



Rejuvenation & Well Being  
Live from the heart.

*"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."*

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-Dr. Royal Lee

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Issue #79

### Greetings!

We are pleased to present our 79th 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, LLC

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### Quick Links

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

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

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

# The Incredible Importance of Gut Health



*It all starts in the gut...*our overall level of wellness (or un-wellness) is directly related to the health of our [gut](#). There are two factors that

## Healing Bone Broth



4 quarts of filtered water

1.5- 2 lbs of beef bones (knuckle or marrow)

**OR**

1.5-2 lbs chicken bones (necks and backs)

determine gut health:

- 1) Intestinal Microbiata ([gut flora](#))
- 2) [Intestinal Barrier](#) (gut barrier)

Our gut flora, which inhabits our intestinal tract, consists of approximately 100 trillion microorganisms. These microorganisms provide protection from infection, regulate our metabolisms and promote normal gastrointestinal function. Most importantly, they comprise more than 75% of our immune system and prevent invaders (foreign substances) from crossing the gut barrier into our bodies.

If the barrier becomes permeable or "leaks" ([leaky gut syndrome](#)), protein molecules seep into the bloodstream. Your immune system responds by creating antibodies to attack these foreign invaders. These antibodies don't always distinguish between foreign invaders and healthy tissue and will attack them as well. The immune system gets extremely overwhelmed and can start attacking things at random without further provocation. Many experts have concluded that these attacks are precursors to developing autoimmune diseases such as like [Hashimoto's](#), [inflammatory bowel disease](#) and [type 1 diabetes](#).

Once the gut barrier has been breached, toxins that would have been otherwise filtered or passed through our bodies can infiltrate other tissues and instigate problems with the integumentary system (skin, hair, nails, and fat), cardiovascular system, skeletal system, pancreas, kidneys, liver and brain. Some issues that may occur include eczema, psoriasis, heart failure, other autoimmune conditions, rheumatoid arthritis, mental illness, autism spectrum disorder, depression, chronic fatigue syndrome, asthma, allergies (including food sensitivities), obesity, etc.

### ***What causes unhealthy gut?***

So many aspects of modern life contribute to gut issues:

- A diet high in refined carbohydrates, processed foods and sugar
- Antibiotics and other medications
- Food toxins - gluten, arsenic, BPA, MSG, etc.
- A diet low in fermentable fibers
- Chronic infections
- Chronic stress
- Hormone imbalances

Avoiding wheat and other gluten- packed grains is crucial in maintaining gut health. They contain a protein called gliadin, which increases production of zonulin - a protein that increases intestinal permeability, which then leads to leaky gut.

Overuse of antibiotics without rebuilding the healthy gut flora afterward is all too common in modern lifestyles. Antibiotics are designed to indiscriminately destroy bacteria within the body - bad *and* **good bacteria that makes up more than 75% of our immune systems!** Fortunately for us, gut flora balance and intestinal barrier integrity can be restored with proper intervention.

### ***How do you improve gut health?***

1 onion, quartered

1 large carrot,  
quartered

2 celery stalks,  
quartered

2 Tbsp apple cider  
vinegar

1Tsp sea salt

Place all ingredients in  
a 6 quart crockpot and  
set the heat to HIGH.

Bring the stock to a  
boil, and then reduce  
the heat setting to  
LOW.

Allow the stock to  
cook for a minimum  
of 8 hours and up to  
24 hours.

Turn off the crockpot  
and allow the stock to  
cool.

Strain the stock  
through a fine mesh  
metal strainer and  
throw away what you  
skim off.

Place the cooled stock  
into glass jars for  
storage in the fridge  
(for up to a few days)  
or pour into freezer-  
safe containers for  
later use.

## **Fresh**

First and foremost: eat real food and remove all toxins from your diet! Get rid of refined carbohydrates, processed foods and sugar. Consuming these "foods" helps to feed bad bacteria and keeps them thriving, thus creating the imbalance that threatens the fitness of gut flora.

Bone broth heals the gut. The gelatin in bone broth protects and heals the mucosal lining of the digestive tract and helps aid in the digestion of nutrients. See our [May 2013 Newsletter article](#) for more benefits of bone broth.

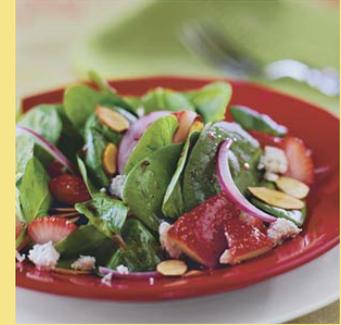
Eat raw fermented foods that have all their enzymes intact and act as natural probiotics (encourages good bacterial growth). Choose foods such as sauerkraut, kimchee, kefir, yogurt, or any other fermented vegetables and less frozen or canned foods without enzymes intact.

Treat any intestinal pathogens/parasites that may be present and causing an imbalance in gut flora (more on this topic in next month's newsletter).

Manage your stress efficiently and keep it to a minimum: exercise, take a walk outside in a beautiful setting, do yoga, meditate, get a massage, breathe deeply, or try aromatherapy.

If you think you may have gut health issues, have questions or need further clarification regarding gut health, please call the office to schedule an appointment with Dawn. 707.795.1063

## Spinach & Strawberry Salad



*serves 2*

3 cups baby spinach

1 small red onion, sliced

1 cup strawberries, sliced

2 Tbsp. sliced, toasted almonds

1/4 cup goat cheese

2 Tbsp olive oil

1 Tbsp red wine vinegar

salt & pepper to taste

Toss the spinach with olive oil, vinegar and salt & pepper. Top spinach with remaining ingredients and serve.

## Testimonials

"For three months I had a virus, one I couldn't shake, even with help from other

## 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)

healthcare providers.

Dawn's first words to me were, "that virus is toast." And it was. Within days I felt my body grow stronger and within two weeks or so the virus was completely gone.

I've now seen Dawn for years and with her help I've maintained excellent health.

My family has also experienced similar positive results, as have friends I've recommended to her. She is remarkable!"

B.E. - Santa Rosa

### 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