



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

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Issue #33

We are pleased to present our 33rd 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

In This Issue

[Let's Give Thanks...with Good Health!](#)

[Non-Toxic "Medicine Cabinet"](#)

[Eat Well... Feel Well!](#)

Quick Links

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Eat Well...
Feel Well!

Cinnamon
Spice
Pumpkin
Custard

Let's Give Thanks...with Good Health!



With Thanksgiving on its way, many of us begin to reflect on the

things we are grateful for and those who are important to us. We may value things differently or have different priorities, but one thing we have in common (I know this because you are reading our Newsletter!) is the desire to achieve good health...not only for ourselves, but for our loved ones too. After all, if you model good health, those who look up to you or depend on you will follow your lead...and you are better able to care for those who depend on you if you're in good health!

Good health means taking care of yourself by supporting your immune system and eating well. During the holiday season, it's common for some folks to let stress get the best of them and/or succumb to overindulging in unhealthy holiday treats. What can you expect from added stress and straying from your healthy eating habits? A compromised immune system! So rather than spending time fighting a nasty bug, spend time with those you cherish because you took the time to take care of yourself.

There are natural precautions you can take that will enhance your immune function. 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 holiday season.

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.



Serves 6

1 cup pumpkin (canned or fresh roasted and pureed)

2 tsp cinnamon

1/4 tsp ground ginger

1/4 tsp nutmeg

1/8 tsp sea salt

2 large eggs

2 Tbsp maple syrup

2 tsp vanilla extract

1 cup full fat coconut milk

Directions:

Pre-heat the oven to 350 degrees. Combine pumpkin, spices and salt in a medium bowl. In a smaller bowl, beat the eggs, then whisk in the maple syrup, vanilla and coconut milk. Whisk the egg mixture into the pumpkin mixture until well combined. Pour the custard into

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, 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

6- 1/2 cup ramekins or one medium ceramic baking dish. Place the ramekins in a baking pan and add enough water to the dish to come up 2 inches high around the ramekins or ceramic baking dish. Carefully place in the oven and bake for 60 minutes or until a knife inserted into the center of the custard comes out clean.

Testimonials

"The symptoms that I was having were an overall sluggish/tired feeling that would not go away. No ambition to complete tasks. Dawn is absolutely wonderful! Because of her knowledge I feel much better! My energy is back up, my state of mind is much happier and I feel like I can accomplish anything! Thank you Dawn!!"

C.S., Santa Rosa