



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 #37

### Greetings!

We are pleased to present our 37th 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](http://www.rejuvandwellbeing.com)

[Email us](#)

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

## Eat Well...

## Feel Well!

### Keep on track

Start the day  
with a  
breakfast that  
sustains you

## Shrimp and Avocado Omelet\*

## Purification and Weight Management Program

*This is exactly what you've been  
asking for*

**4 Weeks to a better, more vibrant and healthier you** with a 3 month follow-up available to those who wish to have ongoing support for a lifestyle change that really suits your personal needs.

Do you need to lose inches? gain muscle? tone your body? increase your energy and stamina? clear toxins from your body? clear your mind? If so, then **this is the program for you.**

**We are partnering with Denise Drake of *Fitness by Denise*** to provide you the metabolic boost that your body will love. Her experience and expertise excels in working with people at any level of fitness, those who have chronic or acute injuries or those who just never made the time to take care of themselves in this way before now.

**We will be providing:**

Purification and Weight Loss Products

Dietary advice that suits your individualized needs

Exercise Programs

- choose or mix small group or '1 to 1' body conditioning

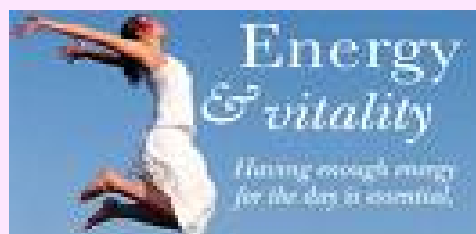
Personal Evaluation and appropriate Goal Setting

Personal Ongoing Support throughout

Follow-up support to Maintain and Enhance your 'Wins'

**Call today to Reserve your  
spot (707) 795-1063**

Be well, Be Healthy, Be Happy,  
Be Energized!!



**ingredients:**

4 ounces shrimp,  
peeled

1 medium tomato,  
diced

1 ripe avocado,  
diced

1 T fresh cilantro,  
chopped

sea salt and  
ground pepper to  
taste

1 T coconut oil

4 large eggs,  
beaten

In a small bowl,  
toss tomato,  
avocado, cilantro,  
sea salt and  
pepper together -  
set aside for now.

In medium saute  
pan, cook shrimp  
over medium heat  
until pink - use  
small amount of  
coconut oil in pan  
to prevent sticking.  
Chop and set  
aside.

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



- **Protein Powders** – choose one or combine SP Complete, Whey Pro Complete or SP Complete Dairy Free - Provides dense nutrients and protein for amino acids to nourish the body at the cellular level
- **Gastro Fiber or Whole Food Fiber** - Support bowel functional elimination
- **SP Green Food** - Support liver function and detoxification
- **SP Cleanse** - Support Intestinal elimination of unwanted accumulations

These are the main constituents of the *Purification and Weight Management Program* along with a specialized nutritious food plan and monitored exercise

Please call our office for additional information and enrollment

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Add rest of coconut oil to pan and melt over medium heat. Pour beaten eggs into hot skillet, tilting the pan gently to cover the bottom with eggs. When eggs are almost fully firm, add the chopped shrimp pieces. Fold omelet in half and cook 1 minute more. Remove omelet from pan.

Top omelet with tomato, avocado and cilantro mixture and serve immediately.

Serves 2 Enjoy!

\*from 1 degree of Change by

Georgia Nab, DC, ACN

## 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

## Testimonials

Honestly, I don't know where to start. Let me just say this, **you have helped me change my life forever**. I am not at

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**

all the person that walked into your office last year. Today I'm **vibrant. My outlook on life has never been better.**

When I first came in to see you, I weighed around 330 lbs., and on a six foot frame, it didn't look like I was that heavy but my body knew it. I had blood work done and my **cholesterol was way up and so were all the other issues related to obesity.**

(After some preliminary therapies) You suggested that I consider a body cleanse. I decided that Dawn was right and that 3 weeks was doable.

Now let's cut to the chase. I started the program at the end of January and since that time have **lost 40 lbs.!!** I also love to work out and **am very productive** at home and at work. The list goes on of the changes that I'm making in my life, but the number one reason That I'm thankful

to you is that **I'm not gaining the weight back!**

I hope you will be given the chance to help many others like me, the world will be such a happier place when everyone feels the way I do now.

Again, **thank you** from the bottom of my heart!!!

Greg G  
Rohnert Park