



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 #48

### Greetings!

We are pleased to present our 48th 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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### Quick Links

[www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)

[Email us](mailto:Office@RejuvAndWellBeing.com)

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

## Eat Well...

## Feel Well!

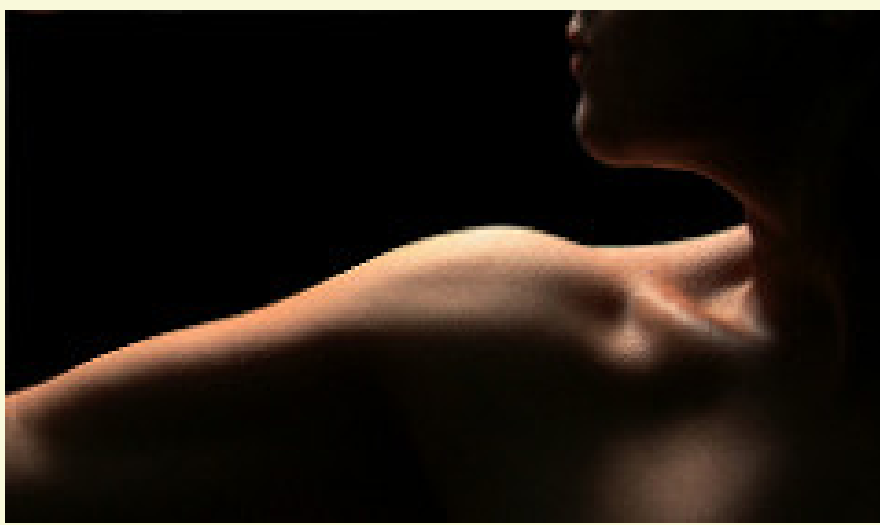
## Chicken Tikka Masala



*Makes 6-8 servings*

2 pounds chicken

# What is Your Skin Trying to Tell You?



Skin problems such as; acne, rash, itchiness, rough patches, dryness, bumps, and redness all have something more significant in common than just unsightly appearances and discomfort...they all indicate that you're experiencing stress within your immune system. While the severity may vary, even the minor issues should be given your attention to help heal your immune system leaving it free to tackle bigger issues.

There is a strong connection between your skin and gut health (where more than 75% of your immune system resides!). If your gut flora (bacteria) becomes out of balance, it causes inflammation throughout your body, including your skin. This often manifests itself as acne and may be the most obvious visual indication that you have altered gut function. Topical chemical-filled creams and gels may seem to rid one's acne issue, but the solution is only "skin deep." By treating acne as the main problem, you would only be masking the symptom of larger, more significant issues of gut imbalance and therefore, immune challenges.

thighs, cut into 1 in. pieces

2 Tbsp coconut oil or butter

1 onion, diced

4 cloves garlic, chopped

1 Tbsp fresh ginger, minced

1 1/2 Tbsp garam masala

1 tsp ground coriander

1 tsp ground cumin

1/2 tsp sea salt

1/4 tsp crushed red chili flakes

2 cups crushed tomatoes

1 cup coconut milk

In a large pan, sear chicken thighs in coconut oil or butter.

Dryness, sensitivity, intense itching, redness, inflammation, recurring rash, scaly areas, rough/leathery patches, oozing or crusting, areas of swelling and dark colored patches of skin are all signs and symptoms of Eczema. The symptoms of eczema are different for each person and it may even look different or affect different parts of your body at different times. Eczema can become serious if left untreated. In some people, the skin barrier is altered so that water escapes while environmental allergens are allowed to enter. A protein called claudin-1 is weakened, allowing the skin cells to become leaky and permeable to the environmental allergens and infectious agents, resulting in the telltale itchy, dry patches. Since the skin may also lack normal amounts of cathelicidin (a natural antimicrobial), it is left unprotected from infections as serious as MRSA.

If you've noticed detrimental changes in your skin, chances are you can reverse them by working on balancing your gut flora. Certain foods and behaviors contribute to increasing the harmful bacteria in your gut and should be avoided:

- Diet high in refined carbohydrates, processed foods & sugar
- Food toxins - gluten, arsenic, BPA, MSG, etc.
- Diet low in fermentable fibers
- Chronic stress

To increase the good bacteria in your gut, eat real food and remove all toxins from your diet. Get rid of refined carbohydrates, processed foods and sugar.

When the chicken is no longer pink, remove from pan and set aside.

Saute the onion, garlic and ginger in the pan drippings over medium low heat until onions are translucent.

Add garam masala, coriander, cumin, salt and chili flakes. Saute for another 2 minutes before adding tomatoes and coconut milk. Simmer on low heat for about 30 minutes.

Reheat the chicken thighs in the sauce for a few minutes and serve over cauliflower rice.

Consuming these "foods" only helps to feed bad bacteria and keeps them thriving, thus creating the imbalance that threatens the health of your gut flora. Eating fermented foods also helps to increase beneficial bacteria and restores a healthy balance in your gut. Foods such as sauerkraut, kimchee, kefir, yogurt, or any other fermented vegetables act as natural probiotics (encourages good bacterial growth).

If you have been noticing any skin issues or changes in your skin and wish to receive help strengthening your immune system, please call the office to schedule an appointment with Dawn.  
707.795.1063

## Testimonials

"I was diagnosed with Alopecia Areata - I lost patches of hair ranging in 1-4 inches in diameter. I also had an inflamed rash on my neck that was extremely itchy and painful. I was given numerous ointments and wash medications and nothing was working. Also, due to the hair loss, I became really stressed and depressed.

(all my symptoms started September 25, 2012)

After five months of seeing numerous doctors and dermatologists, I started seeing

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



## To Balance and Heal Your Gut

- **Gut Flora Complex (MediHerb)** – encourages healthy intestinal environment to help maintain proper intestinal flora
- **ProSynbiotic** – useful in maintaining a healthy gut microbial environment & improves nutrient digestion/absorption and bowel regularity and consistency
- **Lact-Enz** – combines digestive enzymes with probiotic bacteria to support healthy gastrointestinal flora, digestion and immune system function
- **Prebiotic Inulin** – supports immune system function and encourages a healthy intestinal environment to benefit probiotic intestinal flora (also an excellent source of fiber)

Dawn (March of 2013) and my hair is growing back!! The rash, that for five months would not clear, is clearing up, if not gone! I am less stressed and I am sleeping (which is not even what I came here for)! I feel amazing! It was great to find Dawn. She listened and cared. In this last year she was the only one trying to find an answer! Thank you so much!"

### 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

Melinda E.

