



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 #74

Greetings!

We are pleased to present our 71st 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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Quick Links

www.rejuvandwellbeing.com
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liveitlifestyle.com/lessons

Eat Well...
Feel Well

Thankful and Resilient



Thai Coconut Turkey Soup



serves 4

2 cups turkey broth
2 cups water
1 inch piece fresh ginger
2 stalks lemongrass
5 Kaffir lime leaves
14 oz. coconut milk
2 cups chopped or
shredded cooked turkey

As we welcome the Thanksgiving season this year we find that we have so very much to be thankful for. The stresses that nature has brought to our community these past few weeks has made deep impressions on our minds, emotions and physical well-being. It has brought together our community in a very powerful and tangible way.

If you are reading this, you are an integral part of the rebuilding processes both for yourself and for all of us as a collective of living beings.

Part of the rebuilding process is recognizing and mourning our losses, dealing with our shock and our fears, and facing the many unknowns of what the future requires of us. We are most fortunate to have so very many resources available to us at every level of need.

Do remember to put some of your attention on the repercussions this has had on your health. We are more vulnerable to illness and accident when we are distracted and rundown.

Several times a day, remind yourself to be in present time. Remind yourself to breathe and to just look around you. Smile at people as you walk through your day.

If you find yourself still affected by the smoke inhalation or are in proximity to toxic waste, please call or come by the office to get something for protection, clearance and healing. Be well! You are resilient!!

2 cups sliced mushrooms
2 Tbsp. fish sauce or
coconut aminos
2 Tbsp. chopped serrano
chiles
2-3 Tbsp. lime juice
1/4 cup chopped
cilantro

Chop ginger into small
pieces. Use the bottom 6
inches of the lemongrass
stalk; peel off any outer
tough leaves and trim
the root end. Lightly
smash the stalk with the
side of a knife to lightly
break open; cut into 1
inch pieces.

Make a few tears in each
kaffir lime leaf (this
helps open the flavor
when cooking).

Bring turkey broth,
water, ginger,
lemongrass and kaffir
lime leaves to a boil in a
medium size stockpot;
reduce heat to low, cover
and simmer 10 minutes;
strain and discard ginger,
lemongrass and kaffir
lime leaves.

Over low to medium
heat, stir in coconut milk
and bring just to a

Create Your Own Non-Toxic "Medicine Cabinet"



For Relief of Stress in Varying Degrees

- Min Tran
- Withania (MediHerb)
- Kava (MediHerb)

For Sinus and Lung Clearing & Rebuild

- Emphaplex
- PulmaCo (MediHerb)
- Broncaflect (MediHerb)

Please call for unremitting effects that do not clear within a couple of weeks with one or two of these. 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!



Dawn Dolan, MA, ACN

simmer; add turkey, mushrooms and fish sauce and cook 10 minutes.

Remove the soup from heat and stir in serranos, lime juice and cilantro, adding more of each to your liking; the soup should have a balance of spicy, sweet, salty and sour flavors.

Testimonials

"The symptoms that I was having were an overall sluggish/tired feeling that would not go away.

No ambition to complete tasks.

Dawn is absolutely wonderful! Because of her knowledge I feel much better!

My energy is back up, my state of mind is much happier and I feel like I can accomplish anything! Thank you Dawn!!"

C.S., Santa Rosa