



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 #83

## Greetings!

We are pleased to present our 83rd 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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## Quick Links

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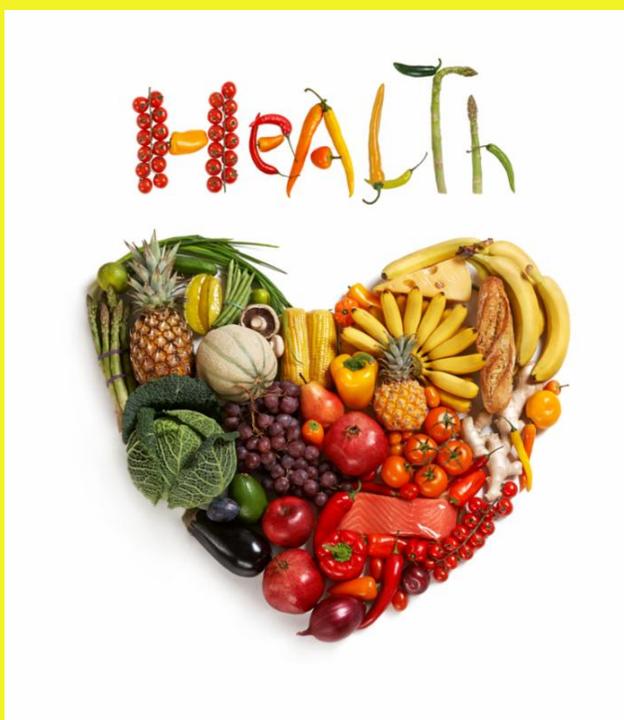
[liveitlifestyle.com/lessons](http://liveitlifestyle.com/lessons)

**[Eat Well...](#)**  
**[Feel Well!](#)**

*Self Care: Eat  
Consciously to  
Properly Fuel Your  
Body and Enhance  
Well Being*

As we are nearing the end of summer and wrapping up the season of outdoor gatherings and barbecues, we can choose to make a healthier contribution to the buffet/potluck. If you are concerned about the temptations of unhealthy options, bring your own!

***Wild Caught  
Shrimp with  
Cocktail Sauce***



Self care is any activity that we do deliberately in order to take care of our overall health and well-being. When we care for ourselves by eating consciously to properly fuel our bodies, we acquire the energy and mental clarity to improve our moods and enhance well-being. We have many opportunities to practice self-care through eating well, the key is to remain focused, develop a game plan, and stick to it.

Food supplies important compounds that impact the hormones in our bodies which regulate our moods. Proper (and timely) nutrition affects our ability to make serotonin (the "feel good" hormone) and deliver important vitamins and minerals that affect our neurological system. When our cells and brain are not receiving enough fuel, we can experience irritability and lose mental clarity.

Planning ahead is the most important factor in staying on course for eating well and often enough to maintain energy. If you go long periods of time (greater than 5-6 hours) without eating, your body does not function at its best. You may not be able to think clearly if your brain is starved of nutrients and you may also experience fatigue, low energy levels, or headaches.

Making good food choices and eating a clean diet may



### ***For the Shrimp:***

*Purchase precooked,  
wild caught shrimp*

*or*

*2 pounds uncooked,  
wild caught, deveined  
shrimp*

*1 tsp kosher salt*

*1 large shallot, thinly  
sliced*

*Juice of 1 large lemon*

*2 cups water*

*Ice*

### ***Season the shrimp:***

*Rinse the shrimp  
under cool water.*

*Place in a large bowl,  
add the salt, and toss  
to coat. Add the  
shallot, and lemon  
juice, and toss to coat.*

*Refrigerate for 30  
minutes. Meanwhile,  
prepare the cocktail  
sauce and set up for  
steaming.*

### ***Steam the shrimp:***

*Working in 2 or 3  
batches, layer as many  
shrimp in a single  
layer as your steamer*

seem difficult with your busy schedule and it does take a lot of effort, but if you are strategic with planning, shopping, prepping and cooking, you'll spend less time in the kitchen during your busiest days and remain on track. Being successful is primarily about putting an organized system in place that compliments your lifestyle. With this in mind, you (and your family) can enjoy healthy home cooked meals without the need to rely on take out or pre-packaged convenience food.

