



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 #49

Greetings!

We are pleased to present our 49th 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

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Eat Well...

Feel Well!

Understanding Digestion



Creamy Ginger Pumpkin Soup



Serves 6-8

2 medium sugar
pumpkins

Do you lead a busy life...eating meals on the go and completing other tasks while devouring your food as quickly as possible to move on to the next thing?

Even if you are mindful, carefully choosing meals of whole foods and leaving out processed junk, it may not be enough to thrive...the quality and nutrient density of your food is very important, but do you also consider the *way* you eat to be equally important? **The process of proper digestion is vital** for your body to be fully nourished and achieve optimal wellness.

Some common signs of improper digestion:

- Low energy and chronic fatigue
- Diarrhea, constipation and/or irritable bowel
- Bloating or distension in the abdomen
- Excessive gas or any gas with a foul smell
- Belches and reflux that have any smell or taste (especially a sour taste or the taste of your previous food)
- Gastroesophageal reflux, heartburn or other burning sensations in the digestive tract
- Unpleasant body odor or bad breath
- Dysbiosis: bad bacteria, fungi and/or parasites (e.g. Candida)

Some common causes of improper digestion:

- **Overeating** - eating more than your digestive system is capable of processing
- **Not chewing properly** - food needs to be well

2 Tbsp. butter or fat of choice

1 large onion, diced

3 cups chicken or vegetable broth

1/2 tsp. salt

White pepper to taste

1 tsp. ginger

1 cup half and half or full fat coconut milk

Toasted pumpkin seeds, optional

Preheat oven to 350 degrees. Cut sugar pumpkins in half and scoop out seeds. Brush cut sides with 1 Tbsp. melted butter or fat of choice and place cut side down on parchment lined baking sheet. Roast in oven for 45

masticated (broken down) and fully coated with saliva (contains digestive enzymes)

- **Eating too quickly** - not chewing/breaking down food properly
- **Exercising too soon after eating** - circulation is directed away from digestive organs to muscular function
- **Eating while stressed or performing tasks** - releases adrenaline, redirecting circulation away from digestion

Digestion is based on enzymes which catalyze molecular bonds in the food we eat - the enzymes break food down into smaller components which can be used by our cells. Each part of our digestive tract secretes specialized enzymes appropriate for the different phases and timing of digestion. If there is an imbalance in this process, food is left undigested and it feeds parasites, unwanted bacteria, fungi and yeast instead of delivering nourishment to our cells. These opportunistic organisms then thrive on undigested food and waste products and multiply out of control, excreting their own waste products and damaging the walls of our intestines. If the walls of our intestines become sufficiently damaged, the lining can become perforated and lead to leaky gut syndrome - partially digested foods, parasites, bacteria and fungi enter the bloodstream and cause mayhem throughout the rest of your body. Over time this leads to auto-intoxication - your body begins to "self-poison" resulting from the absorption of waste products of metabolism, decomposed intestinal matter, or other toxins produced within your body.

Avoiding improper digestion can be as simple as

minutes or until soft.

While pumpkin is roasting, sauté onions in remaining butter or fat of choice. Cook until soft and fragrant - set aside to cool. When pumpkin is cooled, scoop out pumpkin flesh and puree in food processor or blender with sautéed onions.

Pour pumpkin/onion mixture into a large pot and add broth, salt, white pepper and ginger. Simmer for about 30 minutes on medium/low heat. Stir in half and half or coconut milk and serve garnished with toasted pumpkin seeds if desired.

Toasted Pumpkin Seeds:

taking your time, remaining calm and being mindfully present during meal time. Setting aside scheduled time for meals, even though you are incredibly busy, can make a world of difference in your health...not to mention how much more productive you can be when your health is thriving!

Please see the Non-Toxic Medicine Cabinet for whole food digestive aids. If you think you may be suffering from any signs of improper digestion, please call the office to schedule an appointment with Dawn. **707.795.1063**

Scoop seeds from sugar pumpkins. Clean pumpkin flesh off seeds and let soak over night in filtered water. Let the seeds air dry, then toss with sea salt and a splash of melted coconut oil. Toast at 300 degrees for about 45 minutes.

Create Your Own Non-Toxic "Medicine Cabinet"



To Help Digestion:

- Multizyme – Enzymes provide support in the gastric and intestinal phases of digestion
- Cholacol – supports healthy fat digestion and healthy elimination
- Zypan – combines pancreatin, pepsin, and betaine hydrochloride to facilitate healthy digestion
- Zymex – Encourages a healthy intestinal environment to maintain proper gastrointestinal flora

Please call the office for proper dosage and instructions 707.795.1063

Testimonials

"I always had problems with digestion and cramps in my legs. Over the years, these problems increased which resulted in my face breaking out with acne. Also, my digestive problems lessened my ability to eat meat because I suffered from extreme discomfort.

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

Furthermore, I had anxiety all the time that often resulted in me feeling irritable and unable to calm myself.

Currently, I can eat anything I want with no discomfort. I have regular bowel 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."
- Phyllis M.