



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 #45

## Greetings!

We are pleased to present our 45th 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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## Quick Links

[www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)

[Email us](#)

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

## [Eat Well...](#)

## [Feel Well!](#)

## Zucchini "Spaghetti" with Meat Sauce

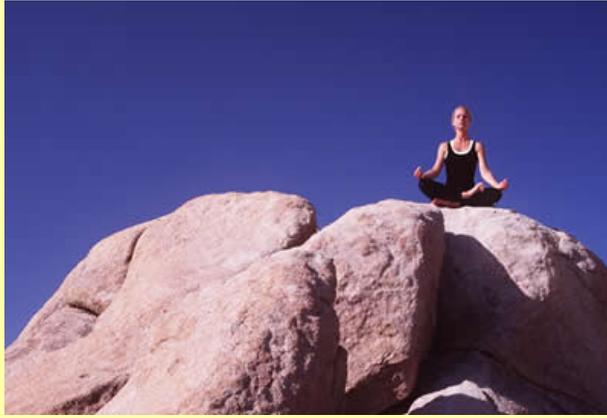


Serves 8

## Reduce Stress

to

## Increase Health!



We've all felt stress to varying degrees. There's the everyday stress of getting somewhere on time, meeting deadlines, making choices (significant or minor), expectations (whether you're meeting them or someone else is meeting them for you), etc. Then there is stress of a more serious nature that elicits a stronger response...life altering events or serious circumstances beyond your control, personal crisis for yourself or someone you care for, or anything that triggers the physiological "fight-or-flight" response.

***Chronic activation of the stress response mechanism impairs health***

We all deal with stressors every day, but how you handle these triggers makes a significant difference for your well-being.

Your nervous system reacts quickly when you encounter a stressful situation by sending a signal to your adrenal glands to release the chemical hormones, adrenaline and cortisol.

Adrenaline increases your heart rate and blood pressure and delivers additional energy to act (fight-or-flight). Cortisol is the primary stress hormone that plays a more complex role. It is responsible for increasing sugars (glucose) in the bloodstream, enhancing the brain's use of glucose and the ability to repair tissues. Cortisol also restricts functions that are nonessential during the fight or flight response. It alters immune system responses and suppresses the digestive and reproductive systems.

The stress-response system is ordinarily self-limiting; once the perceived threat has passed and hormone levels return to normal (adrenaline and cortisol drop), heart rate, glucose and

**2 Tbs coconut oil**

**or fat of choice**

**1 large onion, diced**

**3 cloves garlic,  
chopped**

**2 lbs ground turkey\***

**7 oz tomato paste**

**24 oz strained tomatoes**

**3 cups spinach or other  
dark leafy greens**

**1 Tbs fresh or 1 tsp  
dried oregano**

**1 Tbs fresh or 1 tsp  
basil**

**1 bay leaf**

**Salt & pepper to taste**

**2 Tbs coconut oil or fat  
of choice**

**4 large zucchini,  
spiralized or cut into  
thin spaghetti shaped  
strips**

**Saute onion in coconut  
oil on medium heat until  
translucent. Add garlic  
and ground turkey.**

**Cook until turkey is  
browned and no longer  
pink. Add tomato paste  
and saute for another 5  
minutes, stirring  
constantly. Add  
strained tomatoes,  
spinach and herbs. Let  
it simmer on very low for  
1-2 hours. Season with  
salt and pepper to taste.  
When the sauce is  
finished, set it aside**

blood pressure return to baseline levels, and other systems resume their regular activities. However, when feeling under constant attack by stressors, the fight-or-flight reaction stays turned on. The long term effects of constant stress and overexposure to elevated adrenaline and cortisol can disrupt the body's processes and increase the risk of health issues, such as:

- Stroke
- Heart disease
- Depression
- Anxiety
- Autoimmune diseases
- Digestive problems
- Sleep problems
- Weight gain
- Skin conditions
- Memory and concentration impairment

In order to avoid the escalation of chronic stress leading to these health issues, it is important to learn healthy and effective ways to cope with stress. A healthy diet, physical activity, and proper amounts of rest/sleep are good places to start. Concentrate on eating whole foods with an emphasis on fresh organic fruits, vegetables and pastured meats. Reach for these foods when stress becomes evident:

**Oranges** - vitamin C helps reduce stress and return blood pressure and cortisol to normal levels after a stressful situation. Vitamin C is also well-known for boosting your immune system.

**Turkey** - L-tryptophan, an amino acid in turkey that triggers the release of serotonin, which is a feel-good brain chemical.

**Dried Apricots** - rich in magnesium, which is a stress-buster and a natural muscle relaxant as well.

**Salmon** - Diets high in omega-3 fatty acids protect against heart disease and keep cortisol and adrenaline from peaking.

**Green Vegetables** - Broccoli, kale, and other dark green vegetables are powerhouses of vitamins that help replenish our bodies in times of stress.

Exercise is one of the best ways to reduce stress. During exercise, your body releases hormones called endorphins that

**while you cook the zucchini spaghetti. In a large pan, heat the coconut oil on medium heat and add zucchini. Saute until al dente, about 5 minutes. Toss zucchini spaghetti with the sauce and serve with Parmesan cheese if desired.**

**\*use pastured organic turkey for the most nutrition**

## 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

fight stress. Yoga is an excellent stress-relief exercise that involves a series of moving and stationary poses, combined with deep breathing. It helps to strengthen your body's natural relaxation response and can help minimize the stress response.

Getting enough sleep will help to normalize cortisol levels. Normally, your body has a cycle of cortisol release, with levels being highest in the mornings, and decreasing by evening. Since your body will also release extra cortisol throughout the day as a response to stress, too much cortisol in your system in the evenings keeps you from sleeping deeply, causing you to wake frequently during the night and wake in the morning feeling unrefreshed. Making a conscious effort to get adequate rest will go a long way in relieving stress.

The combination of a healthy diet, physical activity, and proper amounts of rest/sleep are your best defense against stress and the risk of the health issues mentioned above. If you feel you need further assistance with stress management and normalizing adrenal function, please call the office to schedule an appointment with Dawn. 707.795.1063

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 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

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



### To help ease the effects of stress:

- **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 stabilization of 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

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