



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 #44

Greetings!

We are pleased to present our 44th 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

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Eat Well...

Feel Well!

Lyme Disease **IS** Treatable



It's that time of year again...the sun is shining, the days are longer and warmer, and we're spending more time outdoors. For some this means hiking, camping and/or exploring wooded areas. These

Sautéed Cabbage and Carrots with Turmeric



serves 8

1/3 cup coconut oil

**3 medium onions,
finely chopped (2
cups)**

areas are notorious for tick exposure which can also mean exposure to the bacteria **Borrelia burgdorferi** carried by deer ticks.

The *Borrelia burgdorferi* bacteria causes **Lyme disease** - an infectious disease that may cause:

- severe headaches & neck stiffness
- rash
- muscle & joint aches/pain
- extreme fatigue
- chest pain & heart palpitations
- loss of movement on one or both sides of the face (Bell's Palsy)
- light or sound sensitivity
- cognitive impairment
- sleep disturbance
- depression, anxiety & mood swings
- arthritis
- abdominal pain with nausea and diarrhea
- tingling, burning or shooting pains

Less than 70% of people develop the telltale "bull's-eye" rash that accompanies the very early stages of Lyme disease. These rashes can also mimic spider bites, ringworm and cellulitis - ***without the bull's-eye appearance***, so if you are unaware that you've been bitten, it may be difficult to recognize. If left untreated, the bacteria can spread and go into hiding in your body, later causing problems with your nervous system, heart and circulation, digestion, reproductive system and skin. Your symptoms may disappear (even without treatment) and different symptoms may appear at different times.

Salt

10 garlic cloves,
minced

One 2-inch piece
fresh ginger, peeled
and minced

2 tablespoons
ground turmeric

1 pound carrots, cut
into 1/4-inch pieces

5 pounds green
cabbage, cored and
cut into 3/4-inch
pieces

In a large skillet,
heat the coconut
oil on medium
heat. Add the
onions and a
generous pinch of
salt and cook,
stirring
occasionally, until
softened, about 8
minutes. Add the
garlic, ginger and
turmeric and
cook, stirring, until
the vegetables
are fragrant and

The good news is - **if you do catch it early on, it is easily treatable**...especially if you are in good health and maintain clean eating habits. If your immune system is strong, your body will have more energy and resources available to battle and eradicate the bacteria. It is essential to avoid foods high on the glycemic index; **sugars, alcohol and grains feed and grow bad bacteria**. Please focus on getting plenty of "anti-bacterial" foods that work to strengthen your immune system by increasing beneficial gut flora (good bacteria). These include:

- Garlic
- Coconut oil
- Ginger
- Fermented foods
- Lemons
- Horseradish
- Turmeric
- Cabbage

Including these foods in your diet will go a long way in defending your immune system and healing your body. Be aware that a good diet alone will not give you all the tools you need to defeat Lyme disease. A protocol of herbs and concentrated whole food supplements (specifically designed for your needs) are necessary to eliminate the *Borrelia burgdorferi* bacteria. Taking weeks, or possibly months, of doctor prescribed antibiotics will only weaken your gut by damaging the good flora that is needed to heal. If your beneficial gut flora is damaged, the *Borrelia burgdorferi* bacteria will find your body to be a nurturing environment in which to hide while your

just starting to brown, about 5 minutes.

Add the carrots along with 1/2 cup of water and cook, stirring, until the carrots are just starting to soften, 7 minutes. Stir in the cabbage in large handfuls, letting each batch wilt slightly before adding more. When all of the cabbage has been added, cover and cook over moderately low heat, stirring occasionally, until the cabbage is tender, 40 to 45 minutes. Season with salt and serve.

Testimonials

For three months I had a virus, one I couldn't shake,

body struggles to heal and fight again.

If you think you may have been at risk or have experienced any of the above symptoms, please call the office to schedule an appointment to have Dawn test you.

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even with help from other healthcare providers.

Dawn's first words to me were, "that virus is toast." And it was. Within days I felt my body grow stronger and within two weeks or so the virus was completely gone. I've now seen Dawn for years and with her help I've maintained excellent health. My family has also experienced similar positive results, as have friends I've recommended to her. She is remarkable!

B.E. - Santa Rosa

I have had severe to moderate

Create Your Own Non-Toxic "Medicine Cabinet"



Stock your Non-Toxic Medicine Cabinet with the perfect solution - ***customized just for you!***

Please call the office to schedule an appointment with Dawn Dolan for testing.

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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

chronic asthma since infancy. Since I've been seeing Dawn for nutritional testing, I've experienced an 80-90% improvement in my asthma.

D. Stone -
Petaluma