



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 #11

We are pleased to present our 11th 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

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## Maintaining Your Health and Good Habits through the Holidays



It is all too common to get caught up in the celebratory mood of the holidays and indulge in the not-so-healthy treats and behaviors. While an occasional indulgence will not adversely affect those who are in good health, over

### Eat Well... Feel Well!

Why not try a healthier treat alternative this holiday season? This recipe is easy to make and can be a fun family project. Also consider these as a homemade gift for friends and relatives!

**Cashew  
Butter/Chia Seed  
Granola Balls**

doing it can compromise your immune system and lead to getting stuck in the vicious cycle of "too much" turning into the "norm" for the duration of the season.

**Here are some tips to help you maintain good eating habits and keep on track:**

- Eat a small healthy protein snack, like chicken or cottage cheese, before you attend any holiday event. Protein satisfies and helps you eat less.
- Survey party buffets before filling your plate. Decide to allow yourself 1 treat - try to stick to the veggie trays and high protein items.
- Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions.
- Be careful with beverages - Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
- Take the focus off food - Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren't all about food.
- Always remember that rich, sugary foods have a nasty habit of making us crave yet more rich and sugary foods. We've all been there; over-indulging in sweet or rich food, feeling bloated, sick, and making rash promises to never eat again. By ensuring that you practice healthy eating over the holidays, you can expect to have more energy and fewer cravings.
- Eat breakfast and several small meals throughout the day to maintain healthy eating. This will cut down on hunger pangs, over eating and help keep your blood sugar levels steady.
- Focus on variety, moderation and balance of foods for healthy eating.



- 1/2 cup cashew butter
- 3 Tablespoons coconut butter
- 1/3 **cup gluten free rice syrup**
- 3/4 cup rolled oats (not quick cooking)
- 3/4 cup brown rice puffs
- 1/4 cup dried fruit (cranberries, sour cherries, blueberries)
- 2 Tablespoons chia seeds

In a saucepan over medium heat begin to heat cashew butter, coconut butter and rice syrup. Stir until loosened and smooth. Remove from heat: stir in oats, rice puffs, chia seeds and dried fruit. Stir all ingredients together

Make little balls and drop them into mini paper cupcake or candy liners. Place on baking sheet and refrigerate

## Here are some tips to further help you maintain wellness and good health:

- Plan time for exercise - Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.
- Keep stress to a minimum - studies have shown that high stress levels can make a person more susceptible to catching colds and flu. Employ stress relieving techniques, such as:
  - Gentle exercise like yoga or walks outside in a beautiful setting
  - Meditation
  - Aromatherapy
  - Treat yourself to a massage
  - Deep breathing
- Supplements - Even if you eat perfectly well all the time with loads of fresh fruits and vegetables, you will need to supplement your diet with nutritional supplementation. What you will need depends significantly on what your lifestyle is. If you're not sure what is currently appropriate for you, please call the office to schedule an appointment for your customized supplement protocol.
- Get adequate sleep - the average person needs six to eight hours of sleep per night. If you're not getting that kind of sleep, your body is extremely vulnerable to getting sick.

until set, about 15 minutes. To store, refrigerate in an airtight container for up to one week. Makes approx 24 balls.

### Nutritional Benefits

Nut butters are a great source of fats and proteins.

Brown Rice puffs contain fiber and are Gluten Free  
Rice Syrup has a low glycemic value

Oats contain fiber, B vitamins and help calm the nervous system

Chai Seeds contain Omega 3's, potassium and antioxidants

Coconut butter is rich in lauric acid ( lauric acid is know to be an anti-viral)

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### Optional Nourishing Ingredients

*Almond butter, sunflower seed butter*

*Coconut oil and unsweetened dried coconut flakes*

*Dried apricots, raisins and goji berries*

*Green powders*

*Black strap molasses*

*Cocoa powder (to give a healthier chocolate flavor)*

*Sesame seeds, hemp seeds, pumpkin seeds, and flax seeds*

*\*Recipe curtesy of Amy Hudgens, Nutritional Consultant  
Rusv Bee Nutrition*

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



### To Help Support Your Health Through the Holidays:

#### Multizyme & Zypan

To help with digesting holiday meals

#### Immuplex

Support for immune system is essential during cold and flu season

#### Catalyn

Multivitamin is key to maintaining good health

#### Cataplex D

Essential vitamin that many people lack during the winter when we don't get enough exposure from the sun

**Please contact the office for dosage, pricing and any other questions.**

**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

## Testimonials

"I was very excited to find Dawn: local, modestly priced, and working with natural, concentrated, whole foods based supplements by Standard Process. She was able to quickly figure out I was suffering from mercury toxicity and side effects from immunizations. She had me start a safe, natural and effective supplement regimen to eliminate the mercury and immunizations from my body. Over the weeks, she monitored my progress, fine tuned the regimen and coached me through numerous healing crises. I don't know exactly how Dawn works; it seems she knows and feels in the body's energy meridians and acupuncture points, while muscle testing with a cache of diluted substances, similar to what a doctor would use for allergy testing. Her work is detailed, sensitive, very accurate and powerful. I am grateful for Dawn's help and I can honestly say she has been an important person on my healing journey."

David W.

"I had a lot of tremors, sleep deprivation and ringing in my ears. Today, only 5 weeks after starting the program my tremors are gone, I am sleeping well and have greatly reduced the ringing in my ears."

Chris. B.