



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 #8

We are pleased to present our 8th 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

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Eat Well... Feel Well!

The Glorious Sweet Potato...

Did you know that compared to other vegetables the sweet potato is ranked highest in nutritional value?

Here's why: they are rich in complex carbohydrates, dietary fiber, iron, calcium, beta carotene (a vitamin A equivalent nutrient), vitamin C, and vitamin

Take the Gluten Challenge!



You may have noticed that there seems to be more and more people with a gluten allergy or intolerance; many restaurants have started incorporating gluten free options on their menus and we are seeing more products available for purchase in grocery stores. As awareness increases and the

number of gluten intolerant individuals grow, do you wonder if you might be among them? If you suffer from any of these common symptoms (below), then you may too have developed a gluten allergy:

- Bloating or fatigue, especially after meals
- Headaches, mental fog, forgetfulness and lack of concentration
- Joint pain and stiffness
- Depression
- Loss of balance

Most processed and packaged foods contain refined flour and gluten. Refining flour allows manufacturers to produce the light texture and long shelf life of foods such as cakes, breads, pastries and cereals. However, these items are remarkably deficient in nutrients. The wholeness of the wheat is destroyed as the wheat germ is separated from the starch of the grain. The germ is the healthy component of the grain which is the source of nutritious oils and vitamins. In keeping the wheat grain intact, manufacturers face the problem of the wheat germ quickly spoiling and going rancid, which in turn decreases the shelf life of their product.

After the healthy germ is removed from the whole grain, what is leftover are the gluten protein and the carbohydrate dense starch. Gluten is difficult to digest and may cause an immune response such as inflammation. If someone is gluten sensitive, they react to the gluten molecule as it travels through the small intestine. The small intestine becomes inflamed and leaky, allowing the contents of the intestines to move through the barrier into the internal tissues. This leads to immune system disorder, infection and chronic inflammation.

Whether you are concerned that you have gluten intolerance or not, we propose that you take the "Gluten Free Challenge." The challenge involves committing to a gluten free diet for three weeks, concentrating on eating whole foods and cutting out all processed and refined foods for this time. Having a diet based on mostly vegetables and good quality proteins will help the body repair and heal any damage caused by over consumption of processed foods that are devoid of nutritional value. And, you'll feel great!

B6. This is also a highly beneficial food for diabetics as it helps to stabilize blood sugar levels and to lower insulin resistance!

Sweet Potato Hashbrowns



Makes 4 side dish servings

2 medium sweet potatoes
¾ c. white onion
2 clove garlic, pressed
1 Tbsp coconut or olive oil
Sea salt and cayenne pepper, to taste
Dash of nutmeg (optional)

Shred sweet potato and onion. Toss with pressed garlic and seasoning. Heat oil in large skillet or flat top griddle. Spread sweet potato mixture evenly in pan. Flip sweet potatoes after golden brown in color. Cook until second side is also golden brown in color.

Testimonials

When you embark on this challenge, consider asking a friend to join you for extra support. It would also be most beneficial to track how you are feeling each day - Take notice of:

- Your digestion
- Any congestion or lack there of
- Your moods
- Your ability to concentrate
- How your joints feel
 - Inflammation or lack there of

We would love to hear your feedback during or after the challenge. We wish you well on your endeavor!

Create Your Own Non-Toxic "Medicine Cabinet"



For Digestion:

Multizyme

Digestion of carbohydrates

Enzycore

Use if you have long standing digestive issues

Zypan

Digestion of proteins and sugars

Lact Enz

Promotes healthy gut flora

Zymex (Wafers)

Use if yeast products bother you

*If you have any other particular digestive issues, please contact us for a personal evaluation

Dosage: 1-2 with each meal

Please call the office for pricing and additional questions
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,

Major Complaints:

Constipation
Depression
Muscle Aches

Services Received:

Acupoint Nutritional
Testing and Jin Shin
Jyutsu

Results:

I am grateful to Dawn for helping me find a way to live a calm life. The combination of supplements, supportive listening and caring has alleviated my anxiety. The bloating and gas has diminished. I am no longer depressed and look forward to each day. I appreciated all of the kindness shown to me.

M.R.

Santa Rosa, CA

Major Complaints:

Digestive Problems
Muscle Cramps
Acne
Anxiety

Service Received:

Acupoint Nutritional
Testing

Results:

Currently I can eat anything I want with no discomfort. I have regular bowel

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

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.

P.M.
Cotati, CA