



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 #85

Greetings!

We are pleased to present our 85th 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!

Chicken Pad Thai



Serves 3-4

1½ lb chicken, cut
into small 1" chunks

4-5 Tbsp. coconut oil

5 cloves garlic, finely
chopped

5 Tbsp. fish sauce

2 Tbsp. coconut
amino

Keep Moving Now & Throughout the Holiday Season



It's not uncommon for people eat their way through the holidays or give up their exercise regimen due to the weather and the pace of the season and some people do both. The "eating season" begins in October with Halloween candy, continues into November, ramping up for Thanksgiving, and finishes in high gear all through December. We all know that the month of January brings a renewed ambition to eat more healthily and get back on the exercise wagon. However, if you can maintain (or begin) your exercise program and good eating habits throughout the holiday season, you won't have such a big hill to climb when January arrives. It is most important to remember to eat a *well-balanced* diet, avoid over-restriction of your caloric intake, and maintain a *reasonable* exercise schedule.

Your body needs real food to perform optimally and avoid injury, but advertisers would have you believe that sports soft drinks and "energy" bars are proper fuel to get you through your work out. Most of these products' main ingredient is high-fructose corn syrup. The fact is, consuming anything with a high sugar and/or refined carbohydrate content, makes you more prone to injury due to muscle and joint deterioration. Sugar's empty calories create changes in body chemistry that lead to nutritional deficiency by leaching healthful nutrients from the tissues. These missing nutrients are what prevent deterioration and keep the muscle and joint tissues healthy.

Not only should you steer clear of foods devoid of good nutritional value, it is important to support your body by eating well balanced meals that include high quality fat, protein, and a variety of vegetables. Fats are essential to

5 Tbsp. fresh lime juice

2 tsp apple cider vinegar

5 Tbsp. chopped fresh cilantro

4-5 green onions, finely chopped

1 12oz package of broccoli slaw

2 cups bean sprouts

2 medium carrots, shredded

Optional: add 2 Tbsp. chopped cashews

Heat a wok over medium-high heat. Add oil and garlic, cook about 1 minute. Add chicken and cook 2-3 minutes, stirring frequently, until lightly browned.

Add fish sauce, coconut aminos, lime juice and vinegar. Cook at a rapid simmer until chicken is cooked through, about 5-8 minutes.

Add broccoli slaw, bean sprouts and shredded carrot. Cook, stirring

cellular health. One third of each cell membrane in your body is made up of fat with the exception of brain and nervous system tissue which is 60% fat. Dietary fats are also needed to produce hormones which drive the body's essential processes. For these reasons, it is extremely important that you include fats in your diet.

Generally speaking, after exercise your body is nitrogen-poor and your muscles have been broken down. That's why you need amino acids from high quality proteins as well as vegetable carbohydrates. To rev up your metabolism and keep your blood sugar stable, it's a good idea to eat 5-6 small healthy meals throughout the day rather than the traditional 3 larger meals per day.

Beneficial sources of fat include:

- Cold water fish
- Organic chicken
- Organic free-range eggs
- Organic grass-fed red meat
- Avocados
- Olive oil
- Flax seeds and flax seed oil
- Nuts and seeds (preferably raw)

Beneficial sources of protein include:

- Organic chicken
- Organic free-range eggs
- Organic grass-fed red meat
- Whey protein
- Nuts and seeds (preferably raw)

Beneficial sources of carbohydrates include:

- Virtually any vegetable (limiting carrots and beets, which are high in sugar)
- Dark green, leafy vegetables such as spinach, kale or Swiss chard
- Low fructose fruits like lemon, limes, passion fruit, apricots, plums, cantaloupe, raspberries, limit high fructose fruits like apples, watermelons and pears.

Another pitfall to avoid is over-exercising or focusing too

frequently, until soft but still firm, about 3-4 minutes.

Toss or garnish with green onion, cilantro and optional cashews.

Spinach & Mushroom Frittata



Serves 4

6 organic pastured eggs

¼ cup whole organic milk or milk substitute

1 onion, thinly sliced

4 oz mushrooms, sliced

3 Tbsp. grass fed butter or coconut oil

2 cups baby spinach

Salt & pepper to taste

Preheat oven to 350 and grease an 8 inch baking dish. Heat a

intently on one form of exercise that may lead to over-use injuries. Getting a variety in your workout is as important as the variety in your diet. If you are relatively new to regular physical activity, you might want to start with walking and gentle yoga and work your way up to more strenuous work outs. If you are more experienced and enjoy higher intensity work outs, be creative and change up your activities so you don't get bored or complacent. Some ideas: speed walking or jogging (or alternating a mix of both), strength training using weights, resistance bands, or body weight exercises, bicycling, hiking, etc. All of these activities can be done outside (weather permitting). When it rains or becomes too cold, you can still keep yourself moving inside your home or a gym if you have a membership - take some group classes for more variety.

Consistency is the key. Decide how often you will exercise and schedule it into your calendar. Make it a habit to refuel with good quality food and avoid overindulging now, so that when January rolls around, you're already on that healthy path!

Sometimes your specific nutritional needs may not be completely met by diet alone. Whole food supplements can help bolster your efforts. Please call the office to schedule an appointment with Dawn if you need assistance with your nutritional needs to support your exercise regimen.
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large skillet and brown onion and mushrooms over medium heat. Add spinach and continue cooking for 1 minute, then set aside. In a large bowl, whisk eggs and milk, and then season with salt and pepper. Add mushroom and spinach mixture to eggs and pour into the prepared baking dish. Bake for 25 minutes. Cut into 4 portions and serve warm.

Testimonials

"I always had problems with digestion and cramps in my legs. Over the years, these problems increased which resulted in my face breaking out with acne. Also, my digestive problems lessened my ability to eat meat because I suffered from extreme discomfort. Furthermore, I had anxiety all the time that often resulted in me feeling irritable and unable to calm myself.

Create Your Own Non-Toxic "Medicine Cabinet"



Nutritional Support for Exercise:

Cod Liver Oil – provides Omega-3 fatty acids & supports the body's natural inflammatory response

Wheat Germ Oil – important for cell-signaling molecules; supports the body's function during exercise

Ligaplex I – supports healthy joints and muscles, bone growth, and the synthesis of cartilage

Ligaplex II – supports tissue and joints to maintain connective tissue health, especially for long-term support

Protefood – promotes healthy protein metabolism & contains the essential amino acid lysine, needed for proper collagen formation

Regeneplex – provides support for cellular rejuvenation

*Please call the office for proper dosage and instructions 707.795.1063

Currently, I can eat anything I want with no discomfort. I have regular bowel movements. My leg cramps are almost gone. My face is slowly clearing up. My anxiety seems to have disappeared. When I feel anxious, I only feel anxious for a few seconds then I can calm myself. I notice I feel happy more often because the constant irritability is gone."
- Phyllis M.

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