



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 #60

Greetings!

We are pleased to present our 60th 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!

Making Mood Boosting Lifestyle Choices

"Spaghetti" & Meatball Tikka Masala



Makes 6-8 servings

Meatballs

1 Tbsp coconut oil



Depression isn't always **just** a state of mind...it can also be an indication of your **physical health**. The mind-body connection is strong; when your body is stressed, your mind is affected and vice versa. If you can heal your body by making a few lifestyle changes, it will go a long way in decreasing depression.

Depression is linked to oxidative stress that leads to systemic inflammation in the body. Oxidative stress is an imbalance between the production of free radicals and the ability of the body to counteract or detoxify their harmful effects. Free radicals cause damage to cells, weakening their ability to function effectually and potentially causing those cells to die. The overproduction of free radicals can be triggered by stress, alcohol, tobacco, some foods and the body's natural immune response (inflammation).

Chronic inflammation in the bloodstream can fuel depression and research has established that it is responsible for most physical and mental illnesses.

Inflammation is usually an indication that the body is trying to combat some sort of pathogen, which is normal, but in some people the systemic inflammation continues and becomes chronic. Inflammation increases glutamate in the brain which creates a strong vulnerability to depression. Brain cells use glutamate to communicate, but when levels become too high, it can become extremely toxic to the brain and glia cells (that support brain health). High levels of glutamate are also associated with slow motor function and the inability to experience pleasure

Depression associated with increases in glutamate and chronic inflammation has been successfully relieved by making lifestyle changes such as eating a clean diet, increasing physical activity and employing other stress reducing techniques, like meditation.

1 large onion, diced

4 cloves garlic,
chopped

2 eggs, beaten

1/4 cup almond flour or
2 Tbsp. coconut flour

1 tsp sea salt

2 pounds ground lamb

Preheat oven to 350.
Heat coconut oil on medium heat. Add onion and garlic and saute until translucent (about 10 minutes). Let mixture cool, then add egg, almond or coconut flour, sea salt and ground lamb. Mix by hand until uniformly combined. Shape into golf ball sized pieces and place on sheet pan. Bake for 20-25 minutes.

Tikka Massala Sauce

2 Tbsp coconut oil or butter

1 onion, diced

4 cloves garlic,
chopped

1 Tbsp fresh ginger,
minced

1 1/2 Tbsp garam
masala

1 tsp ground coriander

1 tsp ground cumin

1/2 tsp sea salt

1/4 tsp crushed red

Removing inflammatory foods from your diet is an excellent first step to take when shifting to a healthier lifestyle. Sugar (especially in the form of fructose and sucrose) spikes insulin and activates the release of inflammatory cytokines. It forms advanced glycation end products when it binds to proteins - oxidizing the lipids which form cell membranes. Processed foods, grains containing gluten, conventionally grown foods using herbicides, and genetically modified foods (GMO), encourage intestinal permeability and changes in our intestinal flora that promote growth of pathogenic bacteria, yeast, and fungus which keep our immune systems in a state of distress.

10 Mood Boosting Foods to Try:

Dark Leafy Greens - fight against all kinds of inflammation, and contain vitamins A, C, E, and K, minerals and phytochemicals

Walnuts - one of the richest plant-based sources of omega-3 fatty acid which supports brain function and reduces depression symptoms

Avocados - contain healthy fat that your brain needs in order to run smoothly

Berries - some of the highest antioxidant foods available

Mushrooms - chemical properties oppose insulin, which helps lower blood sugar levels, evening out your mood and they also are like a probiotic in that they promote healthy gut bacteria

Onions - contain high concentrations of anti-inflammatory flavonoid antioxidants

Tomatoes - contain lots of folic acid and alpha-lipoic acid, both of which are good for fighting depression

Beans - good for mood because the body digests them slowly, which stabilizes blood sugar levels

Seeds - especially good for your mood because they are rich in omega-3 fatty acids

Apples - high in antioxidants, which can help to prevent and repair oxidation damage and inflammation on the cellular level

Increasing physical activity and meditation helps to manage stress. These are easy tools you can utilize just about anywhere. Physical activity needn't be strenuous or vigorous to reap benefits for stress reduction. Take a gentle walk or do gentle stretches and/or yoga poses. Even if you take 5-10 minutes, you'll receive an extra mood boost. The only thing you need for

chili flakes

2 cups crushed tomatoes

1 cup coconut milk

Saute the onion, garlic and ginger in coconut oil or butter over medium low heat until onions are translucent.

Add garam masala, coriander, cumin, salt and chili flakes. Saute for another 2 minutes before adding tomatoes and coconut milk. Simmer on low heat for about 30 minutes.

Serve over roasted spaghetti squash and lamb meatballs.

Testimonials

"I was diagnosed with Alopecia Areata - I lost patches of hair ranging in 1-4 inches in diameter. I also had an inflamed rash on my neck that was extremely itchy and painful. I was given numerous ointments and wash medications and nothing was working. Also, due to

meditation is a quiet place where you can remain undisturbed for 5-10 minutes. If you've never mediated before, check out www.headspace.com for tips and to follow along with soothing, guided meditation set to relaxing music.

If you would like further nutritional advice regarding depression and a mood boosting protocol designed just for you, please call the office to schedule an appointment with Dawn. 707.795.1063

Create Your Own Non-Toxic "Medicine Cabinet"



To Balance and Heal Your Gut

- **Gut Flora Complex (MediHerb)** – encourages healthy intestinal environment to help maintain proper intestinal flora
- **ProSynbiotic** – useful in maintaining a healthy gut microbial environment & improves nutrient digestion/absorption and bowel regularity and consistency
- **Lact-Enz** – combines digestive enzymes with probiotic bacteria to support healthy gastrointestinal flora, digestion and immune system function
- **Prebiotic Inulin** – supports immune system function and encourages a healthy intestinal environment to benefit probiotic intestinal flora (also an excellent source of fiber)

the hair loss, I became really stressed and depressed.

(all my symptoms started September 25, 2012)

After five months of seeing numerous doctors and dermatologists, I started seeing Dawn (March of 2013) and my hair is growing back!! The rash, that for five months would not clear, is clearing up, if not gone! I am less stressed and I am sleeping (which is not even what I came here for)! I feel amazing! It was great to find Dawn. She listened and cared. In this last year she was the only one trying to find an answer! Thank you so much!"

Melinda E.

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, ACN