



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 #19

We are pleased to present our 19th 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

We Have a Right to Know What's in Our Food!

The time to vote on [Proposition 37](#) is drawing near and we will have a chance to loudly declare that we have the right to know exactly what is in our food supply. The following information is breaking news from NaturalNews.com:



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liveitlifestyle.com/lessons

Eat Well... Feel Well!

Creamy Curried Cauliflower



*Please use all organic ingredients for best results and highest nutritional value!
Serves 4-6

Cauliflower:

- 1 head cauliflower, rinsed and broken

(NaturalNews) Eating genetically modified corn (GM corn) and consuming trace levels of Monsanto's Roundup chemical fertilizer caused rats to develop horrifying tumors, widespread organ damage, and premature death. That's the conclusion of a shocking new study that looked at the long-term effects of consuming Monsanto's genetically modified corn.

The study has been deemed "the most thorough research ever published into the health effects of GM food crops and the herbicide Roundup on rats." News of the findings is spreading like wildfire across the internet, with even the mainstream media seemingly in shock over the photos of rats with multiple grotesque tumors... tumors so large the rats even had difficulty breathing in some cases. GMOs may be the new thalidomide.

From the Daily Mail: "The animals on the GM diet suffered mammary tumors, as well as severe liver and kidney damage. The researchers said 50 percent of males and 70 percent of females died prematurely, compared with only 30 percent and 20 percent in the control group."

Here are some of the findings from the study:

- Rats that drank trace amounts of Roundup (at levels legally allowed in the water supply) had a **200% to 300% increase in large tumors.**
- Rats fed GM corn and traces of Roundup suffered severe organic damage including **liver damage and kidney damage.**
- **The study fed these rats NK603, the Monsanto variety of GM corn that's grown across North America and widely fed to animals and humans. This is the same corn that's in your corn-based breakfast cereal, corn tortillas and corn snack chips.**

"This research shows an extraordinary number of tumors developing earlier and more aggressively - particularly in female animals. I am shocked by the extreme negative health impacts." - Dr Michael Antoniou, molecular biologist, King's College London.

"We can expect that the consumption of GM maize and the herbicide Roundup, impacts seriously on human health." - Dr Antoniou.

Based on this research and what it implies for our future, please take action and vote YES on Proposition 37.

Please see the "Non-Toxic Medicine Cabinet" for ways to fortify your system if you are concerned with the effects of consuming food containing GMOs.

- down into florets
- 2 tablespoons butter
- 2 tablespoons olive oil

Sauce:

- 1 tablespoon butter
- 1 cup chopped onion
- 2 teaspoons yellow curry powder
- 1/2 teaspoon turmeric
- Salt
- 3 cloves garlic, grated
- 1 cup chicken stock
- 2 cups heavy cream

For the cauliflower: In a large saute pan over medium-high heat, add the olive oil and butter to melt. Once melted, add the cauliflower florets, a nice sprinkle of salt and cook until golden on the bottom, about 3 minutes. Give a good toss and let cook for 3 more minutes. Repeat tosses until most of the cauliflower is coated with the butter and golden on parts, about 4 tosses or so. Cauliflower should still be crunchy at this point, but tender enough to eat a smaller floret. Then, pour the rest of the florets into a large bowl and quickly cover tightly. Cook in batches if the florets won't fit into one pan. While the cauliflower continues to steam in the bowl. make the

Create Your Own Non-Toxic "Medicine Cabinet"



Fortify yourself with:

- Catalyn
 - Lact-Enz
 - Immuplex
 - Multizyme
 - Zypan
- *1 each with every meal

If you think you may be affected by GMOs,
please call the office to schedule an
appointment with Dawn Dolan for testing.

707.795.1063

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

sauce. In the same pan over medium heat, add the butter. Once the butter is melted, add the onions, curry powder, turmeric and season with salt. Cook until tender, about 5 minutes, and then add the garlic and cook a bit more. Once the garlic is fragrant, add the chicken stock and bring to a simmer. Cook until the stock is reduced by half, and then add the heavy cream and raise to a simmer. Cook until the sauce is reduced and thickened. With a slotted spoon, remove the cauliflower from the bowl and add to the pot. Raise the heat and simmer 5 minutes more. Serve warm.

Testimonials

"I was tired, had migraines, craved sweets and just didn't feel good. I didn't feel clear headed and often felt depressed. My daughter had constipation problems and was often irritable. My son had problems with low blood sugar and many other issues.

We are all doing great! Dawn has helped our whole family so much. About all the symptoms are gone. Everyone is so much happier, we all have our energy back and are doing so good. Thank you so much to Dawn for her sincere concern and knowledge.

