



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

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Issue #59

## Greetings!

We are pleased to present our 59th 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

## In This Issue

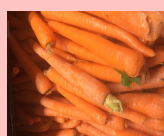
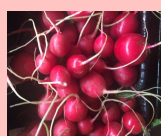
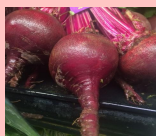
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## Quick Links

[www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)  
[Email us](#)  
[liveitlifestyle.com/lessons](http://liveitlifestyle.com/lessons)

**Eat Well...**  
**Feel Well!**

# Whole Food Nutritional Supplements vs. Synthetic Vitamins



We can all agree that eating whole foods is better for our health than refined and processed foods, right? If we know this to be true, then wouldn't we apply the same logic to supplements and vitamins...?

The name Vitamin is from Vital Amino Acid as found in proteins needed to sustain life. Can an isolated or partial substrate of a whole food be as good for you as the entire complex when ingested intact? Just how does a chemically manufactured component of a vitamin complex affect the body's overall health and

## Chicken Pad Thai



Serves 3-4

1½ lb chicken, cut into small 1" chunks

4-5 Tbsp. coconut oil  
5 cloves garlic, finely chopped

5 Tbsp. fish sauce

2 Tbsp. coconut aminos

5 Tbsp. fresh lime juice

well-being?

In the same way that refined foods are stripped of their accessory nutrients, synthetic or fractionated vitamins are missing the very components that your body needs in order to be fueled properly, as well as to be able to absorb and assimilate these partial nutrients. Ascorbic Acid is a perfect example of a fractionated vitamin. It is touted as Vitamin C, the miracle for the immune system. It is commonly labeled as "Ascorbic Acid (Vitamin C)" in food products and on vitamin labels, but **Ascorbic Acid is not the whole Vitamin C**, rather it is only an isolated nutrient that is part of Vitamin C. Nature does not create nutrients in isolated forms. The nutritive value of vitamins found in foods comes from the way in which nature combined them together in a specific way to work cohesively and synergistically in that format. In order for a nutrient to work properly in your body, it needs all the other naturally occurring parts within the food as well.

Of key importance, just like refined foods, fractionated vitamins create issues and imbalances within your body over time. If all the parts are not intact from the start, they are "borrowed" from your body's stored supply. Once your body's store of the extra nutrients is used up, the isolated nutrient you're taking doesn't work as well anymore. In fact, a nutrient deficiency can be created in your body!

"Separating the group of compounds (in a vitamin complex) converts it from a physiological, biochemical, active micronutrient into a disabled, debilitated chemical of little or no value to living cells. The synergy is gone." **Judith DeCava, Nutritionist**

### ***Not all supplements are created equal.***

Whole food supplements are made from concentrated whole food with naturally occurring nutrients completely intact...no isolation here! All the parts of a natural vitamin complex work synergistically together; the whole complex is greater than the sum of its parts. Just like real food, whole food supplements have highly complex structures that combine a variety of enzymes, coenzymes, antioxidants, trace elements, and activators all working together synergistically, to aid these vitamin complexes to complete their tasks within your body.

Need help deciphering labels or understanding which ingredients fall into the category of fractionated vitamins? Please call the office for a quick phone consult. If you think you need to address a nutrient deficiency or imbalance in your body or would like to find out which vitamin complexes are best for your health, please contact the office to schedule an

**2 tsp apple cider vinegar**

**5 Tbsp. chopped fresh cilantro**

**4-5 green onions, finely chopped**

**1 12oz package of broccoli slaw**

**2 cups bean sprouts**

**2 medium carrots, shredded**

**Optional: add 2 Tbsp. chopped cashews**

Heat a wok over medium-high heat. Add oil and garlic, cook about 1 minute. Add chicken and cook 2-3 minutes, stirring frequently, until lightly browned.

Add fish sauce, coconut aminos, lime juice and vinegar. Cook at a rapid simmer until chicken is cooked through, about 5-8 minutes.

Add broccoli slaw, bean sprouts and shredded carrot. Cook, stirring frequently, until soft but still firm, about 3-4 minutes.

Toss or garnish with green onion, cilantro and optional

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cashews.

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



- **Catalyn** – A broad spectrum multi-vitamin
- **Cyrofood** – A vegetarian broad spectrum multi-vitamin
- **Organically Bound Minerals** – A basic mineral need for electrolytes and bone building
- **Symplex F & M** – For adult hormone support
- **Super EFF** – For energy production and cellular health

\*Please call the office for proper dosage and instructions  
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### Testimonials

"I have been seen by Dawn on 5 separate occasions with the hope of experiencing an increase in my energy level as well as treatment for a knee infection. I am pleased to say that my energy level increased greatly within 2 weeks. I must also say that following 4 weeks of focus on my knee, it too is feeling remarkably better. I should go on to say that I have been recovering from knee surgery for about two years and I finally, thanks to Dawn, feel normal again. I feel great! Greater energy, physically strong. Dawn is a true pro and I will recommend her often!"

John L.

### 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

