

Health & Wellness Newsletter November 2012 from Rejuvenation & Well Being



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 #21

We are pleased to present our 21st 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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Quick Links

www.rejuvandwellbeing.com
[Email us](#)
liveitlifestyle.com/lessons

Eat Well...
Feel Well!

Making Informed Nutritional Choices !



It is unfortunate that Prop 37 did not pass, but we can still avoid GMOs if we remain vigilant and educate ourselves about what we choose to eat. With Thanksgiving right around the corner, we can be thankful that we have a choice and exercise our right to eat good clean food. Remember that if we eat organic foods, we will avoid GMOs and chemicals found in conventional foods. We have compiled a list of local (Sonoma/Marin County) food sources that are GMO free *and* organic. Not only will you and your family eat well, but you will be supporting local sustainable farmers and their families.

Stemple Creek Ranch - grass fed beef and lamb

<http://www.stemplecreek.com/about.htm>

Felton Acres - Pasture raised hogs, lambs, goats, eggs, and poultry

<http://www.feltonacres.com/>

Tara Firma Farms - Pastured Turkey, chicken, eggs, beef, and pork, and fruits and vegetables

<http://www.tarafirmafarms.com/>

Field to Family - Chicken and game hens

<http://www.fieldtofamily.com/>

Victorian Farmstead - Pasture raised Beef, pork, lamb and poultry

<http://www.vicfarmmeats.com/>

Salmon Creek Ranch - Pastured Duck, duck eggs, goat, and beef

<http://www.salmoncreekranch.com/>

Valley End Farm - Organic produce and eggs

<http://www.valleyendfarm.com/>

Quetzal Farm - Organic produce

<http://www.quetzalfarm.com/products.htm>

Orchard Farms - Organic produce

<http://www.orchard-farms.com/>

Laguna Farm - Organic produce

<http://www.lagunafarm.com/>

Golden Nectar Farm - Organic Fruit and nuts

<http://www.goldennectar.com/index.htm>

Gabriel Farm - Organic Fruit

<http://gabrielfarm.com/portal/home>

Thanksgiving Turkey



*Please use all organic ingredients for best results and highest nutritional value!
Serves 8-10

12 lb organic pasture raised turkey

½ cup salted organic butter, softened

1 Tbsp finely chopped organic sage

1 Tbsp finely chopped organic rosemary

1 Tbsp finely chopped organic parsley

1 Tbsp finely chopped organic thyme

Salt and pepper to taste

4 cups organic chicken or turkey broth

Set rack at lowest position in oven and preheat to 425°F.

Mix 1/2 cup butter and all minced herbs in small bowl; season herb butter with salt and pepper.

Rinse turkey inside and out; pat dry. Starting at neck end, slide hand between skin and breast meat to loosen skin. Rub 4 tablespoons herb butter over breast meat under skin. Place turkey on rack

Foggy River Farm - Organic Produce
<http://www.foggyriverfarm.org/>
County Line Harvest - Organic Produce
<http://www.countylineharvest.com/>
Canvas Ranch - Organic Produce (CSA)
<http://canvasranch.com/>

For a list of certified non-GMO products, please visit www.nongmoproject.org. These products are scientifically tested in a lab to determine whether or not GMOs have been utilized in their production. They also have an iPhone app shopping guide that is convenient to use when out and about!

set in large roasting pan. Sprinkle main cavity generously with salt and pepper. Tuck wing tips under. Tie legs together loosely. Rub remaining herb butter over outside of turkey. Sprinkle turkey generously with salt and pepper. Place turkey in oven and roast 20 minutes. Reduce oven temperature to 350°F. Roast turkey 30 minutes; pour 1 cup broth over. Roast turkey 30 minutes; baste with pan juices, then pour 1 cup broth over. Cover turkey loosely with foil. Roast turkey until thermometer inserted into thickest part of thigh registers 175°F, basting with pan juices and adding 1 cup broth to pan every 45 minutes. Total cooking time will vary; about 15 minutes per pound. Transfer turkey to platter; let stand 30 minutes (internal temperature will rise 5 to 10 degrees).

Create Your Own Non-Toxic "Medicine Cabinet"



To Help Meet Your Nutritional Needs:

Multizyme

To break down chemicals in food
*taken on empty stomach

Calamari Oil

To get the essential Omega 3s found in fish (especially if you are concerned with Mercury levels in fish)

Catalyn

To obtain nutrients missing in your food

Vitanox

To boost the body's vitality

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

707.795.1063

Testimonials

"When I first came to see Dawn I felt very tired, couldn't lose any weight, I had no energy, my cycle was very off and I had been suffering from severe heartburn. I had been to see my regular doctor and also an acupuncturist and was unable to find relief for my symptoms. Since I have been seeing Dawn I have more

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

energy, my cycle is back on track and I have been able to lose 17 pounds! I am starting to feel like my old self again. Thank you Dawn!"
- Lisa L.