



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](http://www.rejuvandwellbeing.com)

Issue #89

Greetings!

We are pleased to present our 89th 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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liveitlifestyle.com/lessons

Eat Well... Feel Well!

Greek Salad with Salmon



4 servings

Salmon

4 - 4 oz salmon filets

Build your Body's Defenses to Environmental and Seasonal Stress



As the season changes and weather becomes more enjoyable, we will be spending more time outdoors and increasing exposure to environmental and seasonal stressors. Beginning in early spring, and increasing throughout the season, outdoor molds release their spores, and trees, grasses, and weeds release tiny pollen particles into the air to fertilize other plants. These allergens increase the stress load on our systems, setting off a natural inflammatory histamine response causing unpleasant symptoms such as overproduction of mucus and phlegm, itchy and watery eyes, headaches, and fatigue. Building your body's defenses now, as we ease into spring, will alleviate undue stress to your immune system and allow you to enjoy the outdoors symptom free.

Along with your immune system, your liver, adrenal glands, and respiratory system are affected when a histamine response occurs. The liver plays an important role in breaking down histamine and detoxifying your body – identifying toxins and turning them into harmless substances to be expelled from your body. The adrenal glands produce cortisol, a hormone that reduces inflammation. When your body is under stress and releasing histamines, the adrenals must work harder to produce adequate cortisol to combat inflammation. The respiratory system displays the most

olive oil, salt & pepper
as needed

Salad

8 cups romaine lettuce

1 cup tomatoes,
chopped

1 cup cucumbers, diced

1/2 cup red onion,
diced

4 oz. feta cheese

1/4 cup olives, chopped

Lemon Basil Vinaigrette

1/4 cup lemon juice

1/2 cup olive oil

1 Tbsp. dijon mustard

2 cloves garlic, minced

8 basil leaves

1/2 tsp oregano

1/4 tsp sea salt

1/8 tsp black pepper

Preheat broiler.

Lightly season both sides of the salmon fillet with salt and pepper. Drizzle a small amount of olive oil on both sides to coat. Broil 5 minutes on each side. Set salmon aside.

In a large bowl add salad ingredients; lettuce, tomatoes, cucumber, red onion, cheese, and olives. Set

obvious response a histamine reaction; the tissue in your nasal passages begin to swell and produce more mucus and the lung's bronchial tubes constrict, making it difficult to breathe.

In order to build a defense against environmental and seasonal stressors, we must start with eating a clean diet and fine tuning it with additional nutritional support. Only include whole, unrefined foods from quality sources and avoid processed and sugar laden foods. Choose high quality, whole food supplements to target areas of vulnerability. Being proactive will not only support your immune system, but it will also allow you to enjoy the outdoors without the unpleasant symptoms.

To help you determine which foods to include/avoid and have a whole food supplement protocol designed just for your needs, please call the office to schedule an appointment with Dawn. 707.795.1063

aside.

Add lemon juice, olive oil, mustard, garlic, basil, oregano, salt, and pepper in a blender.

Blend until well combined and a slightly thick and opaque dressing is achieved, about 30 seconds.

Add more salt and pepper as desired.

To Serve- Toss salad with enough dressing to coat the ingredients, you will have extra dressing. Evenly divide mixture among four bowls and top with 1 salmon fillet. Drizzle each salmon with more dressing if desired.

Testimonials

"The results I have achieved through working with Dawn Dolan have given me a new lease on life.

After trying numerous other avenues, I experienced how Dawn and her expertise in Acupoint Nutritional Testing quickly pinpointed the cause of my lifelong ailments and accurately

Create Your Own Non-Toxic "Medicine Cabinet"



Immune System:

- **Allerplex** – supports the body's ability to handle seasonal, environmental, and dietary changes
- **Immuplex** – supports a healthy immune response

Respiratory System:

- **Fen-Gre** - supports healthy levels of mucus and phlegm in the lungs

Liver:

- **Antronex** – supports the liver and the body's natural immune system response function

Adrenal Glands:

- **Drenamin** – supports immune system response to everyday environmental stressors and helps maintain energy production

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

determined the precise remedies that would bring me back to the pink of health.

I am immeasurably grateful to Dawn for her caring support and wise counsel, which have truly changed my life. Thank you Dawn!"

R.M., Santa Rosa, CA

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