



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 #35

We are pleased to present our 35th 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

***Make That New Year's
Resolution Count...with Good
Health and
Balanced Hormones!***

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www.rejuvandwellbeing.com
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liveitlifestyle.com/lessons

Eat Well...
Feel Well!

**Coconut
Chicken
Adobo**



Many people are knee deep in the process of making a commitment to improve themselves by way of the notorious New Year's Resolution. The New Year brings on the opportunity for a fresh start in resetting your personal goals (or making brand-new ones) after months of holiday celebrations, indulging/feasting and traveling... and generally feeling too busy or stressed to maintain your "normal," healthy lifestyle. The most common resolutions tend to revolve around health/fitness, exercise and weight loss.

Since the end result of our resolution is what drives us to succeed, we want to do it right and take the most direct route. Here is something to consider while pursuing a new diet or exercise routine:

How will this affect my hormones, and in turn, influence my results?

First, let's explore the basic role of hormones. Hormones are naturally occurring chemicals produced by our cells or glands that drive ***all*** of our body's processes. These chemical "messengers" carry specific directives to organs and cells within our bodies. Some examples of these functions include control of the immune system, stimulation of growth, metabolism regulation, control of a cell's life span, reproductive cycle, etc. Without properly balanced hormones and a well-functioning endocrine system, our immune systems will not respond appropriately, our muscles will not be properly stimulated to grow (thereby limiting an increase in strength) and our metabolisms slow down, inhibiting weight loss.



Serves 4-6

2 tsp cinnamon

**3 - 4 tablespoons
coconut oil**

1 onion, sliced rings

**1 whole garlic (16-20
cloves), peeled and
chopped**

**3 lbs chicken thighs
(bone and skin on)**

**1/2 cup filtered
water**

**1/2 cup apple cider
or coconut vinegar**

**1/3 cup coconut
amino**

**1 -2 jalapeno or
green chili peppers,
chopped (for heat,
optional)**

2 bay leaves

**1 tablespoon annatto
powder (optional)**

2 teaspoons whole

Hormones are produced utilizing good fats and cholesterol, so lack of these important nutrients can cause hormone production issues simply because the body won't have the correct building blocks to make them.

The bottom line is: you need to consume plenty of good fats and cholesterol in order to efficiently meet your fitness goals, whether they are to improve overall general health, increase strength through exercise or lose weight. Too many weight loss programs utilize low or nonfat eating plans that will only hinder success by slowing down the process. They also recommend only eating and cooking with polyunsaturated and monounsaturated plant based oils, most of which become oxidized during processing causing pro-aging free radicals, increase inflammation and actually increase weight gain because they have appetite stimulating compounds.

Good fats that remain healthful when heated include: coconut oil, organic grass fed butter, ghee, grass fed beef tallow, pastured duck/chicken fat and sustainably sourced palm oil.

Good fats that you should eat but never heat include: cold pressed olive, sesame, walnut, macadamia, avocado and flax oils.

If you have any questions regarding the role fats and cholesterol play in good health or you'd like see if your hormones are balanced, please call the office to schedule an appointment with Dawn. 707.795.1063

*Check out our Non-Toxic 'Medicine Cabinet' section to see our Purification Program - designed to jump-start your weight loss and reset your metabolism!

peppercorns

Sea salt to taste

1 1/2 cups coconut milk

Heat coconut oil in a large pot and sauté onion and garlic until translucent. Add chicken thighs and cook until browned on the outside. Add water, vinegar, coconut aminos, jalapenos or green chilies, bay leaves, annatto powder (optional) and salt and pepper to taste then let boil and reduce until only about 1/4 or less of the liquid remains.

Add coconut milk and continue to reduce until it will no longer evaporate. The chicken should be moist and falling off the bone.

Testimonials

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"The results I have achieved through working with Dawn

Create Your Own Non-Toxic "Medicine Cabinet"



Purification Program:

SP Complete Protein Powder –

Essential whole food nutrition in a convenient powder, supports healthy liver function

- Whey based – Provides essential amino acids
- OR
- Rice based – Provides a non-dairy source of amino acids

SP Cleanse – Supports the body's toxin removal process

SP Green Food – Provides antioxidants and vital phyto-nutrients to your diet, supports overall cellular health

Gastro Fiber or Whole Food Fiber –

Provides soluble and insoluble fiber to support the digestive system

Whey Pro Complete (optional) –

Supports weight management, muscle tissue, immune function, and gastrointestinal health

*Call for details on best usage and pricing 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

Dolan have given me a new lease on life. After trying numerous other avenues, I experienced how Dawn and her expertise in Acupoint Nutritional Testing quickly pinpointed the cause of my lifelong ailments and accurately determined the precise remedies that would bring me back to the pink of health. I am immeasurably grateful to Dawn for her caring support and wise counsel, which have truly changed my life. Thank you Dawn!"

R.M., Santa Rosa, CA

