



Rejuvenation & Well Being  
Live from the heart.

Phone: 707.795.1063  
Email: [Office@RejuvAndWellBeing.com](mailto:Office@RejuvAndWellBeing.com)  
Web: [www.rejuvandwellbeing.com](http://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, LLC

Issue #86

### Greetings!

We are pleased to present our 86th 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

### In This Issue

[Protecting Lungs in Extremely Poor Air Quality](#)

[Non-Toxic "Medicine Cabinet"](#)

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

### Quick Links

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

[Email us](mailto:Office@RejuvAndWellBeing.com)

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

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

## *Protecting Lungs in Extremely Poor Air Quality*



Fire season has become longer and more intense in duration. With strong winds carrying smoke to regions miles away from the fires, many Northern California counties are currently suffering from the world's worst ranked air quality. Since it is not feasible for everyone to stay indoors with exclusive exposure to filtered air, we can proactively take good care of our lungs to counteract the damages of smoke inhalation.

Wildfire smoke includes particles from burning vegetation and building materials mixed with gases. Approximately ninety percent of emissions are small enough to enter our respiratory systems, decreasing oxygen supply from the inhalation of carbon monoxide and other toxins. Fine

## **Raw Kale Salad with Pomegranate and Toasted Walnuts**



*serves 4*

1 bunch kale, torn

1 Tbsp lemon juice

½ cup pomegranate

particles are able to travel deep into lungs and cause shortness of breath and worsen pre-existing medical conditions such as asthma, chronic bronchitis, and emphysema. Toxic smoke exposure can also depress our immune systems by damaging the layer of cells that protect and cleanse our airways. The degree to which smoke may affect your health is dependent on a number of variables such as length of exposure, your age and current state of health, and the concentration of smoke in the air. Children (still developing lung tissue) and elderly people are also at a higher risk since they are more susceptible to the harmful effects of smoke/particle inhalation.

*Even after the smoke clears up, the effects linger and we must take care to support the healing of lung tissue and boost our immune systems.*

Our lungs make up a large part of our immune system. Pollutants and infection-causing microbes are captured by mucus in the lungs and shuttled upward by tiny cilia for us to cough out or swallow. Drinking plenty of water helps your body detox and clear out lung pollutants from the respiratory tract by thinning mucus and flushing lymphatic tissue. Drinking hot tea designed to support your respiratory system (with herbs like licorice root, thyme, and eucalyptus) and breathing in steam with thyme are also helpful. Rinsing with a Neti Pot or other nasal rinsing system helps to keep your sinuses clear and free to aid in filtration. Eating well goes a long way in keeping your lungs clear, healthy, and not overburdened. Fresh, raw foods are the best way to get the enzymes, vitamins, minerals, and antioxidants that will help to keep your lungs and immune system in good shape.

**Garlic and Onions** - are great for the heart and thus the lungs too. They reduce inflammation, lower cholesterol, and fight infection

**Ginger** - has anti-inflammatory properties and promotes the elimination of pollutants from the lungs

**Chili Peppers** - are filled with capsaicin, the spicy compound that gives them their bite. Capsaicin improves blood flow, stimulates mucus membranes, and fights infection

**Cruciferous Vegetables** - cabbage, cauliflower, broccoli, and kale have been shown to halt the progression of lung cancer and cut the risk of developing lung cancer in half. They are rich in chlorophyll that cleans and builds blood, and full of some very effective antioxidants

**Pomegranates** - pomegranate juice slows the growth of lung tumors. Pomegranates contain many antioxidants including ellagic acid, which is gaining strides in cancer research

seeds

¼ cup toasted walnuts, chopped

2 Tbsp olive oil

½ tsp fresh ginger, grated

2 Tbsp red onion, chopped

Sea salt and pepper to taste

Rub kale with olive oil, lemon juice, and ginger until well coated. Add pomegranate seeds, red onion, and walnuts. Toss with sea salt and pepper.

## Pomegranate and Ginger Tea



serves 4

1 large pomegranate

2 inch piece of ginger, peeled

**Turmeric** - is related to ginger with many of the same benefits. It also contains curcumin, a compound that encourages the self-destruction of cancer cells

**Apples** - rich in flavonoids, vitamin E, and vitamin C all help the lungs function at their best

### **Grapefruit**

- Naringin, a flavonoid in grapefruit, inhibits the activation of a cancer causing enzyme

### **Beans, Seeds, and Nuts**

- contain rich amounts of magnesium, a mineral that contributes to healthy lung function

**Carrots** - rich in vitamin A, vitamin C, and lycopene, all antioxidants that affect lung health and lower the chances of developing lung disease

**Oranges** - rich in vitamin C and vitamin B6 (help the lungs transfer oxygen)

**Pumpkin** - rich in beta carotene and vitamin C, like carrots

**Red Bell Pepper** - rich in vitamin C and the carotenoids lutein and zeaxanthin (carotenoids have been shown to cut the risks of developing lung cancer)

Incorporating these foods in your diet will give you a good start in keeping your lungs thriving. Adding whole food supplements may deliver the boost your immune system needs to stay on track. Maintaining good health and a strong immune system with your diet throughout the year will be the best form of prevention for the next fire season!

Please call the office to schedule an appointment with Dawn if you would like a protocol designed with your respiratory health in mind. 707.795.1063

4 cups water

Bring water with pomegranate seeds and ginger to a boil in a medium pot. Reduce heat and simmer until fragrant, about 15 minutes. Strain the tea and serve hot.

## **Testimonials**

"The symptoms that I was having were an overall 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

"I wouldn't go to bed without taking at least three ibuprofen pills for my (pain) legs. I had severe discomfort that wouldn't let me sleep. I also had chronic headaches and very bad digestion.

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



### For Lung Health:

- **Cruciferous Complete** – supports cellular health and provides antioxidant activity
- **Cataplex ACP** – Helps maintain healthy mucous membranes and supports a healthy immune system response function
- **Pneumotrophin PMG** – supports healthy lungs
- **MediHerb PulmaCo** – assist in maintaining healthy breathing passages to support free and clear breathing
- **MediHerb Broncafect** – supports healthy respiratory tract function and maintains healthy mucosal tissue of respiratory tract

\*Please call the office for proper dosage and instructions \*

707.795.1063

OMG!! I am feeling more than great. It's only been three weeks since I started the program here and I feel that my life has changed completely. I don't have any pain that I have to take any type of medicine. I am thrilled with the results. It's like I am a different person with a different mindset. This is a huge blessing for me. Thanks Dawn!! You are fantastic."

SR, 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, ACN