



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, LLC](http://www.rejuvandwellbeing.com)

Issue #82

Greetings!

We are pleased to present our 82nd 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, LLC

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Eat Well...
Feel Well!

Prevention during Mosquito Season



Spicy Lemongrass Chicken



6 servings

– 1 1/2 pounds skinless, boneless chicken thighs, cut into 3/4-inch pieces

1/4 cup coconut oil

Sea salt and freshly ground pepper

2 plump stalks of

Mosquito season begins slowly in the spring when the weather is warm enough to encourage eggs to hatch.

As the hot weather of summer arrives, mosquito season reaches its peak. The warmer temperatures of July through September make them pass through their life cycle faster, so more are laying eggs and more eggs are hatching. This increase in the mosquito population means an increase in irritating (sometimes painful) bites along with potential immune system challenges.

When your immune system responds to the itchy, red site of a mosquito bite, the immune cells inadvertently become infected and help spread mosquito borne viruses throughout your body. This unusual process is due to the proteins in their saliva that alter the way your immune system would respond to viruses that they may be carrying. The white blood cells that act as your body's first line of defense against invaders, fuel inflammation at the bite site, trapping the virus there. A few hours later, immune system responders called myeloid cells arrive and become infected, then replicate the virus. The T-cells then help spread the virus in your body, ultimately increasing the risk of disease.

The best defense against mosquitoes and the viruses they spread is prevention: prepare yourself and your environment.

Mosquito eggs require standing water to hatch into successful larvae. Take care of home maintenance needs that can contribute to standing water, including cleaning out gutters and making sure downspouts are attached properly, keeping your lawn grass low, and check irrigation systems for leaking.

Reduce standing water to eliminate mosquito threats, including those in children's sandboxes,

lemongrass, tender white inner bulb only, minced

1 medium onion, thinly sliced

2 teaspoons minced garlic

½ head cabbage, cut in 1" pieces

1/4 cup chicken broth

1/2 cup coconut aminos

1 tablespoon plus 1 teaspoon fish sauce

1 teaspoon Asian chili paste

4 large scallions, cut into 1/2-inch lengths

5 small dried red chilies

1 large jalapeño, seeded and thinly sliced

1 carrot, shredded

Season the chicken pieces with sea salt and pepper to taste.

In a large skillet or a wok, heat 2 tablespoons of the coconut oil. Add half of the chicken and stir-fry over high heat until browned in spots, about 3 minutes. Transfer the chicken to a plate. Repeat with the remaining chicken.

Heat the remaining 2 tablespoons of oil in the skillet. Add the lemongrass, onion and garlic and cook over

wagons or plastic toys; underneath and around downspouts, in plant saucers and dog bowls. Other hot spots include tarps, gutters, and flat roofs.

If you will be in areas where mosquitoes are likely to hang out, it's helpful to wear long sleeves and tuck your pants into your socks. Be sure to cover yourself in lots of insect repellent before you head out for hike or spend time outdoors. Mosquitoes are most active from dusk through the night, so if you are spending time outdoors in the evening hours, whether camping or just gathering, it's another beneficial time to apply repellent. Since most commercial repellents are highly toxic, try making your own from essential oils and other natural products (see Non-Toxic Medicine Cabinet).

Some foods have been known to help deter mosquitoes:

Garlic & Onions - release a compound called allicin which interferes with your natural scent, helping to mask you from mosquitoes

Apple Cider Vinegar - also helps to mask your scent making you less appealing to mosquitoes

Lemongrass - contains an oil known as citronella, which is a popular natural bug repellent that is generally applied to the skin or used in other forms

Chili Peppers - mosquitoes are repelled by the smell that you release upon eating capsaicin-containing foods

If you've found that your efforts to prevent mosquito bites have not been effective and you're suffering from symptoms of those bites, please call the office to schedule an appointment with Dawn to create a protocol to help strengthen your immune system. **707.795.1063**

high heat, stirring, until fragrant, 2 minutes.

Add the cabbage and broth and cook until slightly reduced, about 5 minutes. Add the coconut aminos, fish sauce, chili paste, scallions, dried chilies, jalapeño and carrot; bring to a boil.

Add the chicken to the sauce and simmer until heated through.

Testimonials

"The symptoms that I was having were an overall sluggish/tired feeling that would not go away. No ambition to complete tasks.

Dawn is absolutely wonderful! Because of her knowledge I feel much better! My energy is back up, my state of mind is much happier and I feel like I can accomplish anything!

Thank you Dawn!!"

C.S., Santa Rosa

Create Your Own Non-Toxic "Medicine Cabinet"



Natural Insect Repellent

2 oz. apple cider vinegar

2 oz. water

20-40 drops of either [geranium bourbon essential oil](#), [citronella essential oil](#), [lemon eucalyptus essential oil](#), or [catnip essential oil](#) (Or a mixture of any of these essential oils as long as the total amount used is 20-40 drops)

*Optional – 1 squirt of castile soap

Start by adding your geranium oil to the apple cider vinegar.

Add a squirt of castile soap if desired and allow it to sit for a couple of minutes before giving the mixture a stir. This will disperse the essential oil in the liquid. Add water and pour into a spray bottle, preferably one made of glass.

Shake well before use. Spray on skin or clothes before going outside.

"The results I have achieved through working with Dawn 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

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

