



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

Issue #16

We are pleased to present our 16th 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 &  
Christine Calaway  
Rejuvenation & Well Being

## Are You Aware of What You May Be Eating?

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## Eat Well... Feel Well!

## Strawberry and Spinach Salad



**Serves 6**

**1/4 red onion, thinly sliced**

**12 oz baby spinach**



## We All Have a Right to Know What's in Our Food

Consumers have a right to know what's in the food we eat and feed our children, including whether food is genetically engineered. We all should be able to make informed choices, and have the ability to choose whether to buy genetically engineered food or not.

## We Currently Eat Genetically Engineered Food, but We Don't Know It

A genetically engineered (GE) food is a plant or meat product that has had its DNA artificially altered by genes from other plants, animals, viruses, or bacteria, in order to produce foreign compounds in that food. This type of genetic alteration is not found in nature. Today, the majority of corn and soy grown in the U.S. is genetically engineered to produce pesticide and/or withstand high doses of weed killer. This corn and soy is found in countless processed foods such as cereals, baby foods, breads, chips, and many other products. FDA is currently considering approving a GE salmon that has been altered to promote faster growth. Some of our most important staple food crops are being fundamentally altered, but without proper labeling, we have no way of knowing which ones.

## The Risk of Genetically Engineered Foods

Unlike the strict safety evaluations required for the approval of new drugs, the safety of genetically engineered foods for human consumption is not adequately tested. Studies show that genetically engineering food can create new, unintended toxicants and increase allergens, and other health problems. Experts around the world agree that by labeling genetically engineered food, we can help identify any adverse health reactions that these foods may cause.

## Much of the World Already Requires Labeling for Genetically Engineered Foods

50 countries including the European Union, Japan and China already label genetically engineered foods. California should be the leader on this important issue here in the United States.

## A Simple Proposition for California in 2012

The California Right to Know Genetically Engineered Food Act is simple: The initiative would require food sold in retail outlets such as grocery stores (not including restaurants) to be labeled if it is produced with

- 1 - 16 oz container strawberries, sliced
- 4 oz crumbled goat cheese
- 1/2 cup toasted sliced almonds
- Olive oil
- Balsamic vinegar
- Salt and Pepper
- 3 cooked, sliced chicken breasts (optional)

Toss onion, spinach, goat cheese and almonds in a large bowl. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper to taste. For extra protein, add chicken breast before serving.

\*Please use all organic ingredients!

## Beet and Orange Salad with Citrus Vinaigrette



Serves 4

4 medium beets

genetic engineering. In addition to this disclosure, genetically engineered foods are prohibited from being advertised as 'natural.'

## More Information for Consumers

We didn't used to label foods with calorie, nutritional value, or allergen information, but we do now, and most consumers use this information every day to make informed choices in the supermarket. The California Right to Know Genetically Engineered Food Act simply requires food producers to identify foods which have been genetically engineered on the label.

## No Cost to Consumers or Food Producers

The California Right to Know Genetically Engineered Food Act is intended to have no cost impact on consumers or food producers. It simply requires that foods produced with genetic engineering be disclosed on food packaging or labels on store shelves for GE foods such as sweet corn or salmon.

## How You Can Help

In order to get The Right to Know Genetically Engineered Food Act on the ballot in California in 2012, we will need to collect signatures from 800,000 California voters. [Sign up](#) to get involved in our signature gathering efforts and learn more about the campaign at [www.carighttoknow.org](http://www.carighttoknow.org)

California Right To Know. (2012). Retrieved May 21, 2012 from <http://www.carighttoknow.org/about>

## Below are just some of the food products popularly identified to be genetically modified:

**1. Corn - Corn has been modified to create its own insecticide. The U.S. Food and Drug Administration (FDA) has declared that tons of genetically modified corn has been introduced for human consumption. Monsanto has revealed that half of the US's sweet corn farms are planted with genetically modified seed. Mice fed with GM corn were discovered to have smaller offspring and fertility problems.**

**2. Soy - Soy has also been genetically modified to resist herbicides. Soy products include soy flour, tofu, soy beverages, soybean oil and other products that may include pastries, baked products and edible oil. Hamsters fed with GM soy were unable to have offspring and suffered a high mortality rate.**

**3. Cotton - Like corn and soy, cotton has been designed to resist pesticides. It is considered food because its oil can be consumed. Its introduction in Chinese agriculture has produced a chemical that kills cotton bollworm, reducing the incidences of pests not only in cotton crops but also in neighboring fields of soybeans and corn. Incidentally, thousands of Indian farmers suffered severe rashes upon exposure to BT cotton.**

**4. Papaya - The virus-resistant variety of papaya was commercially introduced in Hawaii in 1999. Transgenic papayas comprised three-fourths of the total Hawaiian papaya crop. Monsanto bestowed upon *Tamil Nadu Agricultural University* in Coimbatore technology for developing papaya resistant to the ringspot virus in**

