



Rejuvenation & Well Being  
Live from the heart.

Phone: 707.795.1063  
Email: [Office@RejuvAndWellBeing.com](mailto:Office@RejuvAndWellBeing.com)  
Web: [www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)  
315 East Cotati Ave. Suite A, Cotati, CA 94931

*"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 #75

## Greetings!

Happy Holidays!!!

We are pleased to present our 75th 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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[www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)

[Email us](#)

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

***Eat Well...***  
***Feel Well!***

## Cinnamon Spice Pumpkin Custard



**Serves 6**

**1 cup pumpkin  
(canned or fresh  
roasted and**

# *Self-Care During the Holidays*



This is an extraordinary holiday season for our

community. Since the fires in October we have witnessed incredible heartbreak along with many people coming together in the spirit of community to support one another. Let's maintain that feeling of support by keeping our mental, emotional, and physical health and an overall sense of well-being a priority. Let's enjoy the holiday season by appreciating what we have and those we love.

The holiday season is a time for celebrating, togetherness, and happiness, yet it can also bring challenges. Here are some tips for overcoming those challenges, staying healthy and feeling happy during this season of joy:

### **Eat Well -**

It's common to pack on 5-10 pounds during the holiday season, but there are ways you can eat both healthy and well! Know which foods are high in caloric content and low in nutrition (processed foods, sugar, etc.). Don't completely deprive yourself of treats, but indulge in moderation (see *Eat Well...Feel Well* section for a healthy treat). Eat smaller meals instead of "saving yourself" for one huge buffet. Opt for healthy options at home, and when visiting others, bring a healthy dish to share. Be careful of liquid calories, especially alcoholic beverages.

### **Stay Active -**

Exercise is just as important during the holidays as any other time of the year. You should be active at least four to five times a week, preferably with 30 minutes of exercise every day.

### **Prevent Illness -**

Colds and the flu are most prevalent in the winter. Prevent them by washing your hands regularly and making good nutrition a priority. You may need to enhance your diet with whole food supplements for an extra immune boost.

**De-stress** - Holidays can be a stressful time. You may be feeling the stress of managing your work/life duties along with additional commitments to your friends and family. You may feel the financial stress of gifts and the interpersonal stress of conflicts. Try

pureed)

**2 tsp cinnamon**

**1/4 tsp ground ginger**

**1/4 tsp nutmeg**

**1/8 tsp sea salt**

**2 large eggs**

**2 Tbsp maple syrup**

**2 tsp vanilla extract**

**1 cup full fat coconut milk**

### **Directions:**

**Pre-heat the oven to 350 degrees. Combine pumpkin, spices and salt in a medium bowl.**

**In a smaller bowl, beat the eggs, then whisk in the maple syrup, vanilla and coconut milk. Whisk the egg mixture into the pumpkin mixture until well combined.**

**Pour the custard into 6- 1/2 cup**

to anticipate sources of stress and develop a plan to manage them. This may involve committing to fewer get-togethers or setting a tighter budget. Don't feel guilty; you have to take care of yourself before you can take care of others.

**Treat Yourself** - The holiday spirit is about helping others around you, but you also have to make time to take care of yourself. So treat yourself with something over the holidays. It may be something as simple as sleep. Wake up late and enjoy a day of rest, spend some leisure time reading a book, or getting a massage. Take the time to do the things that make you happy.

Taking care of yourself over the holidays will lead to a huge head start of wellness in the new year!

If you'd like further advice with eating well over the holidays or a whole food supplement protocol designed just for you, please call the office to schedule an appointment with Dawn. 795.1063

Wishing You Good Health  
and Happy Holidays!!!

**ramekins or one medium ceramic baking dish. Place the ramekins in a baking pan and add enough water to the dish to come up 2 inches high around the ramekins or ceramic baking dish.**

**Carefully place in the oven and bake for 60 minutes or until a knife inserted into the center of the custard comes out clean.**

## Testimonials

*"I wouldn't go to bed without taking at least three ibuprofen pills for my (pain) legs. I had severe discomfort that wouldn't let me sleep. I also had chronic headaches and very bad digestion.*

*OMG!! I am feeling more than great. It's only been three weeks since I started the*

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



### Over the Holiday Season:

**Multizyme** — digestive enzymes to support proper nutrient breakdown

**Lact-Enz** — enzymes with probiotic bacteria to support healthy digestion and immune system function

**Zypan** — provides enzymatic support for protein digestion

**Min Tran** — Mild calmative that helps maintain emotional balance. Helps ease the effects of temporary stress

**AF Betafood** — Rich in B vitamins, calcium and magnesium - helps production of serotonin and stabilizes blood sugar during sleep

**Cataplex B** — Rich in B Vitamins - helps production of serotonin

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

program here and I feel that my life has changed completely.

I don't have any pain that I have to take any type of medicine. I am thrilled with the results. It's like I am a different person with a different mindset. This is a huge blessing for me.

Thanks Dawn!! You are fantastic."

SR, Santa Rosa

## 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