



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 #54

Greetings!

We are pleased to present our 54th 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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Vitamin D and Your Immune System

Eat Well... Feel Well!

**Trout with
Garlic,
Lemon &
Parsley**



Could you be overdoing it with sunscreen? If you are spending lengthy amounts of time outdoors, natural, mineral based sunscreens are warranted to avoid burning, but if you are indoors for most of your day, a little sun absorption when going outside is beneficial! Here are two reasons why you don't need to apply sunscreen

every time you leave the house: 1) exposing yourself to toxins in conventional sunscreen on a regular basis takes its toll over time 2) you need to have sun exposure to generate vitamin D in your body.

Reading labels for products you put on your body is as important as reading labels on the foods you eat. Everything you apply to your skin is absorbed into your body. Most sunscreens contain toxic ingredients that when absorbed into the bloodstream, can cause serious problems; some behave like estrogen - disrupting hormones, some release damaging free radicals in sunlight, and some cause skin irritation and allergic reactions. The FDA has not regulated safety standards for ingredients since 1978 and has allowed sunscreen manufacturers to include **oxybenzone, methoxy-cinnamate, and PABA** - these are estrogenic chemicals linked to



Serves 2

2 skin-on trout fillets
2 tablespoons unsalted butter
2 garlic cloves, minced
3 tablespoons chopped fresh parsley
1 tablespoon lemon juice
salt and pepper, to taste

Heat a large skillet over medium heat. Melt butter and cook trout fillets, skin side down, for 2 minutes, then carefully flip with a thin wide spatula. Cook for another minute or until almost cooked through, then add garlic, parsley, and lemon juice and continue to cook for another minute or so until the fish is golden brown and the flesh flakes off easily with a fork.

cancer. Mineral based sunscreens containing zinc oxides are a much better choice if you spend long periods of time in the sun. They don't break down in sunlight and don't disrupt hormones as they are not absorbed into your skin. They are also more effective at blocking UVA rays that cause damage leading to skin cancer.

Some sun absorption without sunscreen is essential in supplying our bodies with enough vitamin D for proper immune function. Vitamin D is crucial to activating our immune defenses; without sufficient intake, T cells (killer cells) won't react and fight off serious infections in the body. T Cells immediately seek out vitamin D in order to activate and if they can't find enough available, the process cannot be completed.

Vitamin D also plays a significant role in protecting your bones and your body requires it to absorb necessary calcium. Children need vitamin D and calcium to build strong bones, and adults need it to keep their bones strong and healthy. If you don't get enough vitamin D, you may lose bone, have lower bone density, and will be more likely to break bones as you age.

A majority of vitamin D is produced as a natural byproduct of the skin's exposure to sunlight, but it can also be found in:

- Mushrooms
- Eggs

Cream of Mushroom Soup



Serves 4-6

2 tablespoons butter
8 oz mushrooms,
chopped
1 shallot, chopped
1 clove garlic,
chopped
3 cups chicken broth
2 tsp sea salt
1/2 tsp pepper
1/2 tsp dried thyme
3/4 cup heavy cream
or coconut milk

Saute the mushrooms, shallot and garlic over medium heat for 10 minutes, until the liquid has mostly evaporated.

Pour in the broth, salt, pepper, and thyme.

- Pork
- Beef liver
- Fish liver oil
- Fatty fish such as salmon, herring and mackerel
- Whole food supplements

If you aren't getting enough vitamin D from your diet and sunlight, consider taking a whole food supplement. Be sure to call the office to schedule an appointment with Dawn if you need assistance in identifying your vitamin D needs and methods for building a stronger immune system. 707.795.1063

Simmer for 5 minutes then add the heavy cream or coconut milk.

Use an immersion blender or a blender and puree until desired consistency.

Testimonials

"The results I have achieved through working with Dawn Dolan have given me a new lease on life.

After trying numerous other avenues, I experienced how Dawn and her expertise in Acupoint Nutritional Testing quickly pinpointed the cause of my lifelong ailments and accurately determined the precise remedies that would bring me

Create Your Own Non-Toxic "Medicine Cabinet"



Providing Vitamin D and Immune Support:

- **Cataplex D** – Provides vitamin D, which is needed by almost every cell in the body for development and transcription
- **Cod Liver Oil** – addresses vitamin A deficiency and vitamin D deficiency while supporting the body's healthy immune system function
- **Calcium Lactate** – supports absorption of calcium and the immune system response function
- **Ostrophin PMG** – combines synergistic nutrients for natural bone health support

If Overexposed to the Sun:

- **Cataplex F (tablets)** – supports the body's inflammatory response function and promotes healthy skin

Please call the office for proper dosage and instructions 707.795.1063

back to the pink of health.

I am immeasurably grateful to Dawn for her caring support and wise counsel, which have truly changed my life. Thank you Dawn!"

R.M., Santa Rosa, 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, ACN

