



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 #52

Greetings!

Happy New Year!

We are pleased to present our 52nd 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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Eat Well...

Feel Well!

Feeling the Heat from Hot Flashes?



Hot flashes can start in the years preceding menopause as estrogen levels rapidly drop and may

Hearty Chicken & Vegetable Soup



continue well into the post-menopausal years. Hot flashes occur when blood vessels in the head and neck abruptly expand. Hot flashes can come any time...during the day or at night, with or without sweating and other symptoms such as dizziness, a faster heart rate, or a headache.

During the transitional time of menopause, hot flashes are most often the result of hormonal changes that occur - both withdrawal from estrogen *and* surges of lutenizing hormone are associated with these changes. As an end result of ongoing hormonal changes, the hypothalamus's function of regulating body temperature is affected and may take some time to recalibrate. Since hot flashes occur indiscriminate of day or nighttime, many women tend to lose out on precious sleep on a regular basis - leading to chronic insomnia. Losing out on restful sleep further disrupts hormonal function and perpetuates the vicious cycle of dysfunction.

Certain activities or behaviors that affect hormone function/dysfunction increase the risk and degree of hot flashes during menopause. Negative factors include obesity, smoking, inactivity, and consumption of caffeine, alcohol, sugar, refined carbs and spicy foods. Positive behaviors include daily exercise, relaxation techniques and a clean diet of whole foods which may lessen the harsh effects of these changes and aid in restoring a more normal hormonal balance.

A lesser known but quite significant contributor to the disruption of normal body temperature regulation by

Serves 4-6

- **2 Tbsp. fat of choice**
- **1 pound chicken breasts or thighs, diced**
- **1 cup onions, diced**
- **1 cup celery, sliced**
- **1 cup carrots, diced**
- **4 cloves garlic, chopped**
- **1/4 cup fresh parsley leaves**
- **1 Tbsp. thyme, chopped**
- **2 bay leaves**
- **1/2 cup fennel, diced**
- **1/2 cup winter squash, diced**
- **1 bunch kale, chopped**
- **3 quarts chicken broth**
- **Salt and pepper to taste**

the hypothalamus is an ongoing infectious process. When the immune system is fighting off even low level infections during sensitive times of natural hormonal changes, body temperatures may spike repeatedly without the person being aware of having such an infection. A boost to the immune function is most helpful in these cases.

Nutrient dense foods to include in your diet:

Flaxseed/Flaxseed Oil - fatty acids in flaxseed can be effective in reducing menopausal symptoms. They also contain plant lignans which are similar to estrogen and may help stabilize estrogen levels.

Evening Primrose Oil - helps to regulate estrogen and can act as a sleep aid due to its high gamma linoleic acid count.

Sage Tea - has estrogen like properties and provides hot flash relief.

Foods High in Vitamin C - bioflavonoids found in vitamin C can boost immune function and help reduce the frequency of hot flashes.

- bell peppers, dark leafy greens, kiwifruit, broccoli, berries, citrus fruits, tomatoes, peas, and papayas

Foods High in Vitamin E - antioxidants in vitamin E play a significant role in reducing the symptoms of hot flashes.

- dark leafy greens, nuts, sunflower seeds,

In a large sauce pot, heat the fat of choice on medium heat.

Season the chicken with salt and pepper. When the oil is hot, add the chicken and sauté for about 5 minutes, or until the meat is brown.

Add the onions, celery, carrots, garlic, parsley, thyme, and bay leaves. Season with salt and pepper.

Sauté the vegetables for 4 minutes. Add the fennel, squash, and kale and sauté for 1 minute.

Add the stock and bring to a boil. Reduce the heat to a simmer, uncovered, for

avocados, shellfish, fish, olive oil,
squash/pumpkin, and kiwifruit

If you are noticing hot flashes or other effects of menopause and would like to discuss your options for relief with Dawn, please call the office to schedule an appointment. 707.795.1063

about 15-20 minutes, or until the vegetables are tender.

Testimonials

Create Your Own Non-Toxic "Medicine Cabinet"



For Immune Support:

Immuplex – supports a healthy immune response function

Epimune Complex – Balances a healthy immune system response function & is high in antioxidant vitamin C

For Hormonal Support:

Hypothalamus PMG – supports healthy hypothalamus function

Symplex F – supports the healthy function of the ovaries and the adrenal, pituitary, and thyroid glands

Cataplex E – supports cell processes as well as healthy thyroid function

*Please call the office for proper dosage and instructions 707.795.1063

"The results I have achieved through working with Dawn Dolan have given me a new lease on life.

After trying numerous other avenues, I experienced how Dawn and her expertise in Acupoint Nutritional Testing quickly pinpointed the cause of my lifelong ailments and accurately determined the precise remedies that would bring me

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

back to the pink of health.

I am immeasurably grateful to Dawn for her caring support and wise counsel, which have truly changed my life. Thank you Dawn!"

R.M., Santa Rosa,
CA