



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 #61

Greetings!

We are pleased to present our 61st 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

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

liveitlifestyle.com/lessons

Eat Well... Feel Well!

Where Does Your Food Come From? ...Sources Matter

Potato Leek and Ground Turkey Veggie Soup



Serves 8-10

2 Tbsp avocado oil,
coconut oil or ghee

4 leeks, halved
lengthwise and
chopped into thin
slices



Would you be surprised if someone told you that purchasing only foods and supplements labeled "organic" may not be as beneficial to your health as you thought? If a food product or supplement is labeled as organic and contains no "anti-nutrients," then it's the best you can do, right?? Possibly not - even when you focus on clean and organic eating, choosing the source of your food is equally important.

Not all organic foods and supplements are created equal. Knowing where and how your food is grown, raised, packaged and/or processed will give you the necessary tools to determine which choices to make.

Local vs Grown/Raised in USA vs Imported

The best way to determine the quality of your food is to buy from sources that are completely transparent about their practices, ingredients and sources/vendors. An important benefit of purchasing locally grown/raised food is that, most often, you can visit the farms producing the food. You can see the conditions and the care taken with the animals and crops and you might be able to converse with the farmers and learn their philosophies directly from them. If making it out to the farm isn't an option for you, you may be able to glean enough information from them by visiting their stands at the local farmer's market.

Questions to ask a farmer or food producer:

http://www.sustainabletable.org/2224/questions-to-ask#Produce_Farmer

If not everything you desire to purchase is available locally, your next best option is to purchase from sources within the USA. An internet search or a few phone calls can be enough to verify that your criteria are met. For example, if you are

1 lb ground turkey

2 large carrots,
chopped

4 stalks celery,
chopped

2 quarts chicken broth

1 lb Yukon gold
potatoes, chopped

1 bunch dinosaur
kale, torn into bite
size pieces

2 tsp sea salt

1/2 tsp black pepper

1 1/2 tsp poultry
seasoning (sage,
thyme, onion,
marjoram, celery
seed, cayenne)

1/4 tsp savory

Heat 1 Tbsp oil in a
large sauté pan on
med high heat.

Add leeks and cook
until soft and slightly
caramelized.

Add 1 more Tbsp oil
and ground turkey.
Cook until turkey is
browned.

Transfer mixture to a
large soup pot and
add broth, carrots,
celery, potatoes, kale
and seasoning.

Bring to a boil and

looking for organic eggs and want to find out more about the company's practices and how the quality is rated, you can visit <https://www.cornucopia.org/organic-egg-scorecard/>. You'll find out whether or not the chickens have proper access to the outdoors and which ones are truly pastured (most ideal). For more resources, please check the Weston A. Price website to find a local chapter: <http://www.westonaprice.org/get-involved/find-local-chapter/>. These local chapters can help you find organic and biodynamic produce, dairy products, eggs, chicken and meat from pasture-fed animals.

Doing this kind of in-depth research may be more difficult for food imported from other countries, but you can most likely find information regarding environmental pollution in those areas. Currently, only the USA and the EU have USDA limits placed on levels of lead, mercury, cadmium, arsenic, aluminum, PCBs, BPA and other synthetic chemicals allowed in organic products (food and supplements). These substances can come from environmental sources - such as contaminated irrigation water or chemical factories nearby. Also, materials used for packaging, handling and storage may transfer harmful substances in direct contact with food. Small businesses in developing countries often lack comprehensive information on import requirements for organic products.

For more resources for finding nutrient dense food, please visit <http://www.westonaprice.org/get-involved/find-nutrient-dense-foods/>. The Weston A. Price website contains a wealth of information regarding living a healthful lifestyle through nourishment. If you have more questions regarding food sources and would like to determine how well your diet nourishes you, please call the office to schedule an appointment: 707.795.1063

turn down heat to a simmer.
Cook for about 20 minutes or until all veggies are soft.
Add more seasoning if desired.

This soup freezes well!

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.

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.

Create Your Own Non-Toxic "Medicine Cabinet"



- **Catalyn or Catalyn GF (Gluten Free)** – Broad spectrum multi-vitamin
- **SP Complete or SP Complete Dairy Free** – Protein source combined with dense nutrients
- **Black Current Seed Oil & Tuna Omega 3 Oil** – Supports healthy immune system function and delivers essential omega-3 fatty acids

*Please call the office for proper dosage and instructions
707.795.1063

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.

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