



Rejuvenation & Well Being  
Live from the heart.

*"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."*

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-Dr. Royal Lee

[Rejuvenation & Well Being](#)

Issue #58

## Greetings!

We are pleased to present our 58th 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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[www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)

[Email us](#)

[liveitlifestyle.com/lessons](http://liveitlifestyle.com/lessons)

## Eat Well... Feel Well!

### *Calcium-rich Kale: 2 Ways*



### Summer Kale Salad

#### **Serves 2-4**

-  
1 bunch Green Leaf kale  
½ clove of garlic  
¼ cup finely grated pecorino cheese  
3 Tbsp extra virgin olive oil  
Juice of 1 lemon  
¼ tsp coarse sea salt or pink Himalayan salt  
1/8 tsp crushed red pepper flakes  
Black pepper to taste

## *Getting Enough Rest...What it Means for Your Health*



Summertime with its warm weather and longer daylight hours compels us to be more active and stay up later. While an active lifestyle is absolutely beneficial, adequate amounts of rest and down time are vital to increasing and maintaining good health. Too little rest may come at a

higher cost than you're willing to pay in the long run...

It is becoming more and more common for people to sleep less than the ideal 8 hours per night. For most Americans, the average time spent sleeping is only 6 hours per night. That 2 hour deficit adds up over time and will create havoc on your endocrine and immune systems.

Chronic sleep loss can reduce your ability to perform basic metabolic functions, such as processing and storing carbohydrates (glucose metabolism) or regulating hormone secretion. Some long term issues may occur resulting in metabolic and endocrine alterations, including decreased glucose tolerance (pre-diabetes leading to diabetes), decreased insulin sensitivity (leading to high blood pressure), increased nighttime concentrations of cortisol, increased levels of ghrelin, decreased levels of leptin, and increased hunger and appetite.

Cortisol is a steroid hormone that is responsible for a wide range of processes including immune responses, the regulation of metabolism, and acting as an anti-inflammatory. Having too much cortisol in your body can cause rapid weight gain, high blood pressure, muscle weakness, and severe mood swings resulting in anxiety and depression. Ghrelin is a hormone produced and released by the stomach with small amounts also released by the small intestine, pancreas and brain. Ghrelin is known as the 'hunger hormone' because it stimulates appetite, encourages an increase of food intake and promotes fat storage. Leptin's role (opposes ghrelin's role) is to regulate appetite by inhibiting hunger. A decreased sensitivity to leptin results in an inability to detect satiety despite high energy stores, leading to unhealthy weight gain.

Your diet can enhance or detract from your ability to experience restful sleep. Certain foods promote insomnia and should be avoided, while others help calm and de-stress your body.

### **Some common foods that contribute to difficulty sleeping:**

**Refined Carbohydrates and Sugar** drain the body of vitamin B, which is needed to release serotonin. Serotonin helps regulate mood and relieve tension. Eating these foods in the evening will also cause a spike in energy that interrupts your sleep. Later in the night your blood sugar levels will plummet your body will wake up from the chemical imbalance.

**Monosodium Glutamate (MSG)**, found in most processed and packaged foods, is a stimulant causing

Trim bottom 2 inches off kale stems and discard. Slice kale, including ribs, into 3/4-inch-wide ribbons. You should have 4 to 5 cups. Place kale in a large bowl.

Using a mortar and pestle, or with the back of a knife, pound garlic into a paste. Transfer garlic to a small bowl. Add 1/4 cup cheese, 3 tablespoons oil, lemon juice, salt, pepper flakes and black pepper, and whisk to combine. Pour dressing over kale and toss very well to thoroughly combine (dressing will be thick and need lots of tossing to coat leaves).

Let salad sit for 5 minutes, then serve topped with additional cheese and a drizzle of oil, if desired.

### **Veggie Frittata**

**serves 3-4**

1/2 medium yellow onion, finely chopped

1/2 red bell pepper, finely chopped

1 1/2 cups mushrooms, thinly sliced

2 cups kale, chopped

8 eggs, beaten

1 Tbsp. coconut oil

Heat an oven-proof skillet over medium heat and set oven to 350 degrees.

Add coconut oil to the

restlessness.

**Alcohol**, which is high in sugar, may make you relax when first consumed, but later in the night your blood sugar levels will drop and you will wake.

**Caffeine and chocolate** have stimulatory effects on the central nervous system which elevates your energy levels and directly interferes with sleep.

## Choose food sources that promote Serotonin and a restful night's sleep:

Chlorophyll-rich foods, B vitamins, magnesium and calcium help calm the body and raise serotonin levels. There are many foods to choose from: eggs, nuts, sesame seeds, pumpkin seeds, shrimp, salmon, dairy products, and leafy greens, such as spinach, kale, beet greens, turnip greens, Swiss chard and seaweed...just to name a few.

Please see the Non-Toxic Medicine Cabinet for additional solutions for promoting calm and rest.

If you have been dealing with a persistent problem with getting to sleep, staying asleep or not getting enough restful sleep without medications, please call the office to book a personal consultation with Dawn. 707.795.1063

pan, and then add onion, peppers and mushrooms. Sauté until veggies are soft, about 3-4 minutes.

Add kale and sauté until cooked through, about 10 minutes. Add eggs and continue to cook another 2 minutes, stirring once or twice.

Place skillet in the oven and bake for 8-10 minutes or until eggs are cooked through.

## Testimonials

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

"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

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



#### To Promote Calm and Rest:

- **Valerian Complex** – Obtain relief from occasional sleeplessness and promote relaxation
- **Min Tran** – Mild calmativie 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
- **Immuplex** – Supports a healthy immune response
- **Cataplex B** – Rich in B Vitamins - helps production of serotonin

\*Please call the office for proper dosage and instructions 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, ACN

expertise in Acupoint Nutritional Testing quickly pinpointed the cause of my lifelong ailments and accurately 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