



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, LLC

Issue #84

Greetings!

We are pleased to present our 84th 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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Eat Well... **Feel Well!**

Maple Sesame Salmon



Makes 4 servings

4 wild salmon filets,
skin removed (about 2
lbs total)

1/3 cup pure maple
syrup

2 Tbsp coconut aminos

2 Tbsp sesame oil

Could you be Suffering from Insomnia?



Have you been experiencing difficulty falling or staying asleep? Have you been waking up in the morning, feeling exhausted from intermittent sleep? Do you tend to lose focus during the day, requiring caffeine to function? If so, it is likely that you are indeed suffering from insomnia.

Most cases of insomnia are the symptoms or side effects of some other problems. It may be that you have too much on your plate...figuratively and/or literally. Or perhaps you have the wrong things on your plate. The best solution is **Balance!**

Finding balance in your busy, demanding life by minimizing stress will result in more restful sleep. It is crucial to try and reduce stress when trying to overcome insomnia; when you are stressed your body has an increase in the hormone norepinephrine causing hyper-arousal, which can disrupt the balance between sleep and wakefulness.

A few ideas to help relieve stress and encourage calmness:
Gentle exercise like yoga or walks outside in a beautiful setting

- Meditation
- Aromatherapy
- Treat yourself to a massage
- Deep breathing

Finding the right balance in nourishing your body has an enormous effect on the quality of your sleep. The size and timing of meals are important to consider. Consuming larger meals close to bed time can lead to abdominal discomfort and prolonged digestion making it difficult to fall asleep. On the other hand, going to bed hungry triggers low blood sugar and low blood sugar is one of the major causes of nighttime waking.

What you eat is one of the most important factors in getting a good night's sleep. Certain foods promote insomnia and should be avoided, while others help calm and de-stress your body.

Avoid common foods that promote insomnia:

Refined Carbohydrates and Sugar drain the body of vitamin B, which is needed to release serotonin. Serotonin helps regulate mood and relieve tension. Eating these foods in the

2 tsp minced garlic

1/4 cup sesame seeds
(1 Tbsp per salmon fillet)

Place the salmon filets in a large container to marinate. Whisk the maple syrup, coconut aminos, sesame oil, and garlic together in a medium bowl. Pour over the salmon filets, coating them thoroughly. Refrigerate for 10 minutes or up to 8-9 hours.

Preheat oven to 375°F (191°C). Line the marinated salmon filets on the baking sheet and top each with sesame seeds. Set aside the used marinade.

Bake the salmon for 15-20 minutes depending on thickness (about 10 minutes per 1-inch thickness--measured from the thickest part of the fillet). You can broil the salmon for the last 3 minutes for crispier edges.

Pour the used marinade into a small saucepan or skillet. Bring to a boil, then

evening will also cause a spike in energy that interrupts your sleep. Later in the night your blood sugar levels will plummet your body will wake up from the chemical imbalance.

Monosodium Glutamate (MSG), found in most processed and packaged foods, is a stimulant causing restlessness.

Alcohol, which is high in sugar, may make you relax when first consumed, but later in the night your blood sugar levels will drop and you will wake.

Caffeine and chocolate

have stimulatory effects on the central nervous system which elevates your energy levels and directly interferes with sleep.

Choose food sources that promote Serotonin and fight insomnia:

Chlorophyll-rich foods, B vitamins, magnesium and calcium help calm the body and raise serotonin levels. There are many foods to choose from: eggs, nuts, sesame seeds, pumpkin seeds, shrimp, salmon, dairy products, and leafy greens - such as spinach, kale, beet greens, turnip greens, Swiss chard and seaweed. Please see the Eat Well...Feel Well section for a recipe full of serotonin boosting ingredients.

If you have been dealing with a persistent problem with getting to sleep, staying asleep or not getting enough restful sleep without medications, please call the office to schedule an appointment with Dawn. 707.795.1063

reduce heat low-medium and allow to simmer for 5 minutes. Remove from heat and allow to cool and thicken.

Remove cooked salmon from the oven. Garnish with a little chopped scallion and serve with the thickened marinade. Serve over a bed of sautéed greens.

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

Create Your Own Non-Toxic "Medicine Cabinet"



To help ease insomnia:

- **Valerian Complex** – obtain relief from occasional sleeplessness and promote relaxation
- **Min Tran** – Mild calmative that helps maintain emotional balance. Helps ease the effects of temporary stress
- **AF Betafood** – Rich in B vitamins, calcium and magnesium - helps production of serotonin. Helps to stabilize blood sugar during sleep.
- **Immuplex** – Supports a healthy immune response
- **Cataplex B** – Rich in B Vitamins - helps production of serotonin

*Please call the office for proper dosage and instructions 707.795.1063

dermatologists, I started seeing 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!"

Melinda E.

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