Plan out your weekly menu and shop on a day when it's convenient to do the week's food prep that same day or the next. Look at the week ahead to plan your menu; start with planning dinners by determining which days are the busiest, designate them "leftovers" days or "very simple meal" days, and then build your menu around them. On the days you have time to cook meals, make twice as much to save for reheating on busier days and/or incorporate into lunches. Try to use common ingredients in a few meals to eliminate waste and consolidate prep. After you finish creating your menu plan, go shopping for ingredients for the entire week all at once.

The key is to stay organized and one step ahead of mealtime! Keeping ready-made snacks will also help you stay on track. If you feel rushed and hungry between meals, all you have to do is grab a pre-made healthy snack instead of packaged convenience foods.

What is the danger in reaching for packaged convenience foods that are likely full of refined sugars and flour?

### **Some of the health effects of refined sugars and flour on your body:**

- Feeds cancer, bacteria and viruses
- Increases cholesterol
- Decreases growth hormone
- Interferes with absorption of protein
- Causes food allergies
- Causes insulin resistance which contributes to

*basket will hold and lower your steamer into the steaming pot. (Don't worry about draining the shrimp from the seasoning liquid first; any shallot slices that cling to the shrimp will rinse off in the ice bath.) Cover and steam the shrimp for 5 minutes. They should be opaque but still tender.*

*Immediately remove the cooked shrimp to the prepared ice bath and repeat steaming until all the shrimp are cooked.*

**Chill the shrimp:** *Once all of the cooked shrimp are in the ice bath, drain the shrimp and cover with more ice. Chill the shrimp for at least 10 minutes and then remove from the ice. Refrigerate until ready to serve.*

### **For the Cocktail Sauce:**

*2 Tbsp. tomato paste  
2 whole, peeled tomatoes from the jar (no juice)  
2 Tbsp. lemon juice  
1 Tbsp. white vinegar  
1 clove garlic  
2.5 tsp. horseradish  
5-10 dashes of hot sauce*

*Place all ingredients in a*

diabetes and unwanted weight gain

- 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

### **How refined/processed foods leach healthful nutrients from our bodies:**

Whole food is required for our bodies to properly utilize food for nutrition to run its processes. When you consume a processed food, you are only getting part of its original nutrients. Processing separates vitamins, minerals and enzymes into a fraction of their original forms. Since **ALL of its parts are required by the body for assimilation**, your body must "borrow" these missing parts from its own tissues, relieving **you** of the vital nutrients needed to maintain health.

If you'd like to learn more about clean eating and foods that will help you and your family achieve optimal health, please call the office to schedule an appointment with Dawn. 707.795.1063

*food processor or blender and blend until tomatoes are pureed and all of the ingredients are well combined. You don't want to over blend and have it too smooth, you want a little bit of texture.*

*Serve with pre-cooked and chilled shrimp.*

## Testimonials

"I have been seen by Dawn on 5 separate occasions with the hope of experiencing an increase in my energy level as well as treatment for a knee infection.

I am pleased to say that my energy level increased greatly within 2 weeks. I must also say that following 4 weeks of focus on my knee, it too is feeling remarkably better. I should go on to say that I have been recovering from knee surgery for about two years and I finally,

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



### General Health Daily Fundamentals

Provide convenient foundational maintenance support to help maintain optimal health. Box includes a 30-day supply of individual packs.

Each pack contains:

- **Catalyn** (three tablets)—contains vital nutrients from whole food and other sources
- **Trace Minerals-B<sub>12</sub>** (one tablet)—trace mineral supplement
- **Tuna Omega-3 Oil** (two perles)—provides 300 mg DHA and 60 mg EPA omega-3 fatty acids to support heart, brain, eye, and joint health

thanks to Dawn, feel normal again. I feel great! Greater energy, physically strong.

Dawn is a true pro and I will recommend her often!"

John L.

### 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