



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

Rejuvenation & Well Being

Issue #28

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Eat Well...
Feel Well!

**Spinach
Cheddar
Meatloaf**



Serves 8

We are pleased to present our 28th monthly Health and Wellness Newsletter! This is the first 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

Nutrition Through the Ages Part 1 of 3

Expecting/Nursing Mothers,
Infants, Toddlers, Children
& Teens



Things most everyone understands regarding nutrition for pregnant/nursing mothers...

- Life's nutritional journey begins in the womb, then continues through mother's milk until the child is developed enough to eat on his/her own.
- Everything an expecting/nursing mother eats provides the building blocks for her child's development.

But did you know that your body will automatically put baby first? If you lack sufficient nourishment, your body will make baby's development and milk production its first priority and your own needs may go unmet. Since we don't want to find that line nor cross it, be sure to eat enough so that your baby's and your nutritional needs are met. After all, if your needs aren't being met, how will you have the energy to keep up with all of baby's needs?

While pregnant and breast feeding you must eat more to keep up with the demanding task of baby's growth and continuously producing milk... more protein, more fruits and vegetables, and most importantly MORE FAT. Yes, more fat. Consuming ample amounts of fat will not only aid in development and help increase milk production, but it will produce nutritionally superior milk. The fatty acids in breast milk which are critical in brain and nervous system development for baby are derived from the quality fats we eat. (Read more about fats here: [The Truth About Fats](#))

Getting enough of the following nutrients is also paramount:

- [Vitamin B12](#) - formation of red blood cells

1 Tbsp coconut oil

1/2 medium onion

1/2 cup celery

1/2 cup carrots

1/2 tsp allspice

1/2 tsp nutmeg

2 lbs organic grass

fed ground beef

1 egg

2 cups spinach

**4 oz. cheddar
chunks**

**Salt & pepper to
taste**

***Use all organic
ingredients for the
best nutrition***

Preheat oven to 375.

Chop onion, celery

and carrots into small

pieces. Sauté onion,

celery, carrots,

allspice and nutmeg in

coconut oil until soft.

Set aside and let cool.

Chop spinach roughly

into bite sized pieces.

Mix pork, beef, egg,

spinach, cheese and

season with salt &

pepper. Mix in cooled

veggie mixture. Pat

meat mixture into a

loaf pan, baking dish

or muffin tins (for

individual servings).

Bake loaf and baking

dish for 1 hour and

muffin tins for 20-25

minutes.

- Foods containing B12: fish, shellfish, beef, eggs, cheese, liver
- Iron - helps carry oxygen in the blood & regulates cell growth
 - Foods containing Iron: red meat, egg yolks, dark leafy greens, dried fruit
- Calcium - bone strength/growth
 - Foods containing calcium: dairy, dark leafy greens, sardines, sesame seeds, nuts
- Folic Acid - development of nervous system
 - Foods containing Folic Acid: dark leafy greens, asparagus, broccoli, citrus, avocado, seeds, nuts...

Since pregnant/nursing mother's bodies are under a constant demand, it makes more sense to eat more frequently. Smaller more frequent meals deliver energy when it's needed rather than storing it for later. Our bodies process nutrients more efficiently this way.

Also, stay hydrated! Keeping hydrated encourages milk supply. If you become too dehydrated you'll see a drastic reduction in supply. Breast milk is 88% water!

Around six months of age, baby will be ready for solids and will not rely solely on mom's breast milk for nutrients. This is an extremely crucial time to pay close attention to the nutrients and anti-nutrients in the foods served to baby. While it is best to make baby's food yourself, if that isn't possible, avoid ingredients such as sugar, high fructose corn syrup, cereal, rice (or any other grain) and most carbohydrates in general. At this age baby's small intestine does not produce the enzymes to digest these substances. Focus on foods with good proteins and fats first and slowly introduce vegetables and fruits over time. An outstanding choice for a first solid food is softly cooked egg yolk (please read more about this here: <http://rejuvandwellbeing.com/nutrition/get-the-white-out-of-babys-first-foods>).

As a toddler, your child is receiving less and less of your good quality breast milk (or none at all), so it is very important to provide other sources of fat and essential nutrients (as mentioned above for pregnant/nursing mothers) that are crucial for the rapid growth of their little bodies. Choose full fat foods and plenty of them! Building strong immune systems, muscles and bones require generous amounts of natural animal fats such as: egg yolks, grass-fed meats, and full fat dairy products. These fats also supply vitamins A and D, which are vital for hormone production and protein and mineral absorption.

During childhood and through the teen years is your chance to help

**This recipe includes the five nutrients discussed in this month's article:*

Fats - coconut oil, beef, egg, and cheese

Vitamin B12 - beef, egg, and cheese

Iron - beef, egg, spinach

Calcium - spinach and cheese

Folic Acid - spinach

Homemade Broccoli Applesauce Puree for Baby



1 whole broccoli stalk - chopped

2 apples (preferably green) - peeled and chopped
Water for steaming

Steam broccoli and apples until soft - 5 minutes. After completely cooled.

your child develop an understanding of good nutrition and set precedence for healthy choices/lifestyle. It is likely that most adults will continue down the nutritional path that their parents laid out for them when growing up.

Grocery shopping with your kids is a great way to teach them how to read labels and decide whether or not products are nutritionally sound. You'll likely find that many foods with labels (processed foods) contain anti-nutrients. Unfortunately, the bright, cartoon-ish, and fun looking packages designed for kids are the most dangerous of them all. What you'll find in these "foods" are artificial preservatives, colors and flavors, sweeteners, MSG, hydrolyzed proteins, and hydrogenated oils. These additives are known to literally excite brain cells to death, especially in children whom do not have fully developed nervous systems. Artificial colors (derived from coal tar and petroleum) have been linked to ADD, which is sadly gaining popularity in our society. Another reason to avoid these chemically derived substances in your children's diet - they build an unrealistic expectation of what food should taste like!

Should you have any questions regarding what nutrients may be missing from your diet and/or your child's diet, please contact the office to schedule an appointment. 707.795.1063

puree in blender or food processor adding steaming liquid until desired consistency. Keep refrigerated for up to 4 days or freeze in ice cube trays for individual servings until use.

****please always use organic ingredients for baby!***

Testimonials

"I am happy to get the word out about Dawn and her total awesomeness. I started having some pretty serious health issues about a year ago and did not want to go the traditional medical route, as I've had bad luck in the past, and loathe medication and all their side effects. I initially went to see Dawn because I was suffering from exhaustion, weight gain, extreme PMS and hypothyroidism. I had ZERO energy and I'm only 32. I have always lived a very active life and love working out, hiking and yoga, but all of this stopped in the last year. I could barely get out of bed. I was, in fact, suffering from a number of things.... adrenal fatigue, candida overgrowth and hypothyroidism. Instead of being told that I would have to go on meds for the

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rest of my life, I was simply put on a protocol of whole food supplements. I also had to quit carbs and sugar to help clear the Candida, which was much easier than expected. I dropped the weight super fast and slowly but surely, the PMS went away, no more fatigue and my thyroid levels went back to normal without meds!! Had it not been for Dawn, I may have never gotten to the bottom of my issues, and I am already beyond thankful for everything else she has done for me. She has literally been an angel in my life. I highly recommend her!!"

F.W., Petaluma

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

