



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 #9

We are pleased to present our 9th 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 &  
Christine Calaway  
Rejuvenation & Well Being

## Why is Eating Organic Food *SO* Important?

**Today's conventionally grown food crops contain almost 30% less nutritive value than they did 30**

**years ago.** The Kushi Institute of Beckett, Massachusetts performed an analysis of USDA nutrient data and found the following conclusions with regard to 12 different vegetables: the average levels were down in Calcium by 27%, Iron by 37%, and vitamin A by 21% and vitamin C by 30%. Although the USDA claims

**Try Organic Food**

*...or as your grandparents called it, "Food"*



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## Eat Well... Feel Well!

### Roasted Chicken and Fall Vegetables



\*Please use all organic ingredients for best results and highest nutritional value!

Serves 8

- 1 (5 lb) organic roasting chicken
- sea salt
- freshly ground black

that they have no idea why this occurred, it is speculated that this is likely linked to the use of pesticides and other chemicals and deficiencies in organic matter. The use of chemicals in agriculture depletes the soil of nutrients needed to sustain healthy crops with their nutritional value intact. **As a result of consuming chemically grown food, the body accumulates poisons and toxins that negatively impact one's health in the long run.** For example; organophosphate pesticide metabolites (used in conventionally grown food) have shown that early childhood exposure can lead to lasting negative effects on learning, attention, and hyperactive behavior, similar to the effects of the neurotoxin lead in the body.

What is the solution? Eat organic as much as possible!

**\*Organically grown food** not only offers a higher nutritional value, but it is free of the toxic chemicals found in conventionally grown food. Researchers at UC Davis completed a study on organically grown berries and corn; they found that when organically grown, they contain up to 58% more natural antioxidants that may prevent cancer and heart disease. While the monetary cost for organically grown food may be a bit higher, you get more nutritional "bang for your buck."

**If you find it difficult to eat a completely organic diet, please choose to eat organic foods of the following which contain the highest pesticide and chemical residue:**

- Apples
- Celery
- Strawberries
- Peaches
- Spinach
- Nectarines
- Grapes
- Sweet bell peppers
- Potatoes
- Blueberries
- Lettuce
- Kale

**\*How Certified Organic Food is Defined**

- Prohibited use of toxic and persistent chemicals in the soil for at least 3 years prior to the harvesting of an organic crop
- Prohibited use of sewage sludge as fertilizer, genetic engineering of crops, and irradiation
- Use of organic seed and plant stock

pepper

- 5 sprigs each rosemary & sage
- 1 lemon quartered
- 6 cloves garlic
- 2 Tbsp butter, melted
- 1 large onion, sliced thickly
- 1/2 lb brussels sprouts, cut in half
- 1 small butternut squash, cubed
- 2 medium fennel bulbs, cut into wedges
- 2 medium carrots, cut into 2-inch chunks
- 2 medium parsnips, cut into 2-inch chunks
- olive oil

**Preheat oven to 425 degrees F.**

**Remove the chicken giblets. Season the inside of the chicken with salt and pepper. Stuff the cavity with the rosemary, sage, lemon and garlic. Brush the outside of the chicken with melted butter and sprinkle with salt and pepper. Tie the legs together and tuck the wing tips under the body of the chicken. Toss the onion, brussels sprouts, butternut squash, fennel, carrots and parsnips with olive oil, salt and pepper. Spread veggies around bottom of roasting pan and place the chicken on top.**

**Roast for about 1 1/2 hours, or until the juices run clear when you cut between a leg and thigh. Remove the chicken and veggies to a platter and tent with foil to let the chicken rest for about 15 minutes before serving.**

**Testimonials**

- Use of physical, mechanical, and biological form of pest control
- Prohibited use of antibiotic and synthetic hormones in cattle and a requirement that cattle be 100% organic feed with access to pasture
- Convenience foods labeled "100% organic" must be 100% organic, foods labeled "organic" must contain at least 95% organic ingredients, and products that are 70 to 90% organic must be labeled "made with organic ingredients"
- Prohibited use of chemical additives such as aspartame, hydrogenated oils, artificial preservatives, and coloring agents
- All those who process and handle organic products are USDA certified
- Certification and inspection of farms and facilities that produce processed organic foods
- Detailed record keeping of materials and processes used in production

"Dawn found residue from chemotherapy and radiation treatments I had received two years prior. We did a kidney/liver cleanse protocol to rid my body of those toxins. As we uncovered other issues, we changed the protocol to address them. I'm now toxin-free, my digestion system isn't sluggish, my energy is high and I feel fabulous!"  
 - Kathy H.

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



**To Help Meet Your Nutritional Needs:**

**Multizyme**

To break down chemicals in food  
 \*taken on empty stomach

**Calamari Oil**

To get the essential Omega 3s found in fish (especially if you are concerned with Mercury levels in fish)

**Catalyn**

To obtain nutrients missing in your food

**Vitanox**

To boost the body's vitality

**Please contact the office for dosage, pricing and any other questions.**

**707.795.1063**

"I always had problems with digestion and cramps in my legs. Over the years, these problems increased which resulted in my face breaking out with acne. Also, my digestive problems lessened my ability to eat meat because I suffered from extreme discomfort. Furthermore, I had anxiety all the time that often resulted in me feeling irritable and unable to calm myself. Currently, I can eat anything I want with no discomfort. I have regular bowel movements. My leg cramps are almost gone. My face is slowly clearing up. My anxiety seems to have disappeared. When I feel anxious, I only feel anxious for a few seconds then I can calm myself. I notice I feel happy more often because the constant irritability is gone."  
 - Phyllis M.

**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

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"When I first came to see Dawn I felt very tired, couldn't lose any weight, I had no energy, my cycle was very off and I had been suffering from severe heartburn. I had been to see my regular doctor and also an acupuncturist and was unable to find relief for my symptoms. Since I have been seeing Dawn, I have more energy, my cycle is back on track and I have been able to lose 17 pounds! I am starting to feel like my old self again. Thank you Dawn!"

- Lisa L.