



Rejuvenation & Well Being
Live from the heart.

Phone: 707.795.1063
Email: Office@RejuvAndWellBeing.com
Web: www.rejuvandwellbeing.com
315 East Cotati Ave. Suite A, Cotati, CA 94931

"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 #55

Greetings!

We are pleased to present our 55th 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

In This Issue

[Toxic Black Mold](#)
[Non-Toxic "Medicine Cabinet"](#)
[Eat Well... Feel Well!](#)

Quick Links

www.rejuvandwellbeing.com
[Email us](#)
liveitlifestyle.com/lessons

Eat Well...
Feel Well!

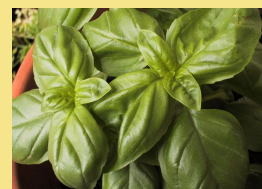
Toxic Black Mold



Should you be concerned about toxic black mold? A rainy season, followed by warmer temperatures, contributes to ideal conditions for black mold growth in your home or workplace. It may grow in places that are not obvious or easy to reach...but the hidden spores that you can't see may wreak havoc on your immune system.

Because black mold can be hard to detect, you may be having symptoms without realizing their source. Some symptoms are similar to

Fungal Fighting Herb & Garlic Pesto



those of cold and flu viruses:

- Fatigue
- Drowsiness
- Weakness
- Aches and pains
- Fever
- Nausea
- Wheezing
- Coughing
- Sore throat
- Runny/itchy/stuffy nose

These symptoms can be reoccurring and it may seem like you just can't get past your illness. Toxic black mold releases chemicals which suppress the immune system. In fact, many immunosuppressive drugs are actually created from toxic molds. Someone who is immunocompromised from being around toxic black mold will more easily get infections and sicknesses.

Some respiratory symptoms can turn out to be far more serious. Those living in homes with toxic black mold are exposed mainly through breathing in toxic black mold spores and mycotoxins. Toxic black mold mycotoxins can create irritation and a burning feeling in your nasal cavity, mouth and throat. They can also become lodged in the mucus membranes, sinuses and the lungs which then may cause a burning feeling, breathing problems and bleeding in the lungs. Symptoms include:

- Difficulty breathing, breathlessness, or shortness of breath
- Pulmonary edema - swelling of the lungs
- Pulmonary hemorrhage - bleeding in the lungs
- Burning sensation of the mouth
- Bleeding gums

How can you avoid mold growing in your house?

Eliminate ideal conditions for growth. Moisture, warmth and darkness together create the perfect environment. Open windows to let fresh air in and keep blinds or shades open to let sunlight in as much as possible. Leaky pipes or a leaky roof are also common causes for mold growth. Water trapped inside walls can go undetected for long periods of time and by the time you discover these leaks, mold has already had a chance to grow. Periodic examination of your house can alleviate concerns (especially important after a long rainy season). You can easily pick up a mold testing kit at any home improvement store to determine if and where you have a mold issue.

Ways to eliminate mold using natural remedies:

1 ½ cup packed basil leaves

2 tablespoons fresh oregano

1/3 cup pine nuts

3 garlic cloves

2 teaspoons lemon juice

1/2 teaspoon sea salt

1/3 cup extra virgin olive oil

Lightly toast the nuts in a skillet over medium heat for 5 minutes.

Place all ingredients except for oil in a small food processor.

Slowly incorporate the oil while the machine is running, until a smooth paste has formed.

Continue blending for 15 seconds to thin the sauce out.

Alternatively, crush all of the ingredients in a mortar and pestle and blend until smooth.

Tea Tree Oil - is a natural fungicide, effective at killing black mold spores and getting rid of mildew

Vinegar - its acidic properties are useful in minor areas of mold growth

Hydrogen Peroxide - is an antifungal agent and is highly effective with porous surfaces like walls or clothing

Grapefruit Seed Extract - acts similar to tea tree oil and will also deodorize the area applied

Naturally anti-fungal foods to eat if you've been affected by mold:

- Coconut oil
- Garlic (raw)
- Ginger
- Radishes
- Onions
- Basil
- Oregano
- Cinnamon

Your immune system may need an extra boost in addition to eating these anti-fungal foods. See the Non-Toxic Medicine Cabinet for whole food supplements that will increase your body's fungal fighting power. It's best to schedule an appointment with Dawn to determine dosage and to monitor your progress with your body's efforts to eliminate mold from your system. Please call the office at 707.795.1063

Testimonials

"For three months I had a virus, one I couldn't shake, even with help from other healthcare providers.

Dawn's first words to me were, "that virus is toast." And it was. Within days I felt my body grow stronger and within two weeks or so the virus was completely gone.

I've now seen Dawn for years and with her help I've maintained excellent health.

My family has also experienced similar positive results, as have friends I've recommended to her. She is remarkable!"

B.E. - Santa Rosa

"I have had severe to moderate chronic asthma since

Create Your Own Non-Toxic "Medicine Cabinet"



To Rid the Body of Toxins and Fungi: ~On an Empty Stomach~

- **Multizyme**
- **Zymex Capsules**
- **Zymex II**

Please call the office for proper dosage and instructions 707.795.1063

infancy.

Since I've been seeing Dawn for nutritional testing, I've experienced an 80-90% improvement in my asthma."

D. Stone - Petaluma

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