



Rejuvenation & Well Being  
Live from the heart.

Phone: 707.795.1063  
Email: [Office@RejuvAndWellBeing.com](mailto:Office@RejuvAndWellBeing.com)  
Web: [www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)  
315 East Cotati Ave. Suite A, Cotati, CA 94931

*"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 #51

## Greetings!

Happy Holidays!!!

We are pleased to present our 51st 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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## Quick Links

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

[Email us](#)

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

**Pamper your  
Loved Ones  
with  
Homemade  
Gifts!**

***Healthful Holiday  
Giving***

**Give Them  
the Spa  
Experience at  
Home...**



## **Bentonite Clay Mask**

Make a paste of bentonite clay and water. Apply it to your face as a mask (a similar mask is used in many spas). Leave on for 20 minutes and wash off.

\*Bentonite is known for its ability to absorb and remove toxins, heavy metals, impurities, and chemicals.

## **Aluminum-Free Homemade Deodorant Bar**

- 1/2 cup coconut oil

This year, give the most meaningful and lasting gift of all: the gift of health! What better way to show your love, care and appreciation for friends and family this holiday season?

We have suggestions for healthy gift ideas to consider!

## **CSA Subscription for Organic Fresh Fruits and Vegetables and/or Organic Pastured Meats/Eggs:**

Choose a local farm that provides CSA (Community Supported Agriculture) boxes for home delivery or site pick up. Some farms allow you to choose box sizes (Sm, M, L) and contents (to a certain extent) - all fruits, all veggies, mix of both fruits and veggies, cuts of meat (price varies dependent on cuts chosen), and add on items such as; eggs, honey, nuts, oils etc. You may also choose frequency of your deliveries. This provides the gift receiver options based on their own preferences/lifestyle *AND* may expose them to varieties of produce/meats

they've never tried.

### **Fitness/Personal Training & Exercise Classes:**

Maybe there's someone in your life who loves fitness or has been contemplating starting a program to achieve better health...a personal training gift certificate is perfect for someone who is ready to take their fitness routine to the next level or a novice who needs proper guidance and tools to begin their fitness journey. Exercise classes are great for those who love to work out in a more social group setting. Plus, finding camaraderie in a healthy activity is just a big bonus!

### **Massage:**

What a fabulous way to de-stress and feel grounded after the holiday season! Feeling pampered is a luxurious AND healthful gift. Massage has been known to help restore your energy and calm your nervous system. Studies have also shown a decrease in stress hormones and an increase in white blood cells - signifying a boost in the immune system.

### **AIT Gift Certificate with Dawn:**

Give someone you love the ultimate gift of wellness. Share the health and healing you've experienced from AcuPoint Integrative Testing. "When the body is provided with a tailored protocol of quality, whole food ingredients that support its organs physiological processes, it has incredible powers to repair and strengthen itself."

- 1/2 cup shea butter or cocoa butter
- 1/2 cup + 1 tsp beeswax
- 1 teaspoon Vitamin E oil - optional
- 3 tablespoons baking soda (Omit this if you have sensitive skin and just use extra arrowroot)
- 1/2 cup organic arrowroot powder
- 2-3 capsules of Prebiotic Inulin (optional)
- Optional: about 20 drops of Essential oils of choice

Combine coconut oil, shea or cocoa butter, and beeswax in a quart size mason jar. Boil water in a small saucepan and remove from heat. Place mason jar in the hot water inside the saucepan until contents are melted.

## **Subscription to Weston A. Price Foundation:**

"The Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. It supports a number of movements that contribute to this objective including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labeling, prepared parenting and nurturing therapies." A subscription includes their quarterly journal, annual shopping guide, informative brochures, and discounts on conferences.

<http://www.westonaprice.org/why-join/>

## **Homemade Organic Beauty Products:**

Many hygiene and beauty products available for purchase in stores contain toxic ingredients that penetrate the endocrine system via the skin, causing hormonal disruptions (among other issues). Spend a little time creating your own beauty products from quality organic ingredients that will make your loved ones feel pampered and cared for. Some ideas: lip balm, deodorant, skin creams, face/body scrubs, healing salves/clays, and toothpaste/tooth powder.

If you are in need of referrals for any of the above suggestions or would like to purchase a gift certificate for AIT, please call the office.

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**Wishing You Good Health  
& Happy Holidays!!!**

Stir until smooth, then add vitamin E oil, baking soda, arrowroot powder, Prebiotic Inulin, and essential oils.

Make sure the mixture is not hot to the touch (warm is ok) so that the heat doesn't kill the probiotics. Gently stir by hand until blended. Pour into muffin tins or whatever mold you choose while still liquid. Pop out of the molds when solid.

## **Exfoliating Coffee Scrub**

1/2 cup dried coffee grounds

1/2 cup coconut oil

Mix coffee and coconut oil together to make a paste-like consistency. Store in a small mason jar. To use: rub in circular motion over entire body (including face)

in the shower for easy rinsing.

## Testimonials

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



#### To help you maintain good health through the holiday season:

- Catalyn – for broad spectrum nutritional support
- Immuplex – for immune boost
- Drenamin – for adrenal support for the extra energy needed
- Min Tran – for dealing with unwanted stress

-Please call the office for proper dosage and instructions 707.795.1063-

"I wouldn't go to bed without taking at least three ibuprofen pills for my (pain) legs. I had severe discomfort that wouldn't let me sleep. I also had chronic headaches and very bad digestion.

OMG!! I am feeling more than great. It's only been three weeks since I started the program here and I feel that my life has changed completely.

I don't have any pain that I have to take any type of medicine. I am thrilled with the results. It's like I am a different person with a different mindset. This is a huge blessing for me.

Thanks Dawn!! You are fantastic."

SR, 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