



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 #67

Dear Christine,

We are pleased to present our 67th 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!

Purify and Nourish Yourself to Better Health



Have you been thinking about adopting a healthier lifestyle with better eating habits?

Where do you start and what do you change?

It seems like a considerable challenge if you don't have a plan, guidance and/or support. The Standard Process 21-Day Purification

Cod Fish Piccata with Cauliflower "Rice" and Roasted



Asparagus

**21-Day Purification Program compliant for days 11-21*

Serves 2

Cod Fish Piccata

8 oz cod fish

Sea salt and pepper to taste

1 cup of bone broth (fish or chicken)

Program is an effective way to achieve a greater sense of wellness through a structured and well developed plan. The program supports the whole body's natural toxin elimination and metabolic processes and helps you to establish a long-lasting diet plan that is optimal for your body. Those who have finished the purification program have found:

- Increased energy and vitality
- Better digestion
- Less bloating
- Improved weight management
- Clearer skin
- Shinier hair
- Better sleep
- Clearer thinking
- Better management of challenges related to natural toxin load in the body

The Purification Program isn't just a cleanse diet, it's a structured program that brings healthy lifestyle habits into focus. It's designed to purify, nourish, and help you maintain a healthy body weight by eating whole foods, exercising, drinking nutritious shakes, and taking supplements made with whole foods. The menu includes a varied abundance of fresh vegetables and fruits for the first 10 days, with select proteins added on day 11. The supplements support the body's ability to remove naturally occurring toxins. This promotes a state that allows for toxin release. By the process of elimination and reintroduction, you will also discover which foods nourish you and which ones you should ultimately exclude from your diet.

For the 21 day period, you will eliminate the most common allergens and intolerances for some people: coffee (caffeine), dairy (except organic butter!), sugar, processed foods, grains, nuts, eggs, and most legumes (limited amounts of certain legumes are allowed). It may seem like there isn't much left to eat, but with the Standard Process Purification Cookbook and/or a little creativity, you will find that you can create exciting, delicious, and satisfying meals. You may even be inspired try fruits and vegetables you've never considered before.

See the Purification Program guide [here](#) and the Purification Cookbook here: <https://www.standardprocess.com/Standard-Process/Purification-program/Cookbook#.WPPgdGe1v4Y>

Another fantastic tool Standard Process provides is the Purification Program app for your smart phone!
<https://www.standardprocess.com/Standard-Process/Purification-Program/Application>

With the app you can track your daily supplements, nutritional shakes, water intake, meals, exercise/activity, and how you're feeling. It also includes recipes and a grocery shopping list function. The app helps you stay on track by sending reminders at meal times.

A few things to help you on your purification journey:

- Purchase the Whey Pro Complete (protein powder) to add to your nutrition shakes. It will add an additional 15 grams of protein and make you feel satiated

2 tablespoons grass fed, organic butter

Juice from ½ a lemon

1 tablespoon capers

Preheat oven to 350 degrees. Season fish with sea salt and pepper and place it in a glass baking dish. In a small pot, reduce broth and butter on medium heat for about 5 minutes. Pour broth/butter mixture over the fish and bake until fish is cooked through, 15-17 minutes. Serve with lemon juice and capers over the top and cauliflower "rice" and roasted asparagus on the side.

Cauliflower "Rice"

Avocado or coconut oil as needed

1 large onion, medium diced

1 head cauliflower, shredded

3 cloves garlic, shaved or thinly sliced

½ cup bone broth (fish or chicken)

Sea salt and pepper to taste

Sauté onion in avocado or coconut oil on medium high heat until lightly browned. Increase heat to high and add cauliflower and garlic. Let cauliflower brown a little, stirring only enough to keep from browning too much. Add broth and stir until absorbed. Finish sautéing until soft. Season with salt and pepper.

Roasted Asparagus

1 bunch asparagus

2 tablespoons coconut oil

Sea salt & pepper to taste

Toss asparagus with melted coconut oil and arrange in single layer on a glass baking dish. Roast in the oven along side fish, at 350 degrees for 15-17 minutes.

- Adding ½ a banana helps with the consistency of the shakes, but leave it out if you are aiming for lower carbohydrates
- SP offers vanilla and chocolate flavored versions of the SP Complete for your shakes, but if you don't want to have these flavors for every meal, you can simply add vanilla and/or raw cacao nibs (in the blender, of course!) to them
- Get creative with your shake flavors: try ½ banana, ½ cup pumpkin, ½ cup full fat coconut milk, a few ice cubes, splash of vanilla, and pumpkin pie spice with 2 scoops SP Complete and 2 scoops Whey Pro Complete - delicious and satisfying!
- Adding full fat coconut milk to your shakes gives you healthy fat you'll need to maintain your energy...and it offers extra flavor
- Make sure you are prepared when hunger strikes: have ready-made snacks available and be sure to plan and prep your meals ahead of time
- Use a variety of textures in your meals so you don't get bored - add crunch to a dish by including sunflower or pumpkin seeds where appropriate
- Ask a friend or family member to join you - it adds a level of accountability *and* a feeling of solidarity
- You may experience cold or flu-like symptoms for a couple days as the toxins leave your body (make sure to take extra care of yourself and get enough rest during those days)
- If you are a coffee drinker, eliminate coffee slowly over the week or two before you begin the program - you'll have an easier time in the first few days of purification
- Give yourself enough time to mentally prepare and choose a time period when you aren't traveling (you need to have full control over your meals)

If you are considering the 21-Day Purification Program, but are unsure if this is right for you, please contact the office to schedule an appointment with Dawn to discuss your options. 707.795.1063

Also, Standard Process has developed a toxicity questionnaire to help you determine your toxic load and possible need to purify. Feel free to take the questionnaire and share it with Dawn or your healthcare practitioner. <https://www.standardprocess.com/Standard-Process/Purification-Program/Toxicity>

Testimonials

"For three months I had a virus, one I couldn't shake, even with help from other healthcare providers.

Dawn's first words to me were, "that virus is toast." And it was. Within days I felt my body grow stronger and within two weeks or so the virus was completely gone.

I've now seen Dawn for years and with her help I've maintained excellent health.

My family has also experienced similar positive results, as have friends I've recommended to her. She is remarkable!"

B.E. - Santa Rosa

Create Your Own Non-Toxic 'Medicine Cabinet'



Purification Program:

SP Complete Protein Powder –

Essential whole food nutrition in a convenient powder, supports healthy liver function

- Whey based – Provides essential amino acids
- OR
- Rice based – Provides a non-dairy source of amino acids

SP Cleanse – Supports the body's toxin removal process

SP Green Food – Provides antioxidants and vital phyto-nutrients to your diet, supports overall cellular health

Gastro Fiber or Whole Food Fiber –

Provides soluble and insoluble fiber to support the digestive system

Whey Pro Complete (optional) –

Supports weight management, muscle tissue, immune function, and gastrointestinal health

*Call for details on best usage and pricing 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, ACN

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