



Rejuvenation & Well Being

Live from the heart.

Phone: 707.795.1063

Email: Office@RejuvAndWellBeing.com

Web: 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

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Issue #32

We are pleased to present our 32nd monthly Health and Wellness Newsletter! This is the third newsletter in a special series of three. We are addressing "Nutrition Through the Ages" beginning with expecting/nursing mothers, then continuing with infants through older adults. 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

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Eat Well...
Feel Well!

Trick or
Treating
Tip!



Halloween is fast approaching and along with it, large dishes of brightly colored candy...in your office, up for grabs on the counters of shops, banks, and many other places you go while running errands. Then comes the aftermath of this sugar-laden celebration - the leftover candy in a bowl next to the front door and/or the kids' excessive horde of "treats." Did you know that lurking among these fun-sized packages of innocuous looking indulgences are toxins that cause immune and behavioral issues? There must be a healthier way to observe the Halloween tradition, right?

Let's take a look at the ingredients in one of the most popular candies on the market:



Since ingredients are listed in descending order of predominance by weight, we can see that sugar is the first ingredient in the chocolate (most predominate ingredient) and second of all the ingredients. Lactose (added milk sugar), corn syrup and dextrin are also added, increasing the overall sugar load. Sugar is an extremely powerful foe to our immune systems and well-being in general. Here are a just a few



Some parents are put in a difficult situation on Halloween night. We don't want our kids eating the awful toxins found in commercial candies that our neighbors are handing out, but we don't want to deny them the experience of Trick or Treating either.

One possible solution: Start a new tradition! Let them go out and collect the candy with the understanding that it's not for eating. Instead, it will be left on the front porch before going to bed. The "Halloween Fairy" will then come collect the bag of candy and replace it with a special gift - kind of a cross between the Tooth Fairy and Santa Claus. The Christmas-like anticipation alone may be enough to convince your little ones to go along with it!

Chocolate Halloween Candy

of the negative health effects of sugar:

- Feeds cancer, bacteria and viruses
- Increases cholesterol
- Decreases growth hormone
- Interferes with absorption of protein
- Causes food allergies
- Causes insulin resistance which contributes to diabetes
- Can cause cardiovascular disease
- Can impair the structure of DNA
- Causes difficulty concentrating
- Contributes to the reduction in defense against bacterial infection (infectious diseases)
- Greatly assists the uncontrolled growth of Candida Albicans (yeast infections)
- Causes depression by lowering serotonin

If that's not enough, the source of sugar (used in almost all commercial candies) is from GMO sugar beets. They are genetically altered to withstand repeated treatments of Monsanto's weed killer, RoundUp. Because the EPA has increased allowable residue levels of glyphosate (active ingredient of RoundUp) by 5000%, the risk of developing health issues also increases. Long term exposure can cause inflammation of the stomach lining, genetic damage to blood cells, negative effects on reproduction, and increased risk of cancer.

Other additives, such as soy lecithin, artificial flavors and artificial coloring, add to the toxicity of commercial candies.

Soy lecithin originates from the soy bean. Since a majority of soy crops in the world are now genetically modified, they pose the same threat as GMO sugar beets...and then some. Soy has also been linked to ADD, ADHD, digestive distress, endometriosis, allergies and a higher risk of heart disease and cancer.

Artificial flavorings are known to cause many problems including: nervous system depression, dizziness, chest pain, headaches, fatigue, allergies, brain damage, seizures, nausea, and much more. Some of the popular flavorings can also cause genetic defects, tumors, bladder cancer, and many other types of cancers.

Artificial colors, most of them derived from coal tar, are also known to trigger hyperactive, ADD and ADHD behaviors. The toxic substances used to create the deceptively innocent colors in candy and processed foods marketed for children have also been linked with cancer.

So...instead of reaching for that toxic little immune buster, try something much less harmful! See the Eat Well...Feel Well section for alternatives. Have a happy, safe and healthy Halloween!



1/2 cup unrefined coconut oil, melted

1/2 cup cacao butter, melted

1 cup unsweetened cocoa powder

1/2 cup raw honey

Pinch of sea salt

1/2 cup nuts (whole cashews, almonds, hazelnuts, etc.) - optional

Pour coconut oil and cacao butter into a bowl, then sift in cocoa powder and stir until blended. Stir in honey, salt and nuts (optional). Pour into Pyrex dish lined with parchment paper or coated with coconut oil. Refrigerate until hard. Cut into 1 inch squares.

Testimonials

I always had

Please schedule an appointment with Dawn to help clear out any toxic substances in your system. 707.795.1063

Create Your Own Non-Toxic "Medicine Cabinet"



To Help Rid the Body of Toxins and Chemicals:

Multizyme

To break down chemicals in food
*taken on empty stomach

ChelaCo

Herbal remedy to help clear toxins and
protect the body

Cholacol II

To absorb broken down chemicals so
they are not reabsorbed into the body

Parotid PMG

To support the body's chemical defense
mechanism

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

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

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.

