



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 #72

Dear Christine,

We are pleased to present our 72nd 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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[www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)

[Email us](#)

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

## Eat Well... Feel Well!

## Pumpkin Curry



*Makes 6-8 servings*

# Maintaining Healthy Lungs during Fire Season



- 3 tbsp. coconut oil
- 1 tsp black mustard seeds
- 1 small onion, chopped into large pieces
- 4 garlic cloves, finely chopped
- 4 tsp finely grated ginger
- 1 tsp ground cumin
- 1/2-1 hot or mild red chili, sliced

Fire season has been in high gear after long periods of increased temperatures all over California. With winds carrying smoke to regions not directly affected by fires, many counties miles away are suffering from poor air quality. Since it is not feasible to stay indoors with exclusive exposure to filtered air, we can proactively take good care of our lungs to counteract the damages of smoke inhalation.

Approximately ninety percent of emissions from wood fires are small enough to enter our respiratory systems, decreasing oxygen supply from the inhalation of carbon monoxide. Fine particles are able to travel deep into lungs and cause shortness of breath and worsen pre-existing medical conditions such as asthma, chronic bronchitis, and emphysema. Wood smoke exposure can also depress our immune systems by damaging the layer of cells that protect and cleanse our airways. The degree to which smoke may affect your health is dependent on a number of variables such as length of exposure, your age and current state of health, and the concentration of smoke in the air. Children (still developing lung tissue) and elderly people are also at a higher risk since they are more susceptible to the harmful effects of smoke/particle inhalation.

***Even after the smoke clears up, the effects linger and we must take care to support the healing of lung tissue and boost our immune systems.***

Our lungs make up a large part of our immune system. Pollutants and infection-causing microbes are captured by mucus in the lungs and shuttled upward by tiny cilia for us to cough out or swallow. Drinking plenty of water helps your body detox and clear out lung pollutants from the respiratory tract by thinning mucus and flushing lymphatic tissue. Eating well goes a long way in keeping your lungs clear, healthy, and not overburdened. Fresh, raw foods are the best way to get the enzymes, vitamins, minerals, and antioxidants that will help to keep your lungs and immune system in good shape.

**Garlic and Onions** - are great for the heart and thus the lungs too. They reduce inflammation, lower cholesterol, and fight infection

**Ginger** - has anti-inflammatory properties and promotes the elimination of pollutants from the lungs

**Chili Peppers** - are filled with capsaicin, the spicy compound that gives them their bite. Capsaicin improves blood flow, stimulates mucus membranes, and fights infection

**Cruciferous Vegetables** - cabbage, cauliflower, broccoli, and kale have been shown to halt the progression of lung cancer and cut the risk of developing lung cancer in half. They are rich in

- ¼ tsp hot or mild chili powder
- 1½ tsp garam masala
- 1½ tsp ground coriander
- 1 tsp turmeric
- 1 tsp cinnamon
- 1 tsp coriander
- 2-2 ½ cups full-fat coconut milk
- 1 large tomato (peeled and chopped)
- 1/3 c water
- 1 ½ tsp fine sea salt
- 1 pound pumpkin, cut into 1" cubes
- 2 large carrots, sliced on a bias
- 1 ½ c broccoli, 1" pieces
- 1 c cauliflower, 1" pieces
- ½ c red bell pepper, sliced

Heat coconut oil on medium heat, in a heavy bottom pan. Once the oil is hot, add mustard seeds and wait until they start popping, stirring from time to time. Wait another minute before adding onion.

Add onion, sweat it gently, stirring from time to time until it gets almost soft. Add garlic, ginger, and fresh chili. Cook for 2 minutes stirring frequently so that ginger does not stick to the pan.

Add all the ground spices and 1 tsp of

chlorophyll that cleans and builds blood, and full of some very effective antioxidants

**Pomegranates** - pomegranate juice slows the growth of lung tumors. Pomegranates contain many antioxidants including ellagic acid, which is gaining strides in cancer research

**Turmeric** - is related to ginger with many of the same benefits. It also contains curcumin, a compound that encourages the self-destruction of cancer cells

**Apples** - rich in flavonoids, vitamin E, and vitamin C all help the lungs function at their best

### **Grapefruit**

- Naringin, a flavonoid in grapefruit, inhibits the activation of a cancer causing enzyme

### **Beans, Seeds, and Nuts**

- contain rich amounts of magnesium, a mineral that contributes to healthy lung function

**Carrots** - rich in vitamin A, vitamin C, and lycopene, all antioxidants that affect lung health and lower the chances of developing lung disease

**Oranges** - rich in vitamin C and vitamin B6 (help the lungs transfer oxygen)

**Pumpkin** - rich in beta carotene and vitamin C, like carrots

**Red Bell Pepper** - rich in vitamin C and the carotenoids lutein and zeaxanthin (carotenoids have been shown to cut the risks of developing lung cancer)

Incorporating these foods in your diet will give you a good start in keeping your lungs thriving. Adding whole food supplements may deliver the boost your immune system needs to stay on track. Maintaining good health and a strong immune system with your diet throughout the year will be the best form of prevention for the next fire season!

If you would like further nutritional advice regarding lung health and an immune boosting protocol designed just for you, please call the office to schedule an appointment with Dawn. 707.795.1063

salt and reduce the heat to low. Stir frequently, cook for 1-2 minutes until all spices are fragrant.

Add chopped tomatoes and ¼ cup of water. Cook for 2 minutes until tomatoes become mushy.

Add coconut milk pumpkin, carrots, broccoli, cauliflower, and bell pepper. Let everything come to a gentle boil, simmer covered until pumpkin is tender.

Taste and adjust spicing if needed.

Serve with cauliflower rice or just as it is.

## 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

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



### For Lung Health:

- **Cruciferous Complete** – supports cellular health and provides antioxidant activity
- **Cataplex ACP** – Helps maintain healthy mucous membranes and supports a healthy immune system response function
- **Pneumotrophin PMG** – supports healthy lung
- **MediHerb Broncafect** – supports healthy respiratory tract function and maintains healthy mucosal tissue of respiratory tract

\*Please call the office for proper dosage and instructions \*

707.795.1063

### 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

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 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.