



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

**Greetings!**

Happy Holidays!!!

We are pleased to present our 63rd 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**

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***Eat Well...***

***Feel Well!***

**Slow Cooker  
Beef Short  
Ribs**



1 Tbsp coconut oil

3-4 pounds bone-in  
grass fed beef short  
ribs

***Good Mood and  
Energy throughout  
the Holidays***



During the holiday season it is common to get caught up in the celebratory mood of the holidays and indulge in the not-so-healthy treats and behaviors. While an occasional indulgence will not adversely affect those who are in good health, over doing it can put an extra burden on your enteric system (gut-brain response) and lead to getting stuck in the vicious cycle of "too much" turning into the "norm" for the duration of the season.

There is a very powerful connection between what you eat and maintaining your energy and mood. If you are already feeling stress from commitments (or lack of time for them), financial worries, or social/relationship pressures, what you choose to eat can either help to improve your mood and handle stress or push you further toward reaching your stress threshold, taking the joy right out of celebrating the holidays.

Some of the typical foods you may encounter this time of year are most likely loaded with refined sugar, refined flours (gluten), artificial colors and/or flavors, and other synthetic ingredients linked to irritability and poor mood. Consuming sugar causes sharp fluctuations in blood sugar, which brings on mood swings and dramatic crashes in energy. Gluten (a protein found in wheat, rye, and barley) inhibits production of the neurotransmitter serotonin, found in the gut. A lack of serotonin usually leads to loss of mood control, depression, and aggression. Artificial colors/flavors and other synthetic ingredients contain neurotoxins which are sent from your gut through your body to your brain resulting in more symptoms of poor mood, depression, and increased levels of stress.

**Here are some tips to help you maintain good habits and keep on track:**

- Eat a small healthy protein snack, like chicken or cottage cheese, before you attend any holiday event - protein satisfies and helps you eat less
- Keep healthy snacks with you to maintain a normal blood sugar level, avoiding the urge to graze on unhealthy snacks or treats when you're out and about
- Survey party buffets before filling your plate - decide to allow yourself 1 treat: try to stick to the veggie trays and high protein items

2 carrots, chopped

1 stalk celery, sliced

1 large onion, chopped

3 cloves garlic, minced

2 tsp coconut flour

1½ Tbsp tomato paste

1 tsp of thyme

½ tsp rosemary

1½ tsp salt

1 bay leaf

2 cups beef stock

## **Directions**

Heat the coconut oil in large skillet. Season the short ribs with salt and pepper and add them to the heated skillet. Cook the short ribs over a medium heat for 4 minutes on each side. Do this in batches so as not to crowd the pan.

Transfer the meat to your slow cooker.

- Be careful with beverages - Alcohol can lessen inhibitions and induce overindulging; non-alcoholic beverages can be full of sugar and other artificial ingredients
- Keep some digestive enzymes with you to take with those meals that include foods that may not be the best for you
- Choose foods with mood boosting properties such as, unsweetened chocolate, nuts, good quality organic sources of protein, bananas, coffee (without sweetener), turmeric, and animal-based omega-3 fats

If you need additional assistance with maintaining mood and boosting your energy levels, please call the office to schedule an appointment to work with Dawn on creating a protocol to enhance your gut health. 707.795.1063

Wishing You Good Health  
and Happy Holidays!!!

Add carrots, celery, onion, and garlic to the skillet, stir and cook for 8 minutes. Add coconut flour and tomato paste and stir. Cook for another minute. Stir in the beef stock, thyme, rosemary, salt, and bay leaf and bring to a boil. Lower heat to medium and simmer to reduce for 8 minutes. Remove from stove and pour sauce over the short ribs in the slow cooker. Use the low setting and cook for 7 to 8 hours.

## Testimonials

*"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*

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



### Over the Holiday Season:

**Multizyme** – digestive enzymes to support proper nutrient breakdown

**Lact-Enz** – enzymes with probiotic bacteria to support healthy digestion and immune system function

**Zypan** – provides enzymatic support for protein digestion

**Min Tran** – Mild calmative that helps maintain emotional balance. Helps ease the effects of temporary stress

**AF Betafood** – Rich in B vitamins, calcium and magnesium - helps production of serotonin and stabilizes blood sugar during sleep

**Cataplex B** – Rich in B Vitamins - helps production of serotonin

\*Please call the office for proper dosage and instructions 707.795.1063

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