



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 #87

## Greetings!

Happy New Year!

We are pleased to present our 87th 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!**

# *Improve your Gut Flora and Increase your Overall Wellness!*



Everyone's overall level of wellness (or un-wellness) is

## Fermented Vegetables



**1 pint of warm  
filtered or spring  
water per jar**

**3 ½ tsp sea salt**

**Your choice of**

directly related to the health of our gastrointestinal (GI) tract or, commonly referred to as, the [gut](#). More than 80% of our body's immunity is developed in the intestinal tract by the beneficial gut flora (bacteria) balance that resides there. Gut flora, contained within intestinal barrier of the GI tract, consists of 100 trillion microorganisms which provide protection from infection, regulate our metabolisms and promote normal gastrointestinal function. When your gut flora is damaged, the bacterial balance becomes unchecked and your immune system is considerably weakened, leaving you open to invaders (foreign substances) and more susceptible to future infections. Most importantly, the good bacteria prevent invaders from crossing the intestinal barrier into our bodies.

When gut flora shifts too far out of balance, the intestinal barrier becomes permeable or "leaks" ([leaky gut syndrome](#)) protein molecules into the bloodstream. Your immune system responds by creating antibodies to attack these foreign invaders. These antibodies don't always distinguish between foreign invaders and healthy tissue and will attack them as well. The immune system gets extremely overwhelmed and can start attacking things at random without further provocation. Many experts have concluded that these attacks are precursors to developing autoimmune diseases such as [Hashimoto's](#), [inflammatory bowel disease](#) and [type 1 diabetes](#).

Once the gut barrier has been breached, toxins that would have been otherwise filtered or passed through our bodies can infiltrate other tissues and instigate problems with the integumentary system (skin, hair, nails, and fat), cardiovascular system, skeletal system, pancreas, kidneys, liver and brain. Some issues that may occur include eczema, psoriasis, heart failure, other autoimmune conditions, rheumatoid arthritis, mental illness, autism spectrum disorder, depression, chronic fatigue syndrome, asthma, allergies (including food sensitivities), obesity, etc.

So many aspects of modern life contribute to gut issues:

- A diet high in refined carbohydrates, processed foods and sugar
- Antibiotics and other medications
- Food toxins - gluten, arsenic, BPA, MSG, etc.
- A diet low in fermentable fibers
- Chronic stress

**seasonal organic vegetables, chopped into same size pieces**

**Some options:**

**Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery root  
Collard greens  
Radishes**

**\*optional to add seasoning and additional flavors such as, garlic, herbs, dried spices**

## **Instructions**

Make the brine. Stir the sea salt into the warm water until it dissolves.

Put the chopped vegetables into a clean pint jar, packing them in as tight as you can, leaving about 1 inch of head-space at the top.

Pour the warm salt water brine over the carrots to cover them completely. Put a cabbage leaf

Avoiding wheat and other gluten- packed grains is crucial in maintaining gut health. They contain a protein called gliadin, which increases production of zonulin - a protein that increases intestinal permeability, which then leads to leaky gut.

Overuse of antibiotics without rebuilding the healthy gut flora afterward is all too common in modern lifestyles. Antibiotics are designed to indiscriminately destroy bacteria within the body - bad *and* **good bacteria**.

Fortunately for us, gut flora balance and intestinal barrier integrity can be restored with proper intervention:

- Get rid of refined carbohydrates, processed foods and sugar in your diet. Consuming these "foods" helps to feed bad bacteria and keeps them thriving, thus creating the imbalance that threatens the fitness of gut flora and weakens the immune system.
- Just eat whole foods with all their nutrients intact!
- Add fermented foods that act as natural probiotics (encourages good bacterial growth). Choose foods such as sauerkraut, kimchee, kefir, yogurt, or any other fermented vegetables.
- Use whole food supplements that help strengthen your immune system and rebuild your gut (see the Non-Toxic Medicine Cabinet).

Whether or not you've overindulged in processed, sugary foods during the holidays, now is the perfect time to take a look at the importance of gut health as we head into the months of "cold and flu season." Strengthening your immune system through improving your gut health is your best bet for maintaining your overall level of wellness.

For a specific protocol designed to help your body restore your beneficial gut flora, please call the office to schedule an appointment with Dawn for testing. 707.795.1063

on top of the vegetables to keep them submerged.

Cover jar with a coffee filter or tea towel and secure it with a rubber band. This will allow fermentation gasses to escape.

Set the jar at room temperature for 1-4 days depending on the taste you are going for. The longer it sits, the more flavor will develop. You can open and taste along the way until you are satisfied.

Keep in mind that if you live in a warmer environment, you may not need as much time to ferment. In the summer fermentation will be much faster.

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## Testimonials

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"The results I have achieved through

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



### To help your body's ability to fight off bacteria:

- **Thymex** – supports a healthy thymus gland, master gland of the immune system
- **Spanish Black Radish** – Supports the body's normal toxin-elimination function
- **Immuplex** – supports a healthy immune response

### To encourage beneficial bacteria:

- **ProSynbiotic** - supports gut flora and overall intestinal health
- **Prebiotic Inulin** – supports immune system function in the gut
- **Lact-Enz** – supports healthy gastrointestinal flora
- **Lactic Acid Yeast** – establish proper pH balance in the gut and supports a healthy intestinal environment

\*Please call the office for proper dosage and instructions 707.795.1063

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 Acupoint 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

## 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