



Rejuvenation & Well Being
Live from the heart.

"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."

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-Dr. Royal Lee

Rejuvenation & Well Being

Issue #57

Greetings!

We are pleased to present our 57th 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

In This Issue

[Nourishing Yourself While Traveling](#)

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

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

Quick Links

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[Email us](#)

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Eat Well... Feel Well!

Carrot Raisin Energy Snacks

Nourishing Yourself While Traveling



Makes 12-14

1 large carrot, shredded (about 1 cup)

1 cup pecans or walnuts

1 egg

1/2 tsp vanilla

Travel season is upon us and it can be tough to keep yourself properly nourished when you're "on the go." Our options are limited by destination, type of lodging and whether or not you have access to a grocery store (and

refrigeration!). There are a few ways to tackle this issue based on limitations...

The very best way to travel and feed yourself with the cleanest available food is to rent a house/condo/apartment/suite with a full kitchen. Most vacation destinations will have an option for VRBO (Vacation Rental By Owner) or Home Away - these are both websites with a variety of rental options and usually have fully stocked kitchens where you can cook and store healthy "homemade" food. In this case, a well-planned quick trip to the grocery store (hopefully organic options are available) when you get into town will not only save you money, but you will have complete control over what goes into your food.

If your travel plans don't include lodging with a full kitchen and you must eat out for every meal, you can still eat very well with a little research. Find out ahead of time which restaurants in the area you'd like to go to and if they have menu items that suite your clean eating needs. It would be ideal to find a place that uses organic ingredients and local pastured animal proteins, but this is rare (especially depending on location!) and you will likely have to settle for conventionally grown/raised fare. When choosing which items to order, these are the questions you may want to ask:

- Is there sugar in the marinade, dressings, sauces, etc.? Some restaurants have even been known to add sugar to vegetables, so ask how each item is prepared.
- Is there wheat flour in the sauces, main dish, or side dish?
- Do any of the spice blends used contain MSG? You'd be surprised how many places use this toxic "flavor enhancer."
- Can any menu items be substituted?

When you're asking such in-depth questions about the menu, you will get a more honest and less rushed response if you call ahead (during non-busy hours) or send an email and let them call or email you back at their convenience. One question they will probably not know

1/2 tsp cinnamon

1/4 tsp ground ginger

1/8 tsp nutmeg

1 1/2 tsp maple syrup

2 Tbsp coconut flour

2 Tbsp ground flax seed

1/2 tsp sea salt

1/3 cup raisins

1/4 cup unsweetened shredded coconut

Preheat oven to 350 degrees. Process shredded carrots and nuts in a blender or food processor until the nuts are ground up pretty well. Add the egg, vanilla, spices and maple syrup and process until well blended. Add coconut flour, ground flax seed, and sea salt, then pulse until the dough comes together. Remove dough from blender or food processor and mix with raisins in a small bowl. Take about 2 Tbsp of dough and roll into a ball with your hands. Roll each ball in coconut, then place on a parchment lined sheet pan. Bake for 15 minutes. After they are thoroughly cooled, keep in an airtight container at room temp or in the refrigerator. These are the perfect snacks for long car/airplane rides or to take along on whatever summer adventure you have planned!

how to answer is if any items contain GMOs. If you eat out, you've likely consumed some amount of food grown with GMOs. This issue is addressed in the Non-Toxic Medicine Cabinet.

Lastly, if you are staying somewhere with a refrigerator, you can do some lovely picnic style meals in your room or outdoors. Cold nitrate-free lunch meats (Whole Foods carries only nitrate free meats), cheese, fresh veggies - celery and carrot sticks, snap peas, green beans, mini bell peppers, cherry tomatoes, and already washed lettuce, fresh fruits, nuts, seeds, hummus, prepared deli foods (provided they meet your clean eating requirements), etc...the list is as long as your imagination!

The above ideas are also perfect for road trips! You can shop ahead of time and bring a small cooler to keep your food fresh or stop along the way and get only what you need for each meal. If you're in the mood for a slightly (barely really) sweet bite, see the recipe for Carrot Raisin Energy Snacks. Make these ahead of time and throw them in your bag for a quick snack on flights too.

Remember that traveling can be a little stressful, so to keep your immune system strong, please be diligent about taking your nutritional supplements. Make an appointment with Dawn before you travel to build the best protocol possible...be sure to let her know if you'll be eating out a lot.

Have a happy and safe travel season!!!

Please call 707.795.1063 for an appointment.

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 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

Create Your Own Non-Toxic "Medicine Cabinet"



Fortify yourself with:

- **Catalyn** – broad spectrum multivitamin nutrient
- **Multizyme** – digestive enzymes to support proper nutrient breakdown
- **Lact-Enz** – enzymes with probiotic bacteria to support healthy digestion and immune system function
- **Zypan** – provides enzymatic support for protein digestion
- **Immuplex** – supports a healthy immune response function
- **Fen-Gre** – to help counteract effects of GMOs in food

If you think you may be affected by GMOs, please call the office to schedule an appointment with Dawn Dolan for testing.

707.795.1063

and sugar to help clear the Candida, which was much easier than expected. I dropped the weight super fast 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

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 health care 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