



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 #19

We are pleased to present our 19th 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

School's Back in Session. Are You and Your Kids Nutritionally Prepared?

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Eat Well... Feel Well!

Time Saving Tips for Healthy Meals!

- 1) Plan ahead:
Set aside time on the weekends to choose a weekly menu and shop from a list.
- 2) Prep ahead:
Prep anything that can be done ahead



A brand new school year is upon us once again...it's time to switch gears and prepare our children (and ourselves) for the challenges ahead.

Most importantly, if we want our children to stay focused and get the most out of their educations, we must insist that they maintain their health through proper nutrition. Utilizing the appropriate foods (and additional supplementation when necessary) will help our children to maintain strong immune systems and sharper minds. As we get back into the routine of quick breakfasts before dashing out the door, making lunches and rushing home to make dinner in the evening, please remember that eating healthfully can be just as easy and fast as grabbing pre-made processed foods. This is the key: avoid processed foods at all costs, especially where your children are concerned. Processed foods contain high levels of additives and simple carbohydrates in the form of refined flours and sugars.

Many products targeted toward children contain unnecessary artificial coloring and flavoring additives. While these are designed to be more visually appealing to our young ones, they are *highly* toxic. These colorings are derived from petroleum products that have been found to cause hyperactivity and diminished learning ability. Artificial flavoring additives such as, MSG, hydrolyzed vegetable protein, and a variety of other ingredients that contain processed free glutamic acid, act as excitotoxins (causing over stimulation of brain cells in the hypothalamus) which can cause hormonal and emotional disruptions.

for the coming week's menu.

3) Make lunch the night before:

Again, do everything that can be prepped ahead to save time in the morning.

Healthy Breakfast & Lunch Ideas!

Be sure adequate protein is served at breakfast time (eggs are the most excellent source of protein and essential fats)... avoid processed cereals and pastries.

Try instead:

Millet or Quinoa

Porridge

- Soak 1 cup millet or quinoa in 3 cups water over night
- If desired, add unsweetened coconut, dried or fresh fruit, and vanilla
- Cook covered until water is absorbed and millet is soft
- Save remaining millet or quinoa for tomorrow's breakfast. Just reheat!

Pack plenty of protein, veggies, and fruit for lunch too:

- Cheese sticks or

Foods laden with refined flours and sugars cause a swift release of insulin and increase of energy followed by a crash when glucose quickly leaves the bloodstream. This leads to hypoglycemia (low blood sugar), causing fatigue, headaches, mood swings, depression and "brain fog." These often start with symptoms of ADD, ADHD, dyslexia and learning disabilities and can develop into mental disorders: schizophrenia, manic depression, bipolar disorder and clinical depression. Furthermore, processed foods are just plain bankrupt of nutrition and can't provide our kids with the nutrients to help them thrive and maintain wellness.

Please see the "Eat Well...Feel Well" section for recipes, tips and suggestions for time saving, healthy meals and snacks.

slices

- Nuts
- Celery sticks with cream cheese
- Apple slices with peanut butter
- Whole milk yogurt
- Egg, tuna or chicken salad
- Nitrate-free lunch meat
- Fresh sliced veggies with dressing or hummus "dip": carrots, bell peppers, snow peas, broccoli, cauliflower, green beans
- Hard boiled eggs
- Berries and other low-glycemic fruits

Create Your Own Non-Toxic "Medicine Cabinet"



Remember to keep the **Basic 8** on hand:

	<u>Child</u>	<u>Adult</u>
1. <u>Daily Multi Nutrient</u> – <u>Catalyn</u>	1/day	2/day
2. <u>Antihistamine & Detoxifier for bug bites</u> – <u>Livaplex</u>	Up to 3/day	12/day
(Dose 1 or 2 at a time every ½ hour if acute)		
3. <u>Fever</u> – <u>Calcium Lactate</u>	1-2	4-6
(Dose every 3 hours until fever reduces)		
4. <u>Cold & Flu</u> – <u>Cellular Vitality</u>	1, 2x/day	2, 3x/day
5. <u>Digestive problems & Gas</u> – <u>Multizyme</u>	1/meal	2/meal
6. <u>Allergies</u> – <u>Allerplex</u>	1-3, 2x/day	2-4, 4x/day
(Dose every few hours as needed)		
7. <u>Runny nose & Mucous</u> – <u>Antronex</u>	1-3	2-4
(Dose as often as needed for symptom relief)		
8. <u>Insomnia & Stress</u> – <u>Min Tran</u>	(Insomnia)	(Insomnia)
	2 before bed	4-6 before bed
	(Stress)	(Stress)
	1, 3x/day	4, 4x/day

Testimonials

"I always had problems with digestion and cramps in my legs. Over the years, these problems increased which resulted in my face breaking out with acne. Also, my digestive problems lessened my ability to eat meat because I suffered from extreme discomfort. Furthermore, I had anxiety all the time that often resulted in me feeling irritable and unable to calm myself. Currently, I can eat anything I want with no discomfort. I have regular bowel movements. My leg cramps are almost gone. My face is slowly

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

clearing up. My anxiety seems to have disappeared. When I feel anxious, I only feel anxious for a few seconds then I can calm myself. I notice I feel happy more often because the constant irritability is gone."

- Phyllis M.