



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 #12

We are pleased to present our 12th 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

## Proper Nutrition with Exercise

Some people eat their way through the holidays, some give up their exercise regimen due to the pace of the season and some do both. We all know that the month of January brings a renewed ambition to eat more healthily and get back on the exercise wagon. During this time, it is most important to remember to eat a *well balanced* diet, avoid over-restriction of your caloric intake and maintain a *reasonable* exercise schedule.

Your body needs real food to perform optimally, but advertisers would have you believe that sports soft drinks and "energy" bars



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### Quick Links

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## Eat Well... Feel Well!

### Salmon Fillet in Parchment with Julienned Vegetables



#### Serves 1

- 1/3 cup julienned fennel bulb
- 1/3 cup julienned leeks. white part

are proper fuel to get you through your work out. Most of these products' main ingredient is high-fructose corn syrup. The fact is, consuming anything with a high sugar and or refined carbohydrate content, makes you more prone to injury due to muscle and joint deterioration. Sugar's empty calories create changes in body chemistry that lead to nutritional deficiency by leaching healthful nutrients from the tissues. These missing nutrients are what prevent deterioration and keep the muscle and joint tissues healthy.

Not only should you steer clear of foods devoid of good nutritional value, it is important to support your body by eating well balanced meals that include high quality fat, protein, and a variety of vegetables. Fats are essential to cellular health. One third of each cell membrane in your body is made up of fat with the exception of brain and nervous system tissue which is 60% fat. Dietary fats are also needed to produce hormones which drive the body's essential processes. For these reasons, it is extremely important that you include fats in your diet. Generally speaking, after exercise your body is nitrogen-poor and your muscles have been broken down. That's why you need amino acids from high quality animal proteins as well as vegetable carbohydrates. To rev up your metabolism and keep your blood sugar stable, it's a good idea to eat 5-6 small healthy meals throughout the day rather than the traditional 3 larger meals per day.

**Beneficial sources of fat include:**

- Cold water fish
- Organic chicken
- Organic free-range eggs
- Organic grass-fed red meat
- Avocados
- Olive oil
- Flax seeds and flax seed oil
- Nuts and seeds (preferably raw)

**Beneficial sources of protein include:**

- Organic chicken
- Organic free-range eggs
- Organic grass-fed red meat
- Whey protein
- Nuts and seeds (preferably raw)

**Beneficial sources of carbohydrates include:**

- Virtually any vegetable (limiting carrots and beets, which

only

- 1/3 cup julienned carrots
- 1/3 cup julienned snow peas
- 1 tsp salt
- 1/8 tsp freshly ground black pepper
- 1/8 tsp ground coriander seed
- 1 (8-ounce) salmon fillet, pin bones removed
- 1 orange cut into wedges with white, pithy membrane removed

**Preheat oven to 425 degrees. Take a 5 by 36 inch piece of parchment paper and fold in half like a book. Draw a large 1/2 heart on paper with fold of paper being the center of the heart. Cut out heart and open. Lay fennel, leeks, carrots, and snow peas on parchment in center to 1 side of fold. Mix together salt, pepper, and ground coriander. Sprinkle vegetables with 1/2 salt, pepper, and coriander mixture. Lay salmon on top of vegetables and season with remaining salt, pepper, and coriander mixture. Top with orange wedges. Fold other side of heart over fish and starting at top of heart shape, fold up both edges of parchment, overlapping folds as you move along. Once you reach the end tip, twist several times to secure**

are high in sugar)

- Dark green, leafy vegetables such as spinach, kale or Swiss chard
- Low fructose fruits like lemon, limes, passion fruit, apricots, plums, cantaloupe, raspberries, Avoid high fructose fruits like apples, watermelons and pears.

Another pitfall to avoid is over-exercising or focusing too intently on one form of exercise that may lead to over-use injuries. Getting a variety in your workout is as important as the variety in your diet. There are four areas of exercise that should be incorporated into your regimen: aerobic, anaerobic, strength and flexibility. Along with these four areas, we recommend taking the proper supplements to support the specific activities that you choose to participate in. Please see the Non-Toxic Medicine Cabinet for descriptions of proper supplementation.

