



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

Issue #73

Greetings!

We are pleased to present our 73rd 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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liveitlifestyle.com/lessons

Eat Well...
Feel Well!

Looking for a Halloween treat that you can feel good about? Keep your hands out of the kiddos' trick or treat stash and have this instead!

Coconut
Butter
Chocolate
Bark



It's the beginning of October and we are entering the holiday/eating season. Halloween is fast approaching and

along with it, large dishes of brightly colored candy...in your office, up for grabs on the counters of shops, banks, and many other places you go while running errands. Then comes the aftermath of this sugar-laden celebration - the leftover candy in a bowl next to the front door and/or the kids' excessive horde of "treats." Now you're entering November on a "sugar roll". With the cool weather of baking season and Thanksgiving approaching, the desire to eat sweets becomes even stronger. Then comes December...you find yourself surrounded by holiday cookies and celebrations with decadent desserts. It can be a really big struggle to get off that sugar train after more than two solid months.

Here's an idea: *do not get on that train.*

Take on the no sugar challenge! Choose to stop the habit before it starts to snowball by making a conscious effort to refrain from eating sugar for the next 3 weeks. By the time Halloween comes around, you'll have lost the desire to indulge and find more satisfaction from eating foods without added sugar. You'll find that the flavors of fruits, vegetables, and whole unrefined foods are more appealing and satisfying.

The biggest bonus to giving up sugar is that you will create a stronger immune response and be better able to fight off many illnesses. Sugar is an extremely powerful foe to our immune systems and well-being in general. Here are a just a few of the negative health effects of sugar:

- Feeds cancer, bacteria and viruses
- Increases cholesterol
- Decreases growth hormone
- Interferes with absorption of protein
- Causes food allergies
- Causes insulin resistance which contributes to diabetes
- Can cause cardiovascular disease
- Can impair the structure of DNA
- Causes difficulty concentrating
- Contributes to the reduction in defense against bacterial infection (infectious diseases)
- Greatly assists the uncontrolled growth of Candida Albicans (yeast infections)
- Causes depression by lowering serotonin



Serves 8-10

4 oz. 100% cocoa
(unsweetened)
chocolate bar broken
into pieces

1/2 cup coconut
butter (store bought
or homemade)

2 cups nuts

1 tsp vanilla

Zest of 1 orange
(optional)

1/2 tsp cayenne
(optional)

Melt chocolate and coconut butter in a double boiler. When melted, remove from heat and stir in nuts, vanilla, zest and cayenne. In a parchment or wax paper lined 8x8 glass pan, pour mixture and place in refrigerator to set.

How do you successfully take on the no sugar challenge?

Plan ahead!

Make sure you are prepared for all of your meals and snacks. Set aside time each week or every few days to decide what you'll eat and stick to your plan. Whether it's shopping, prepping, and cooking or good clean prepared meals/take out, make a plan that you know will work for your lifestyle and most importantly, that you'll follow. Be realistic. Identify any triggers that might derail you and decide how to handle them. Ask a friend to join you. A little support can go a long way and sharing meals and/or recipes together can make the challenge feel easier.

If you think you might need a little extra nutritional guidance or strategic planning, please call the office to schedule an appointment with Dawn. 707.795.1063

After the bark is set, pull up on paper to release from pan. Cut into pieces and store in airtight container. Best kept in fridge.

Not a fan of nuts? Add mint extract instead of nuts, vanilla, zest and cayenne. Or stir in coconut.

Possibilities for mix ins are endless!

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

Create Your Own Non-Toxic "Medicine Cabinet"



To Curb Sugar Cravings:

- **Diaplex** – supports healthy sugar handling to help maintain blood sugar levels
- **Gymnema** – helps reduce sweet cravings and suppress/inhibit sweet taste sensation
- **Zymex - Zymex II (combination)** – Encourages a healthy intestinal environment to maintain proper gastrointestinal flora
- **Inositol** – helps to satisfy the sweet cravings and boost brain function

*Please call the office for proper dosage and instructions *

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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 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.

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