



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 #46

Greetings!

We are pleased to present our 46th 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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SB-277: What it Means for You and Your Children

***Pesto Grilled
Chicken with
Garden
Cauliflower "Rice"***



Serves 6



On Tuesday, June 30th Governor Brown signed [SB-277](#) into California state law. In case you haven't been keeping up with the controversial subject or need clarification as to what this means to ALL of us, it is a new law that mandates all children (T-K through 12th grade) without medical exemptions be vaccinated according to the CDC schedule to attend public and private school beginning with the 2016/2017 school year. It has **eliminated the choice** of religious and personal belief exemptions for families who may be opposed to the way vaccines are manufactured and damages and risks they pose. If your school-aged children are unvaccinated, partially vaccinated or vaccinated according to your own timeline (delayed), with careful navigation, you may allow yourself more choices.

Whether or not you believe vaccination is the best course of action for you and your family, the bottom line is you should have a right to choose what is injected into you or your children's bodies. What if you strongly believe that it goes against your beliefs and/or **you are aware that the chemicals used in vaccines are toxic?** The pharmaceutical companies and the CDC are certainly aware.

Some of the adverse reactions listed in Merck's MMR II vaccine insert include:

Pesto:

1 bunch basil
Juice and zest from half a lemon
2 cloves garlic
1/3 cup avocado or olive oil
1/4 cup walnuts
1/4 cup Parmesan cheese, grated

Sea salt to taste

Blend all pesto ingredients in a blender or food processor until smooth.

Grilled Chicken:

6 boneless, skinless chicken thighs
2 tbsp. avocado oil
Juice from half a lemon
2 cloves garlic, chopped
1 tsp. paprika
2 tsp. sea salt

Make a quick marinade - whisk together the avocado oil, lemon juice, garlic, paprika and salt.

[Vasculitis](#), [pancreatitis](#), [parotitis](#), [diabetes mellitus](#), [thrombocytopenia](#), [regional lymphadenopathy](#), [purpura](#), [leukocytosis](#), [anaphylaxis](#) and anaphylactoid reactions, [angioneurotic edema](#) (including [peripheral](#) or [facial edema](#)), [bronchial spasms \(asthma\)](#), [arthritis](#), [arthralgia](#), [myalgia](#), [polyneuritis](#), [paresthesia](#), [encephalitis](#), [encephalopathy](#), [subacute sclerosing panencephalitis](#), [Guillain-Barre Syndrome](#), [acute disseminated encephalomyelitis](#), [transverse myelitis](#), [febrile convulsions](#), afebrile convulsions or [seizures](#), [ataxia](#), [polyneuritis](#), [polyneuropathy](#), [ocular palsies](#), [aseptic meningitis](#), [pneumonia](#), [pneumonitis](#), [Stevens-Johnson syndrome](#), [erythema multiforme](#), [urticaria](#), [nerve deafness](#), [otitis media](#), [retinitis](#), [optic neuritis](#), [papillitis](#), [retrobulbar neuritis](#), [conjunctivitis](#), [epididymitis](#), [orchitis](#), and **death**.

The above list includes the possible reactions from only one manufacturer of only one of their products!

Two of the precautions also listed in Merck's MMR II are that "excretion of small amounts of the live attenuated rubella virus from the nose or throat has occurred in the majority of susceptible individuals 7 to 28 days after vaccination" and "transmission of the rubella vaccine virus to infants via breast milk has been documented." This means that those recently vaccinated with MMR II are CONTAGIOUS and shedding the live virus which they claim to prevent AND can also be passed from mother to child during breastfeeding.

Some of the ingredients (listed by the CDC) used in vaccines that can cause reactions include:

Aluminum, formaldehyde, monosodium glutamate (MSG), thimerosal (mercury), sorbitol, neomycin, hydrolyzed gelatin, chick embryo cell culture, WI-38 human diploid lung fibroblasts (aborted fetal tissue)...just to name a few.

Who will be directly affected by SB-277 in the 2017/2018 school year and thereafter?

Place chicken in a glass marinating container in a single layer. Pour marinade over the top and place in the refrigerator for about 2 hours. Turn chicken over and let marinate in the refrigerator for another 2 hours.

Heat up the grill to medium and wait about 10 minutes before putting the chicken on. Grill for about 10-15 minutes each side or until no longer pink in the middle. Set aside to rest.

While the chicken is grilling, start the Garden Cauliflower Rice

Garden Cauliflower Rice:

3 tbsp. fat of choice
1 medium onion, diced
4 oz. mushrooms,

So this means if your child is between transitional kindergarten and 6th grade and you have an exemption on file by 12/31/15, your child will be able to attend school without all the required vaccines...until your child reaches 7th grade at which point you will be required to catch up on all missing vaccines or have an action plan with your doctor to complete all missing vaccines on file with the school. If your child is going into the 7th or higher grade in 2016 with an exemption on file by 12/31/15, you will not be required to show proof of vaccination again (provided you don't change schools). Since the law goes into effect in the 2016/2017 school year, there is still time to get a religious or personal belief exemption on file. Students who have exemptions on file by the 12/31/15 deadline will be grandfathered in and will not be required to show proof of vaccinations to attend school...until they reach a checkpoint year. Checkpoints occur when transferring or enrolling in a new school (regardless of grade), entering kindergarten (or transitional kindergarten) and 7th grade.

Unfortunately, younger children who will be entering kindergarten (or transitional kindergarten) in 2017 and beyond will not have an opportunity to have an exemption on file and will be required to complete the CDC's schedule of vaccinations if they attend public or private school.

Children who have illnesses that significantly suppress their immune systems, autoimmune disorders or family with autoimmune disorders (which may be hereditary), may be able to obtain a medical exemption.

Many parents have decided to homeschool rather than follow the CDC's [vaccine schedule](#), but some parents just don't have the financial or logistical means to do so. Some families may feel like they have no choice but to go against their beliefs and vaccinate their children. Whatever category you or someone you know falls into, do consider limiting the harm from the listed ingredients in the vaccines that are felt both from being vaccinated directly and by the second hand exposure to infections being spread by those

chopped

1 head cauliflower,
"riced" or shredded

1 medium tomato,
chopped

3 cloves garlic,
pressed

1/2 tsp fresh oregano,
chopped

1 tbsp. fresh parsley,
chopped

2 tbsp. butter

Sea salt and pepper
to taste

Heat fat in a large saute pan on medium high. Add onions and cook until translucent.

Add mushrooms and cook for another 3 minutes. Add shredded cauliflower, tomato, garlic, oregano and parsley. Stirring often, cook for about 15 minutes until cauliflower is soft.

Add butter sea salt and pepper. Serve with chicken topped with pesto sauce.

others who have been vaccinated. By working with Dawn to help prepare (before vaccination) and heal your child's body (after vaccination) through proper diet and whole food supplementation, you can minimize the damage and toxic effects.

Please contact the office to schedule an appointment for more information on healing the body after vaccination.

707.795.1063

Testimonials

Create Your Own Non-Toxic "Medicine Cabinet"



For broad spectrum immune support:

- Immuplex
- Congaplex
- Thymex
- Chlorophyl

For general overall health support:

- Catalyn

*Please call the office for proper dosage and instructions 707.795.1063

"The symptoms that I was having were an overall sluggish/tired feeling that would not go away. No ambition to complete tasks. Dawn is absolutely wonderful! Because of her knowledge I feel much better! My energy is back up, my state of mind is much happier and I feel like I can accomplish anything! Thank you Dawn!!"

C.S., 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

"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

themselves!



Dawn Dolan, MA

ailments and accurately determined the precise remedies that would bring me 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