 pound asparagus spears (about 1 bunch), trimmed
- 1/2 cup thinly sliced fennel bulb (preferably shaved with V-slicer)

Fish:

- Extra virgin olive oil
- 3 tablespoons finely grated Parmesan cheese
- 2 tablespoons finely chopped fresh Italian parsley
- 1 tablespoon finely chopped fresh thyme
- 2 teaspoons finely grated lemon peel
- 3 tablespoons butter, melted
- 6 6-ounce halibut fillets

For salad:

Whisk lemon juice and mustard in small bowl. Gradually whisk in oil, then add capers. Season dressing

for these especially in foods marketed for kids!)

Things you can do NOW

- Keep your kids' exposure to pesticides as low as possible. Daily doses add up, and the way kids play makes them more prone to ingesting pesticides than adults. For example, kids are more apt to absorb the pesticides from a treated lawn
- Don't assume that pesticides are safe simply because the EPA allows them to be sold. Try to limit your family's dietary exposure to them by serving, whenever possible, organic foods, which are grown without pesticides.
- Read labels and avoid such additives as aspartame, MSG, hydrolyzed proteins, artificial colors and flavors, preservatives and hydrogenated oils.
- Use organic dairy products. This is the only way to be certain you are avoiding bovine growth hormone.
- Don't forget to be good to the kid in you!

to taste with salt and pepper.

Place 1 asparagus spear flat on work surface. Using vegetable peeler, shave asparagus into long thin strips. Place asparagus strips in medium bowl with shaved fennel.

For fish:

Coat rimmed baking sheet with olive oil. Mix cheese, herbs, and lemon peel in another medium bowl. Sprinkle with salt and pepper. Drizzle melted butter over. Using fork, toss to incorporate evenly.

Place halibut fillets on prepared baking sheet, spacing apart. Sprinkle with salt and pepper. Divide cheese mixture evenly over each fillet to cover top.

Preheat oven to 300°F. Bake halibut until opaque in center, about 20 minutes.

Place 1 halibut fillet on each of 6 plates. Pour dressing over asparagus and fennel mixture; toss to coat. Season salad to taste with salt and pepper. Divide salad among plates and serve.

Testimonials

"The results I have achieved through working with Dawn Dolan have given me a new lease on life. After trying numerous other avenues, I experienced how Dawn and her expertise in Acunoint

Create Your Own Non-Toxic "Medicine Cabinet"



To Help Rid the Body of Digestive Issues, Toxins and Chemicals:

Multizyme

To break down chemicals in food
-taken on empty stomach
Aides digestion
-taken with food

Cholacol II

To absorb broken down chemicals
so they are not reabsorbed into the body

ChelaCo

Herbal remedy to help clear toxins and protect the body

Antronex

To eliminate post nasal drip (which leads to digestive issues)

Parotid PMG

To support the body's chemical defense mechanism

Please contact the office for dosage, pricing and any other questions.

707.795.1063

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

Nutritional Testing quickly pinpointed the cause of my lifelong ailments and accurately determined the precise remedies that would bring me back to the pink of health. I am immeasurably grateful to Dawn for her caring support and wise counsel, which have truly changed my life. Thank you Dawn!"

R.M., Santa Rosa, CA