



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 #43

## Greetings!

We are pleased to present our 43rd 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

[Are You Eating Optimally for YOU?](#)

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

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

## Quick Links

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

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

## Eat Well...

## Feel Well!

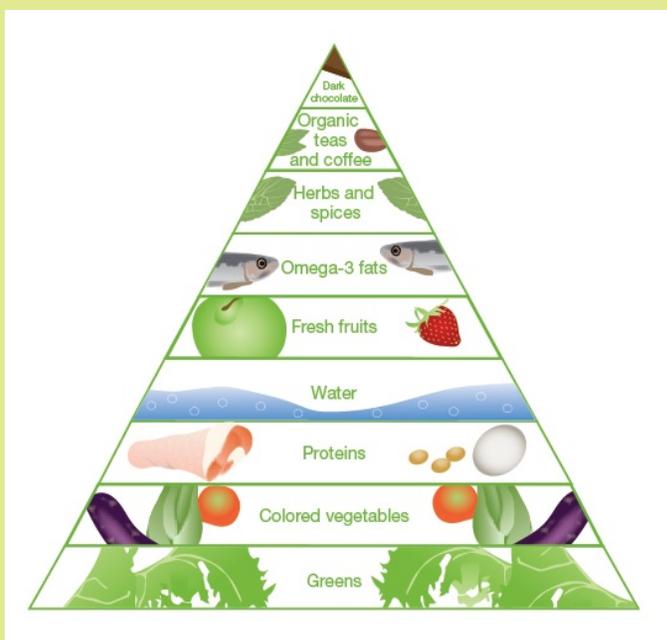
# Are You Eating Optimally for *YOU*?

# Coconut Vegetable Curry



Serves 2-4

2 Tbsp coconut oil  
1 Tbsp fresh ginger,  
chopped  
1 ½ tsp cumin seeds



Are you having fatigue or difficulty sleeping? Do you have a "stuffy head?" Indigestion or other temporary gastrointestinal upset? Food cravings and weight gain? Reduced mental clarity? Itchy skin? Inflammation? If so, you may be experiencing a toxic allergic response to food(s) you're eating. Certain foods may be challenging your immune system and throwing off your wellness "baseline." It's not uncommon to be accustomed to these discomforting issues (whether minor or severe) without conscious realization...until you *eliminate the cause* and feel the absence of them.

Perhaps you have questions regarding foods in your diet or supplements that you are currently taking that may be counterproductive to boosting your immune function? Since we are all individuals and our bodies may respond differently to specific foods, it would be a great benefit to learn which foods compliment and which are antagonistic to our immune systems.

**1 tsp mustard seeds**  
**3 medium carrots, chopped**  
**½ tsp turmeric**  
**2 tsp coriander**  
**1 tsp curry powder**  
**1 Tbsp tomato paste**  
**1 cup coconut milk**  
**¼ - ½ cup water**  
**1 medium zucchini, diced**  
**1 medium yellow squash, diced**  
**½ cup cilantro, chopped**  
**Sea salt and pepper**

**In a large saucepan, heat coconut oil over medium heat. Add ginger, cumin, and mustard. Cook for 1-2 minutes or until seeds begin to "pop." Add carrots, turmeric, coriander, and curry powder. Stir well and cook for about 1 minute. Add tomato paste, coconut milk, and water. Stir well. Simmer and allow to cook for 5-10 minutes, until carrots are almost done but still a little crisp. Add zucchini and squash. Cover and allow to simmer for another 5-7 minutes, then remove from heat and add cilantro, sea salt and pepper to taste. Serve with Coconut Lime Chicken.**

## **Coconut Lime Chicken**

The best way to determine which foods you react to is to cleanse your system by the process of elimination and reintroduction. Remove foods from your diet that cause the most common reactions for at least 21 days, and then reintroduce them one at a time to find out which ones are not optimal for you. If you would like to remove excess toxins during this process, you might want to consider trying Standard Process's 21 day Purification Program - it's like a spring cleaning for your insides (see Non-Toxic Medicine Cabinet).

The Standard Process Purification Program is not strictly a cleanse diet but rather a structured program that combines whole food eating with supplements, nutritious supplement shakes, and light exercise. The program utilizes whole food supplements to help your body purify and rebuild itself naturally from the inside out. You'll also be supporting all of your organ systems that play a role in purification. The menu includes an abundance of fresh vegetables and fruits for the first 10 days with select proteins added on day 11. During the post purification phase, you will add foods back in one at a time to see how your body reacts to them. At this point you will discover which foods are not optimal for you and have been causing stress for your immune system.

Call the office for further details and schedule an appointment to have Dawn council you on the best way for you to proceed with the 21 day

**2 large boneless chicken breasts, preferably organic**  
**Coconut oil for sautéing**

**2 Tbsp coconut milk**  
**2 Tbsp fresh lime juice**  
**Zest from 1 lime**

**Blend coconut milk, lime juice, and zest. Allow chicken to marinate in the mixture for 30 minutes. In a medium skillet or medium-high heat, warm coconut oil, then add the marinated chicken. Sauté for 3-5 minutes on each side or until chicken is cooked thoroughly.**

**\*\*\*Both recipes are Purification Program Approved\*\*\***

## Testimonials

"The results I have achieved through working with Dawn Dolan have given me a new lease on life.

After trying numerous other avenues, I experienced how Dawn and her expertise in Acupoint Nutritional Testing quickly pinpointed the cause of

my lifelong ailments and accurately determined the precise remedies that would bring me back to the pink of health.

**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

I am immeasurably grateful to Dawn for her caring support and wise counsel, which have truly changed my life. Thank you Dawn!"

R.M., Santa Rosa, CA

## 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