



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 #20

We are pleased to present our 20th 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

Its Cold and Flu Season...What Are You Doing for Prevention?

As Cold and Flu season approaches, we hear and see numerous ads for Flu vaccines. This is the medical industry's number one answer for prevention...before you rush out to get a Flu shot, consider the more effective and non-toxic methods. Most importantly, please consider the list of ingredients within the vaccine (the following is a list of common ingredients used in the most popular Flu vaccines):

Preservatives

[Mercury](#)

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Quick Links

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liveitlifestyle.com/lessons

Eat Well... **Feel Well!**

Garlicky Mushroom Soup



Serves 4

- 1 pound firm white mushrooms, cleaned
- 2 tablespoons minced shallots
- 4 large cloves of garlic, roughly

Animal DNA/Protein

Egg Protein

[Hydrolyzed Porcine \(Pig\) Gelatin](#)

Antigens

[Influenza A \(H1N1\)](#)

[Influenza A \(H3N2\)](#)

[Influenza B](#)

Antibiotics

[Gentamicin Sulfate](#)

[Kanamycin](#)

[Neomycin Sulfate](#)

[Polymyxin B](#)

Antimicrobial, toxin, or viral inactivators

[Formaldehyde](#)

[Beta-Propiolactone](#)

[Sodium Deoxycholate](#)

Detergent, emulsifier and dispersing agents, stabilizers

[Octoxynol-10 \(Triton X - 100\)](#)

[Polysorbate 80](#)

[Monosodium Glutamate \(MSG\)](#)

[Sucrose](#)

Vaccine packaging

[Latex](#)

Growth medium components

[Calcium Chloride](#)

[Alpha Tocopheryl Hydrogen Succinate \(vitamin E\)](#)

[Arginine](#)

[Hydrocortisone](#)

Virus splitter or antigen retrieval

[Sodium Taurodeoxycholate](#)

[Cetrimonium bromide](#)

[Nonylphenol Ethoxylate](#)

Adjust pH, tonicity

[Dibasic Sodium Phosphate](#)

[Dibasic Potassium Phosphate](#)

[Monobasic Sodium Phosphate](#)

[Monobasic Potassium Phosphate](#)

[Sodium Chloride](#)

[Potassium Chloride](#)

There are natural precautions you can take that will enhance your immune function against more than just Cold and Flu viruses. As a rule, your diet has much to do with your defenses against illness and the strength of your immune system. In addition to diet, supplementation will enhance protection from these unwanted invaders. **Someone who has a diet of whole unprocessed foods, plenty of fresh fruits and vegetables and good clean proteins and fats will have a much better chance of staying well through the Cold and Flu season.**

chopped

- 1/4 teaspoon dried thyme
- 1/2 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 cups heavy cream
- 1 1/2 cups chicken stock
- 1 tablespoon minced parsley

Directions

In a food processor(or by hand), coarsely chop mushrooms.

Melt the butter in a heavy saucepan and lightly saute the shallots and garlic. Add the mushrooms, thyme, and bay leaf and saute over moderate heat for 10 minutes, or until the liquid disappears. Add the salt, pepper, cream, and chicken stock and bring to a boil. Reduce the heat and simmer for 30 minutes. Serve sprinkled with minced parsley.

Spicy Brussels Sprouts Salad With Almonds and Mint



- 1 lb. Brussels sprouts
- 1/2 cup mint leaves

Seven Immune Boosting Foods:

- Due to the sulfur containing compounds, **Garlic** has strong immune boosting properties
- **Red or Pink Grapefruit** is packed with Vitamin C
- Cruciferous vegetables (**Broccoli, Brussels Sprouts, Cauliflower** etc.) are rich in anti-oxidants and choline to help cells function properly
- **Carrots** are an excellent source of beta carotene - this supports the mucus membrane of the respiratory and intestinal tracts
- **Egg Yolks** contain selenium and zinc - minerals that help boost the immune system
- **Cinnamon** is an anti-viral, anti-fungal and anti-bacterial
- **Mushrooms** are rich in zinc - this helps increase the white blood cell count

Please see the "Non-Toxic Medicine Cabinet" for immune boosting supplement suggestions.

- 1 clove garlic
- 1/4 to 1/2 tsp. red pepper flakes
- 2 Tbsp. cider vinegar
- 1/2 tsp. salt
- 2 Tbsp. olive oil
- 1/2 cup Marcona or other roasted almonds
- 1/3 cup freshly shredded parmesan cheese

Pull off a layer or two of the darker green leaves on the Brussels sprouts.

Holding by the stem end, cut each sprout into crosswise slices as thinly as possible.

Discard stem nub (that part you've been holding while you cut). Put "shaved" Brussels sprouts in a large bowl.

Gather mint leaves into a bundle and cut into ribbons .

Add to brussels sprouts.

Mince garlic clove and put in a small bowl with pepper flakes, vinegar, and salt.

Let sit 5 minutes. Add olive oil and whisk to combine.

Pour over salad and toss to coat Brussels sprouts thoroughly. Add almonds and Parmesan and toss to combine.

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

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,

Testimonials

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

" I am grateful to Dawn for helping me find a way to live a calmer life. The combination of supplements, supportive listening and caring has alleviated my anxiety. The bloating and gas has been diminished. I am no longer depressed and look forward to each day. I appreciate all of the kindness shown to me. Thank you Dawn."

Myrna R.