



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

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Issue #5

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We are pleased to present our 5th 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 &
Christine Calaway
Rejuvenation & Well Being

Eat Well... Feel Well!

Avocado, Shrimp & Endive Salad



Makes 2 to 4 light main-course servings

Summertime!

Get Healthy, Get Fit... Enjoy the Outdoors!



This is the time of year to eat all of the wonderful fruits and vegetables that nature provides. Drink fresh clean water. Eat organic meats. Go out and play!

What's keeping you inside?

- Allergies
- Fatigue
- Overweight
- Body Discomfort
- Sore Muscles and Joints
- Sun Sensitivity
- Moodiness
- Bloating/Gas
- Food Cravings
- Mental Fog
- Bowel Problems
- Insomnia

Health begins in the gut. Get clean and strong from the inside out by participating in our Purification Program.

Call now for details! 707.795.1063

Our 21-day purification program helps patients purify, nourish, and maintain a healthy body and weight. We offer four different purification product kits based on the preferred protein and fiber choice. The supplements included in the program are:

- SP Complete or SP Complete Dairy Free
- SP Cleanse
- Gastro-Fiber or Whole Food Fiber
- SP Green Food
- Whey Pro Complete (optional)

**See descriptions on: Create Your Own Non-Toxic
"Medicine Cabinet"*

Would you like to continue your journey toward better health and weight management after the 21-day Purification Program? Try our Post-Purification Program. You will learn how to reintroduce foods, follow a daily supplement program, and incorporate exercising into your daily routine. The supplements included in the program are:

- Catalyn - whole food multivitamin
- Trace Minerals-B12 - supports healthy thyroid, spleen, and red

3 tablespoons fresh lemon juice
2 1/2 teaspoons salt
3/4 lb large shrimp, peeled & deveined
1 tablespoon chopped tarragon
2 teaspoons Dijon mustard
1/4 teaspoon black pepper
3 tablespoons olive oil
2 firm-ripe avocados
1 lb Belgian endive (4 heads), cut crosswise into 1-inch pieces

Bring 2 quarts water, 1 tablespoon lemon juice, and 2 teaspoons salt to a boil in a 3-quart saucepan, then poach shrimp at a bare simmer, uncovered, until just cooked through, about 3 minutes. Transfer with a slotted spoon to a bowl of ice and cold water to stop cooking. Let shrimp chill in water 2 minutes, then drain and pat dry.

Whisk together tarragon, mustard, pepper, and remaining 2 tablespoons lemon juice and 1/2 teaspoon salt in a serving bowl. Add oil in a slow stream, whisking until emulsified.

Quarter avocados lengthwise, then pit, peel, and cut into bite-size pieces. Add shrimp, avocados, and endive to dressing and toss.

Testimonials

"My Cholesterol has been 271 for 14 years. When I gave birth to my son it went up to 212 and I was never able to lower it, instead I kept adding 20 points to my cholesterol each year. I started taking medication to lower my cholesterol and it gave me incredible leg pain, so I stopped taking them. I tried to lowering it by watching my diet and the lowest I could get it to was 250 with exercise. Going into the 21 Day Purification Program in only a week my cholesterol went down to 171! My blood pressure also went down from the 130's and the high 80's and today my blood pressure is 118/70! And I've lost 14 pounds."-

blood cell functions

- Tuna Omega-3 Oil - provides omega-3 fatty acids
- Gastro-Fiber or Whole Food Fiber
- SP Complete or SP Complete Dairy Free

It's worked for others... try it and see for yourself!

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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!

J.C

"A year ago I was suffering from low energy, digestion problems and excessive weight gain. I decided to try the 21-day Purification Program and it worked! My energy increased - I am able to make it through the day without several cups of coffee and am able to make it to the gym after a long day at work. My digestion problems have subsided - immediately upon starting the program, I felt cleaner, lighter and no longer had a daily stomach ache. I also lost 10 pounds during the program and 15 more afterward by continuing with a healthy eating plan. Most importantly, I learned to maintain a healthier lifestyle that, even a year later, is like second nature to me. I feel fabulous!!!" - C. C.

"I started a 21 day detoxification program in January my Live It! doctor recommended and I love what it did for my skin. After just one week my skin started clearing up really well, I got many compliments. My skin cleared up and I lost 7 pounds in 21 days!" - J. A.



Dawn Dolan, MA