**1 large orange**

**8 large Boston lettuce leaves**

**1/2 small onion, sliced**

**1/4 cup orange juice**

**1 Tbsp lemon juice**

**2 tsp balsamic vinegar**

**1 Tbsp extra virgin olive oil**

**1/2 tsp salt**

**Black pepper to taste**

**Arrange beets in one layer in steamer. Cover tightly and set pot over high heat. When water boils, reduce heat and simmer beets 45 minutes. Transfer beets to plate and let cool just enough to handle. Cut tops and root tip off beets. With your fingers, pull and slide off beet skin. Cut each beet crosswise into 6 slices. Grate 2 teaspoons zest from orange and set aside. Cut off top and bottom of orange. Setting orange on one of its cut sides on your work surface, slice off peel in strips, letting knife follow the curve of the fruit. Cut orange crosswise into 8 slices.**

**To assemble, line 4 plates with lettuce. On each plate, arrange 6 beet slices and 2 orange slices on top of lettuce. Top each one with 1/4 of sliced onions.**

**For dressing: In a small bowl, whisk together orange and lemon juices, vinegar, salt and pepper until salt dissolves. Whisk in oil and add zest. Spoon dressing over the salad. Serve immediately**

India.

5. Rice - This staple food from South East Asia has now been genetically modified to contain a high amount of vitamin A. Allegedly, there are reports of rice varieties containing human genes to be grown in the US. The rice will create human proteins useful for dealing with infant diarrhea in the 3rd world. *China Daily*, an online journal, reported potential serious public health and environment problems with genetically modified rice considering its tendency to cause allergic reactions with the concurrent possibility of gene transfers.

6. Tomatoes - Tomatoes have now been genetically engineered for longer shelf life, preventing them from easily rotting and degrading. In a test conducted to determine the safety of GM tomatoes, some animal subjects died within a few weeks after consuming GM tomatoes.

7. Rapeseed - In Canada, this crop was renamed canola to differentiate it from non-edible rapeseed. Food stuff produced from rapeseed includes rapeseed oil (canola oil) used to process cooking oil and margarine. Honey can also be produced from GM rapeseed. German food surveillance authorities discovered as much as a third of the total pollen present in Canadian honey may be from GM pollen. In fact, some honey products from Canada were also discovered to have pollen from GM rapeseed.

8. Dairy products - It has been discovered that 22 percent of cows in the U.S. were injected with recombinant (genetically modified) bovine growth hormone (rbGH). This Monsanto created hormone artificially forces cows to increase their milk production by 15 percent. Milk from cows treated with this milk inducing hormone contains increased levels of IGF-1 (insulin growth factors-1). Humans also have IGF-1 in their system. Scientists have expressed concerns that increased levels of IGF-1 in humans have been associated with colon and breast cancer.

9. Potatoes - Mice fed with potatoes engineered with *Bacillus thuringiensis* var. *Kurstaki Cry 1* were found to have toxins in their system. Despite claims to the contrary, this shows that *Cry1* toxin was stable in the mouse gut. When the health risks were revealed, it sparked a debate.

10. Peas - Peas that have been genetically modified have been found to cause immune responses in mice and possibly even in humans. A gene from kidney beans was inserted into the peas creating a protein that functions as a pesticide.

Geib, Aurora.(2012, May 1).GMO alert: top 10 genetically modified foods to avoid eating. *Natural News*. Retrieved May 21, 2012. [http://www.naturalnews.com/035734\\_GMOs\\_foods\\_dangers.html](http://www.naturalnews.com/035734_GMOs_foods_dangers.html)

**\*Organic foods do not contain GMOs**

***To rid your body of toxins and become more efficient with processing unnatural food ingredients, we suggest implementing the Purification Program. Please see the Non-Toxic Medicine***

## Testimonials

### Brief History of my

#### Condition:

Have trouble walking. Stomach pain and my mind got so bad I could not speak very well

#### Results:

\_Dawn had helped me so much and to write this makes tears come to my eyes. My mind is so much better. I feel very good about my appearance. Legs don't hurt that much and I am walking more. Thank you so much for taking care of in a small amount of time.

L.N., Rohnert Park, CA

**Cabinet below.**

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



### **Purification Program:**

#### **SP Complete Protein Powder –**

Essential whole food nutrition in a convenient powder, supports healthy liver function

- Whey based – Provides essential amino acids
- OR
- Rice based – Provides a non-dairy source of amino acids

**SP Cleanse –** Supports the body's toxin removal process

**SP Green Food –** Provides antioxidants and vital phyto-nutrients to your diet, supports overall cellular health

#### **Gastro Fiber or Whole Food Fiber –**

Provides soluble and insoluble fiber to support the digestive system

#### **Whey Pro Complete (optional) –**

Supports weight management, muscle tissue, immune function, and gastrointestinal health

\*Call for details on best usage and pricing 707.795.1063

### Brief History of my Condition:

High Cholesterol, Roseacia, Liver Function a little off, Dry eyes and lazy eye. Dry Skin. Ringing in ears and bruising.

### Results:

All of my problems are just about gone. I have much more energy and feel much happier.

L.P., Monte Rio, 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

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