**Aerobic** exercise is a low intensity cardiovascular workout and can be sustained for longer periods of time. Examples are: walking, jogging, bicycling, using an elliptical machine and climbing stairs. Starting off gradually with aerobic exercise 2-3 times per week at a 20 minute duration, then building up to 30-45 minute duration will make it easier to stay on track and reach your attainable goals. **Supplement: Cardio Plus**

**Anaerobic** exercise is a higher intensity cardiovascular workout that is sustained for shorter periods of time. After you have gotten into a routine and can manage keeping up safely with aerobic exercise, it is beneficial to mix it up with a higher intensity bouts in the form of interval training. Alternating short bursts of high intensity exercise with lower intensity recovery periods is the best way to condition your heart and burn excess body fat. The intermittent bursts of increased energy produces high levels of catecholamines (chemical compounds in the body), which allows more fat to be burned. The increase in fat oxidation increases weight loss. **Supplement: Cataplex E<sub>2</sub>**

**Strength training** involves exercise that puts stress on your muscles such as: weight lifting, push ups (using your own body weight as resistance) and resistance band exercises. With more muscle mass, your body runs at a higher metabolic rate and is able to burn more body fat. Again starting off gradually is the safest bet. Try strength training 1 time per week until your body acclimates to the additional work load on your muscles. Increase strength training to 2-3 times per week. It is important not to train the same muscle groups on consecutive days as they need 48 hours of rest to recover, repair and rebuild. **Supplement: Whey Pro Complete**

tightly. Place on sheet pan and bake in oven for 8-10 minutes. Open parchment carefully and serve for a complete meal.

## Roasted Brussels Sprouts with Pomegranate and Hazelnuts



**Serves 4-6**

- 1 1/4 pounds Brussels sprouts, trimmed and halved
- 2 Tbsp olive oil
- Sea salt and freshly ground black pepper
- Seeds from 1 pomegranate
- 1/2 cup coarsely chopped toasted hazelnuts
- 1 Tbsp finely grated orange zest

**Preheat the oven to 375 degrees.**

**Put the Brussels sprouts in a medium roasting pan; toss with olive oil and season with salt and pepper. Roast in the oven until light golden brown and a knife inserted into**

**Flexibility training** is a very important component of a well rounded fitness routine that is often overlooked. Stretching and elongating your muscles will help to prevent minor and major musculoskeletal injuries and improve range of motion. Stretching with each workout will also help to increase the elasticity of your muscle joints and improve your circulation, thus enhancing the body's repair mechanism. Yoga is another option for keeping yourself limber and some styles also incorporate a strength component. **Supplement: Ligaplex I**

Christine Calaway, BSc  
Kinesiology, Exercise Science

the centers go in without any resistance, about 45 minutes.

Transfer the sprouts to a large bowl and add the pomegranate seeds, hazelnuts and orange zest. Season with salt as needed.

## Testimonials

"I have been seen by Dawn on 5 separate occasions with the hope of experiencing an increase in my energy level as well as treatment for a knee infection. I am pleased to say that my energy level increased greatly within 2 weeks. I must also say that following 4 weeks of focus on my knee it too is feeling remarkably better. I should go on to say that I have seen recovering from knee surgery for about two years and I finally, thanks to Dawn, feel normal again. I feel great! Greater energy, physically strong. Dawn is a true pro and I will recommend her often!"

John L.

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



#### **Supplementation to Support Your Workout:**

##### **Aerobic Exercise:**

###### **Cardio Plus**

Helps pump glycogen into muscles

##### **Strength Training:**

###### **Whey Pro Complete**

Provides much needed protein for muscle growth

##### **Anaerobic Exercise:**

###### **Cataplex E<sub>2</sub>**

Encourages oxygenation

##### **Flexibility Training:**

###### **Ligaplex II**

Repairs and supports healthy joints and muscles

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