



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 #31

We are pleased to present our 30th monthly Health and Wellness Newsletter! This is the third newsletter in a special series of three. We are addressing "Nutrition Through the Ages" beginning with expecting/nursing mothers, then continuing with infants through older adults. 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

The Incredible Importance of Gut health

In This Issue

The Incredible Importance of Gut Health

Non-Toxic "Medicine Cabinet"

Eat Well... Feel Well!

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Eat Well...
Feel Well!

Sauerkraut



Makes 12 cups



It all starts in the gut...our overall level of wellness (*or un-wellness*) is directly related to the health of our gut. There are two factors that determine gut health:

1) Intestinal Microbiata (gut flora)

2) Intestinal Barrier (gut barrier)

Our gut flora, which inhabits our intestinal tract, consists of approximately 100 trillion microorganisms. These microorganisms provide protection from infection, regulate our metabolisms and promote normal gastrointestinal function. Most importantly, they comprise more than 75% of our immune system and prevent invaders (foreign substances) from crossing the gut barrier into our bodies.

If the barrier becomes permeable or "leaks" (leaky gut syndrome), protein molecules seep into the bloodstream. Your immune system responds by creating antibodies to attack these foreign invaders. These antibodies don't always distinguish between foreign invaders and healthy tissue and will attack them as well. The immune system gets extremely overwhelmed and can start attacking things at random without further provocation. Many experts have concluded that these attacks are precursors to developing autoimmune diseases such as like Hashimoto's, inflammatory bowel disease and type 1 diabetes.

Once the gut barrier has been breached, toxins that would have been otherwise filtered or passed through our bodies can infiltrate other tissues and instigate problems with the integumentary system (skin, hair, nails, and fat), cardiovascular system, skeletal system, pancreas, kidneys, liver and brain. Some issues that may occur include eczema, psoriasis, heart failure, other autoimmune conditions, rheumatoid arthritis, mental illness, autism spectrum disorder, depression, chronic fatigue syndrome, asthma, allergies (including food sensitivities), obesity, etc.

5 pounds green cabbage, shredded

3 tablespoons fine sea salt

1 tablespoon juniper berries

2 teaspoons caraway seeds

1 quart water, in a sanitized glass jar

In large mixing bowl, mix cabbage thoroughly with salt, juniper berries, and caraway seeds, using hands or tongs. If using your hands, make sure that they are very clean prior to mixing. Let stand for 10 minutes.

Pack cabbage mixture down into a large glass food container. Top with a lid smaller than the opening of the container and place a glass jar filled with the quart of water on top of the lid. Place in cool area overnight (65 to 70 degrees F). In a day, the cabbage should have given up

What causes unhealthy gut?

So many aspects of modern life contribute to gut issues:

- Diet high in refined carbohydrates, processed foods & sugar
- Antibiotics and other medications
- Food toxins - gluten, arsenic, BPA, MSG, etc.
- Diet low in fermentable fibers
- Chronic infections
- Chronic stress
- Hormone imbalances

Avoiding wheat and other gluten- packed grains is crucial in maintaining gut health. They contain a protein called gliadin, which increases production of zonulin - a protein that increases intestinal permeability, which then leads to leaky gut.

Overuse of antibiotics without rebuilding the healthy gut flora afterward is all too common in modern lifestyles. Antibiotics are designed to indiscriminately destroy bacteria within the body - **bad and good bacteria that makes up more than 75% of our immune systems!** Fortunately for us, gut flora balance and intestinal barrier integrity can be restored with proper intervention.

How do you improve gut health?

First and foremost: eat real food and remove all toxins from your diet! Get rid of refined carbohydrates, processed foods and sugar. Consuming these "foods" helps to feed bad bacteria and keeps them thriving, thus creating the imbalance that threatens the fitness of gut flora.

Bone broth heals the gut. The gelatin in bone broth protects and heals the mucosal lining of the digestive tract and helps aid in the digestion of nutrients. See our [May Newsletter](#) for more benefits of bone broth.

Eat fermented foods that act as natural probiotics (encourages good bacterial growth). Choose foods such as sauerkraut, kimchee, kefir, yogurt, or any other fermented vegetables.

Treat any intestinal pathogens/parasites that may be present and causing an imbalance in gut flora. In this case, please schedule an

enough liquid to be completely submerged. The jar serves as a weight to keep the cabbage submerged and away from air.

Check cabbage every other day for approximately 2 weeks and skim the surface of scum, if necessary. Let stand for 4 weeks. Transfer to an airtight container and store in the refrigerator for up to 6 months.

Testimonials

"I was diagnosed with Alopecia Areata - I lost patches of hair ranging in 1-4 inches in diameter. I also had an inflamed rash on my neck that was extremely itchy and painful. I was given numerous ointments and wash medications and nothing was working. Also, due

appointment with Dawn to address the issue.

Manage your stress efficiently and keep it to a minimum: exercise, take a walk outside in a beautiful setting, do yoga, meditate, get a massage, breathe deeply, or try aromatherapy.

If you think you may have gut health issues, have questions or need further clarification regarding gut health, please call the office to schedule an appointment with Dawn. 707.795.1063

Create Your Own Non-Toxic "Medicine Cabinet"



To heal your gut:

- **Gut Flora Complex (MediHerb)** – encourages healthy intestinal environment to help maintain proper intestinal flora
- **ProSynbiotic** – Useful in maintaining a healthy gut microbial environment

To rid your body of parasites:

- **Zymex II** – Encourages a healthy intestinal environment to maintain proper gastrointestinal flora
- **Wormwood** – cleanses the lower intestinal tract
- **Enzycore** – offsets the conditions that lead to less than optimal digestion and supports the normal digestive process

-Please call the office for proper dosage and instructions 707.795.1063-

to the hair loss, I became really stressed and depressed.

(all my symptoms started September 25, 2012)

So five months later I started seeing Dawn (March of 2013). After five months of seeing numerous doctors and dermatologists, my hair is growing back!! The rash, that for five months would not clear, is clearing up, if not gone! I am less stressed and I am sleeping (which is not even what I came here for)! I feel amazing! It was great to find Dawn. She listened and cared. In this last year she was the only one trying to find an answer! Thank you so much!"

Melinda E.

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