



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 #29

We are pleased to present our 29th monthly Health and Wellness Newsletter! This is the second 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

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### Quick Links

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**Eat Well...**  
**Feel Well!**

# *Nutrition Through the Ages*

## *Part 2 of 3*

### Nutrition for Adults



Every so often a new diet fad makes an appearance and has people questioning, "have I been eating incorrectly?" or "is this a gimmick or does it really make sense?" Large numbers of people are making changes to the way they eat based on new information (or old information that has been newly represented) portrayed in the media. Regardless of the reasons for changing one's diet, whether it is a newly discovered intolerance, the desire to lose weight or wanting to improve health, the most important rule to follow is: *Just eat real food and cut out the chemicals and processed junk.*

Every body is different, but generally all adults have very similar nutritional needs. The three primary macro-nutrients which provide us with energy are fats, proteins and carbohydrates.

**Fats** play several key roles in our well being. Dietary fat is necessary for the absorption of essential vitamins A, D, E and K, production of the building blocks of all cells in our bodies, cellular structural integrity and cellular function. Fatty acids derived from fats are also precursors to all hormone production (hormones drive all body functions). **Diets which are too low in fats can interrupt the important functions listed above.** Be sure to choose good quality organic fats such as grass-fed butter, coconut oil, olive oil and other

### **Substitutions for Refined Carbohydrates**

*Instead of...*

#### **\*Pasta**

- try using spaghetti squash in the fall and winter and zucchini or other summer squash in the spring and summer.

**\*Rice** - try cauliflower "rice"

#### **\*Tortillas or sandwich bread**

- try lettuce leaves to wrap around your favorite taco fillings and sandwich ingredients

#### **\*Baked goods**

- try coconut or almond flours and flax meal

#### **\*Thickener for sauces, stew & soup**

- try pureeing veggies for stews and soups and sautéed onions for sauces

*Tips & Tricks...*

#### **Spaghetti Squash:**

split in half and remove seeds. Brush cut side with fat of choice and place cut side down in a baking pan or dish. Roast for approximately 45 minutes at 400 degrees. While still hot, scoop out squash "strings" and top with your favorite sauce.

animal fats from reputable sources. Absolutely avoid fats such as margarine (or any other hydrogenated oils), corn oil, vegetable oil, canola oil and any other oils found in processed foods. Read more about fats here: <http://rejuvandwellbeing.com/nutrition/this-vilified-daily-food-slashes-heart-attack-risk-in-half> and here: <http://rejuvandwellbeing.com/nutrition/pass-the-butter-please>.

**Proteins** are also crucial building blocks of life. Proteins are found in every cell of the body and are responsible for repair and maintenance of all tissues. They are essential in forming hormones, muscle and connective tissue, blood clotting and transport, protein matrix inside the bones and antibodies (defenders against diseases), etc. **Diets which are too low in proteins may result in impaired immune function and deficiencies in niacin, thiamin, riboflavin, B-12, B-6, iron, zinc, and calcium.** Just like the suggestions for choosing fats, choose free-range, grass-fed animal proteins from reputable sources. Avoid packaged processed meats that contain nitrates or fillers...but do check, as some brands, such as **Applegate Organics**, produce excellent hot dogs, sausages, lunch meats, etc. which are free of nitrates and additives and only contain "*real food*." Read about protein and protein balancing here: [http://rejuvandwellbeing.com/wp-content/uploads/2013/02/Newsletter\\_May\\_2013\\_PDF.pdf](http://rejuvandwellbeing.com/wp-content/uploads/2013/02/Newsletter_May_2013_PDF.pdf)

The primary function of **carbohydrates** is to provide immediate energy for the body. This energy is a result of a rise in blood sugar that is converted to instant energy. When blood sugar rises, our bodies respond by secreting insulin to stabilize it. If you over-consume carbohydrates and the energy is not immediately used, insulin facilitates the storage of extra sugar in adipose tissue (fat) in the body. Keeping blood sugar levels normal can also help prevent heart disease and diabetes. (Read more about heart disease here: <http://rejuvandwellbeing.com/nutrition/heart-surgeon-admits-huge-mistake>) The best way to keep your blood sugar normal is to stick to foods on the lower end of the glycemic index. Eating plenty of vegetables and some fruits will give you more than enough carbohydrates in your diet. If you choose to eat grains, please select whole unprocessed gluten-free grains, but keep them to a minimum. **ALWAYS** avoid wheat or products containing any of its derivatives. Please read more about wheat and gluten here: [Wheat & Gluten](#)

Even if you are eating the cleanest of diets, you may need to supplement with extra concentrated nutrients...especially if you are dealing with immune challenges, chronic or acute illness, allergies (environmental or food) and even mood disorders. It's important to choose good quality vitamins made from whole foods and avoid those

### **Zucchini "noodles":**

cut thin strips lengthwise. Then cut longwise again into noodle size (wider for fettuccine and thinner for spaghetti). Sauté in a saucepan with fat of choice until soft, but still holds its shape well. Top with your favorite sauce.

For lasagna "noodles", cut thin strips lengthwise and use the long flat pieces in place of lasagna noodles in your recipe (adjust recipe for the extra moisture in zucchini when cooked).

### **Cauliflower rice:**

shred pieces of cauliflower in a food processor. Sauté in a large saucepan with your choice of fat, seasoning and other vegetables. Cook until soft with a little firmness.

### **Lettuce wraps:**

use lettuce such as, Romaine, Butter Lettuce, Red or Green Leaf, Endive (for appetizer sized portions) or even Napa Cabbage.

### **Coconut flour:**

high in fiber, protein and lauric acid, it makes a much healthier option for baking. Since it is extremely absorbent, you need 1/3 of the

that are produced synthetically. At best, only 50% of a synthetic vitamin can be used somewhat effectively by your body. Processing what's left of the synthetic vitamin can actually have adverse effects on your body. Whole food supplements are literally made from whole fruits and vegetables giving your body nutrition it can use. Read more about whole food supplements here:

<http://rejuvandwellbeing.com/nutrition/whole-food-philosophy>

To determine the very best diet specific to your body's needs, it may be helpful to participate in a cleanse/detox or purification program which includes eliminating foods which could be triggers for you. It's all too common that people eat "trigger foods" for years before learning that they are the cause of many if not all of their health issues (large or small). By giving your body an opportunity to purge toxins and unburden itself from these "trigger foods," you can begin with a clean slate and develop the optimal diet for yourself. Read more about purification here:

<http://rejuvandwellbeing.com/cleansing-detox>

Should you have any questions regarding the purification program or what nutrients may be missing from your diet, please contact the office to schedule an appointment. 707.795.1063

amount compared to wheat flour and an increase in liquids and eggs. Produces a denser product.

**Almond flour:**

using almond flour in place of wheat flour in a recipe is a 1:1 ratio. However, you will need to increase the amount of leavening agent. Produces a slightly heavier product than flour, but much lighter than coconut flour.

**Vegetable thickener:**

after a stew or soup has been fully cooked, puree some of the vegetables and cooking broth or liquid. Add the puree back into the stew or soup and continue to puree small amounts until desired consistency is reached.

**Sauce thickener:** saute onions in fat of choice until very soft. Puree and add to sauce in small amounts until desired consistency.

-  
**Testimonials**  
-

"The symptoms that I was having were an overall



## 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

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

## 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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