



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

Issue #64

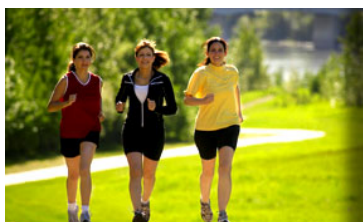
**Dear Christine,**

Happy New Year!

We are pleased to present our 64th 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

## Proper Nutritional Support for Exercise



Including the right kinds of high quality fats in your diet may be the most important contributing factor in supporting your body's increase in physical activity. Your body requires two types of fatty acids to function properly: omega-3 and omega-6 fatty acids. Both moderate to intense exercise requires fat for fuel. Hormones and other molecules produced from fat are important for maintaining the balance of the biochemical reactions that drive life.

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[www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)

[Email us](#)

[liveitlifestyle.com/lessons](http://liveitlifestyle.com/lessons)

## Eat Well... Feel Well!

## Breakfast Wrap



*Serves 2*

- 2 Tbsp. (or more) Coconut oil or butter
- 2 Tbsp. diced onions (white or green)
- 4 organic pastured eggs
- 1 avocado, diced
- 1/4 cup cheese, shredded

It's mid-January and many of us are continuing to dedicate our efforts to eat better and exercise more. Whether you are new to exercise and eating healthfully or using the new year as an opportunity for a fresh "re-start," it's important to understand the value of eating foods that support an increase in physical activity.

Your body needs real food to perform optimally and avoid injury, but advertisers would have you believe that sports soft drinks and "energy" bars 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 protein, fat and a variety of vegetables. 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 protein include:**

- Pastured, organic chicken
- Pastured, organic free-range eggs
- Pastured, organic grass-fed meat & dairy products
- Organic whey protein
- Organic nuts and seeds (preferably raw)

#### **Beneficial sources of carbohydrates include:**

- Virtually any vegetable (limiting carrots and beets, which are high in sugar)
- Dark green, leafy vegetables such as spinach, kale or Swiss chard

- **salt and pepper to taste**
- **2 Julian Bakery Paleo Coconut Wraps**
- **Vegetable mix-in choices:**
- **1/4 cup greens, chopped**
  - spinach
  - arugula
  - kale
  - mustard greens
  - collard greens
  - dandelion greens
  - kohlrabi
  - bok choy
  - chard
  - Swiss chard
  - beet greens
  - endive
  - radicchio
  - cress
- **3 mushrooms, chopped**
- **1/4 cup bell peppers (when in season), chopped**
- **1/4 cup tomatoes (when in season), chopped**
- **1/4 cup broccoli, chopped**
- **1/4 cup fennel, diced**
- **1 tsp. herbs, chopped**

- Low fructose fruits like lemon, limes, passion fruit, apricots, plums, cantaloupe, raspberries, Avoid high fructose fruits like apples, watermelons and pears.

Hormones are chemicals that control the balance of biochemical reactions in your body, driving growth, development, recovery and overall health. Many hormones are produced from molecules derived from essential omega-3 and omega-6 fatty acids. Steroid hormones that control how your body responds to high energy demands and maintain mineral balance and sex hormones that drive muscle growth are derived from cholesterol. A lack of fat and cholesterol in your diet will prevent these hormones from being in balance, impairing physical activity and recovery.

To build strength, muscle tissue is naturally broken down by exercise and during the recovery (rest) phase they repair and grow stronger. When muscle tissue is broken down it also leads to temporary inflammation. When muscles are inflamed, they are sore, also losing strength and range of motion. Omega-3 fatty acids are especially needed to regulate the level of inflammation in your body. A diet low in omega-3 fats, while high in the more common omega-6 fats, can bias your body towards inflammation and impair recovery from exercise.

#### **Beneficial sources of fat include:**

- Cold water fish
- Avocados
- Olive oil
- Flax seeds and flax seed oil
- Coconut oil
- Nuts and seeds (preferably raw)
- Fats from animal sources listed above

Sometimes your specific nutritional needs may not be completely met by diet alone. Whole food supplements can help bolster your efforts. Please call the office to schedule an appointment with Dawn if you need assistance with your nutritional needs to support your exercise regimen.  
707.795.1063

Start with coconut oil or butter in a medium skillet over medium heat. Add onions and saute until soft, about 3 minutes. Add vegetable mix-in choices and saute until mixture is soft.

While the vegetables are cooking, whisk the eggs in a small bowl until thoroughly blended.

If the coconut oil or butter has been absorbed by the sauteed vegetables, add a little more to the skillet. Pour eggs into the skillet and stir gently. Let the eggs set for a minute and then stir gently until cooked through. Season with salt and pepper to taste.

Assemble wraps: place egg/vegetable mixture in center of coconut wrap, top with cheese and avocado, fold sides of wrap over mixture and serve immediately.

## **Testimonials**

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



### Nutritional Support for Exercise:

**Cod Liver Oil** – provides Omega-3 fatty acids & supports the body's natural inflammatory response

**Wheat Germ Oil** – important for cell-signaling molecules; supports the body's function during exercise

**Ligaplex I** – supports healthy joints and muscles, bone growth, and the synthesis of cartilage

**Ligaplex II** – supports tissue and joints to maintain connective tissue health, especially for long-term support

**Protefood** – promotes healthy protein metabolism & contains the essential amino acid lysine, needed for proper collagen formation

**Regeneplex** – provides support for cellular rejuvenation

\*Please call the office for proper dosage and instructions 707.795.1063

"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, CA

## 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