



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 #18

We are pleased to present our 18th 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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[www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)

[Email us](#)

[liveitlifestyle.com/lessons](http://liveitlifestyle.com/lessons)

**Eat Well...**  
**Feel Well!**

## The Not So Sweet Effects of Sugar on Your Body



**Need an**  
**Alternative to**  
**Summer-time**  
**Sugary**  
**Snacks and**  
**Beverages?**

*Instead of having  
sweetened iced tea...*

**-Try it unsweetened! If**

Summer is in full swing... and with this warm weather, some people gravitate toward drinking sugar laden iced teas and lemonade and eating ice cream and popsicles. Although these "treats" may *seem* refreshing and give you an instant (short lived) energy boost, the sugar in them causes serious damage and wreaks havoc in our systems.

Some of the health effects of sugar on your body:

- 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

If it's something cool and refreshing that you are craving, try a much healthier alternative to sugary sweets with our recipes and ideas in the 'Eat Well... *Feel Well*' section of our newsletter!

you don't enjoy the taste of unsweetened black tea, add mint and or a little fresh squeezed orange juice.

-Go herbal: iced mint or cinnamon tea can taste sweet and refreshing too!

*Instead of ice cream...*

Try a Peaches and Cream "Milkshake"



1 cup chopped peaches  
1 cup cream  
1 cup ice  
dash of ground ginger

Mix all ingredients in blender until desired consistency.

*or*

Berries 'n Cream Chia Pudding



1/2 cup coconut milk  
1/2 cup cream  
1/2 cup fresh berries  
1 Tbsp chia seeds

Combine all ingredients in a large

## Create Your Own Non-Toxic "Medicine Cabinet"



Stock your Non-Toxic Medicine  
Cabinet with the perfect solution -  
*customized just for you!*

Are you unsure how to stock your Non-Toxic  
Medicine Cabinet?

Please call the office with general inquiries or  
schedule an appointment with Dawn Dolan for  
testing.

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container. Seal and  
keep in the  
refrigerator overnight.  
Serve cold.

*Instead of popsicles...*

-Try frozen  
blueberries and grapes

## Testimonials

"I have had severe to moderate chronic asthma since infancy. Since I've been seeing Dawn for nutritional testing, I've experienced an 80-90% improvement in my asthma."

- D. S., Petaluma, CA

"Starting in 2000, I began having kidney stones. Doctors were good for nothing more than pain medication. Several stones later, I thought I had discovered the triggers and gotten the problem under control. After 2 years without a stone, I suddenly had 2 within 1 week of each other. Since doctors were useless, I came to Dawn. After a crash course detox and 2 months of nutritional protocol, I have improved my diet, increased energy, and no recurring stone attacks."

A. S., Rohnert Park, CA

## 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

