



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 #50

Greetings!

We are pleased to present our 50th 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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Thanksgiving Recipe Makeover!

Curry Butternut Squash Casserole



This can be a fun Thanksgiving side dish in place of the



The Thanksgiving holiday is the perfect time to get creative with your cooking and feed your loved ones nutrient dense foods that taste amazing and won't leave you feeling lethargic and bloated. There is no need to completely ditch your favorite traditional dishes...a few changes here and there can go a long way in increasing their nutritional value.

Turkey is a must on most holiday tables. Brining is a popular way to keep the meat moist and infusing it with flavor. Store bought brine mixes include refined sugars and, most of the time, chemicals and preservatives. Making your own brine with fresh herbs and other aromatics is simple and fairly quick. Recipe here: [Holiday Turkey Brine](#)

Gravy thickened with wheat flour can contribute to inflammation and intestinal discomfort. You can achieve just as much, if not more, flavor and richness from this gravy which includes immune boosting mushrooms: [Mushroom Turkey Gravy](#)

Stuffing made from wheat based bread can cause the same issues as the gravy. In addition, it can

traditional starchy options. Butternut squash is right in the middle of the glycemic index at 51.

Bonus: the turmeric in yellow curry powder is a powerful immune booster too!

2 medium sized butternut squash

2 Tbsp. fat of choice

1 onion, chopped

3 large eggs

1/2 cup coconut milk, or whole milk

trigger a huge spike in your blood sugar...especially if this is the favorite part of your plate and you like to load up! The textures in this grain-free "cornbread" stuffing will help to satisfy your stuffing craving and fortify you with leafy green kale to up the nutritional value: [Grain-Free Cornbread Stuffing](#)

Mashed Potatoes are the quintessential pairing with turkey and gravy at Thanksgiving, but not everyone can tolerate foods from the night shade family or may not do well with the heavy starch. If you fall into these categories, perhaps a celery root & parsnip mash would work for you: [Celery Root and Parsnip Mash](#)

Cranberries are an amazing super food full of antioxidants and anti-inflammatory properties. Because they are naturally tart, some feel the need to load them up with sugar when making cranberry sauce, totally defeating their healthy benefits. Instead, leave them a little tart, only adding enough pure maple syrup for a hint of sweetness: [Cranberry Sauce](#)

Pumpkin Pie...because it wouldn't be Thanksgiving without it! Here's a way to lighten it up and once again avoid the wheat flour: [Pumpkin Pie Custard](#)

The best part about these recipe makeovers (other than the fact that they are delicious) is that you won't tax your immune system unnecessarily, leaving you stronger to deal more effectively with the cold and flu season. Set the precedent for your holiday season with a good nutritional start and further fortify your

1 cup shredded cheese or goat cheese *
(optional)

1 1/2 teaspoons yellow curry powder

1 teaspoon salt

1/4 teaspoon cracked black pepper

Cut the butternut squash in half and cook in a slow-cooker on high until tender, about 3 hours. Or roast in the oven at 400 for about 40-45 minutes. Scoop out the seeds and place cooked squash in a large bowl. *(can be cooked the day before and held in the refrigerator until ready to use)
Preheat oven to 350 degrees F. Lightly grease a

defenses with whole food supplements when needed. If you do feel illness coming on, please schedule an appointment with Dawn right away. 707.795.1063

Have a Very Happy Thanksgiving!

9x13 baking dish.

Sauté chopped onion in 2 Tbsp. of fat until translucent or lightly browned and add to squash.

In a small bowl, whisk together eggs, milk, cheese (optional), curry powder, salt, and pepper. Add to squash mixture. Beat at medium speed with an electric mixer until smooth. Spoon into prepared baking dish. Bake 40 minutes or until center is set.

Create Your Own Non-Toxic "Medicine Cabinet"



Just In Case of Overindulgence:

- **Multizyme** – *for overeating and bloat:* enzymes provide support in the gastric and intestinal phases of digestion
- **Livaplex** – *for alcohol aftereffects:* supports the body's normal toxin-elimination function
- **Zypan** – *for blood sugar spikes with sweets:* combines pancreatin, pepsin, and betaine hydrochloride to facilitate healthy digestion
- **Immuplex** – *for bolstering your immune system while visiting with flu-ish relatives:* supports a healthy immune response function

Please call the office for proper dosage and instructions 707.795.1063

Testimonials

"The symptoms that I was having were an overall sluggish/tired feeling that would not go away.

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

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