



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, LLC](#)

Issue #90

Greetings!

We are pleased to present our 90th 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

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Eat Well...
Feel Well!

Detoxing Heavy Metals



Heavy metal exposure has become more and more common as we rely on certain modern conveniences. Exposure to toxic heavy metals is understood to be a contributing factor, if not the main source, of symptoms like low energy, mood disturbances, cognitive changes, and many other more serious issues. Heavy metals infiltrate your bloodstream

Cilantro Pesto with Pepitas



4 servings

2 1/2 tsp plus 1/4 cup
olive oil, divided

1/2 cup shelled
pumpkin seeds
(pepitas)

1/2 cup firmly
packed cilantro

1/2 tsp cracked
coriander seeds

through numerous household, environmental, and even medically introduced sources, then travel throughout your body and penetrate the cells of various tissues and organs, where they can remain stored up for years. It is possible to detox from heavy metals and you may be able to reverse some of the damage caused by them.

If you have any of the following symptoms, then heavy metal toxicity could be affecting your health: tremors, headaches, infertility, mental fogginess, anxiety, depression, deteriorating eye health, memory problems, poor kidney function, digestive problems, tingling sensations in the hands, feet, and/or around the mouth, poor immune function (recurrent infections, an autoimmune disease) or childhood behavioral disorders, including ADHD, autism spectrum disorder, and tics.

Sources of Heavy Metals

Here are some of the heavy metals causing toxicity in our modern environment and their common sources:

- lead (auto exhaust, root canals, building materials, water, some teas)
- mercury (dental fillings, vaccines, contact lens solution, seafood)
- cadmium (cigarettes, batteries, hydrogenated oils, coffee)
- arsenic (conventional poultry and eggs)
- aluminum (deodorant, vaccines, cookware, some teas)
- thallium (added to gasoline)
- bismuth (makeup, medicines)

How Heavy Metals Harm your Brain

Heavy metals pass through your blood-brain barrier and accumulate in brain tissue. Once in your brain, they harm neurological function through several mechanisms.

- Heavy metals displace essential minerals such as zinc and iron that are required for neurotransmitter production
- Heavy metals induce oxidative stress, which reduces neuronal plasticity and impairs learning and behavior
- Aluminum accumulates in immune cells of your brain - this may provoke an inflammatory immune response that ultimately affects neurological function and

1 clove garlic,
chopped

1 tbsp lime juice

1/4 cup water

Sea salt and pepper
to taste

Heat 1 1/2
teaspoons oil in a
large nonstick
skillet over
medium-high heat.

Add pumpkin
seeds; sauté until
beginning to brown
and pop, about 2
minutes. Transfer
seeds to paper
towels to drain; let
cool. Reserve skillet.

Pulse 6 tablespoons
pumpkin seeds,
cilantro, coriander
seeds, and garlic in
a food processor
until coarsely
chopped. With
machine running,
gradually add 1
tablespoon lime
juice, 1/4 cup oil,
then 1/4 cup water,
blending until
coarse purée forms.

Season pesto to
taste with salt,
pepper, and more
lime juice, if
desired.

Cilantro

behavior

Detoxing from Heavy Metals

Ways to detox from heavy metals include making dietary changes and using herbs and supplements, which help to break down metals into smaller molecules so they can be eliminated from your body.

Add these to your diet:

- cold pressed, unrefined coconut oil
- garlic, cilantro, and parsley
- chia and flaxseed
- bone broth
- foods high in vitamin c
- milk thistle
- spirulina and chlorella
- plenty of fresh, filtered water
- probiotics

The most effective way to rid your body of heavy metals is through chelation. Chelation is a process in which a substance is used to bind molecules, such as metals or minerals, and hold them tightly. Chelation is a process best practiced with the supervision of a healthcare practitioner.

If you believe that you may be suffering from heavy metal toxicity and would like assistance with chelation using natural, whole food supplements and herbs and/or advice regarding dietary changes, please call the office to schedule an appointment with Dawn. She can also help you identify the sources of your heavy metal toxicity, so that you may remove them from your environment. 707.795.1063

Detox Juice



Serves 3

1 bunch cilantro
1 inch piece of
ginger
1 lemon
1 lime
3 large cucumbers

One at a time, push
all ingredients
through a juicer or
use a high-speed
blender.

Testimonials

"About three years ago, I kept repeating an awful cough every month, and the woman helping me didn't know what else to do and referred me to Dawn Dolan. She discovered it was from a mold spoor in

Create Your Own Non-Toxic "Medicine Cabinet"



To Help Rid the Body of Toxins:

Multizyme

To break down toxins
*taken on empty stomach

ChelaCo

Herbal remedy to help clear
toxins and protect the body

Gastro Fiber

To absorb broken down toxins
so they are not reabsorbed into
the body

Parotid PMG

To support the body's chemical
defense mechanism

Please contact the office for dosage, pricing and any other questions.

707.795.1063

my throat and helped me boost my immune system and got rid of the cough. Wow, what a relief! She has also helped me through a couple eye infections, clearing out mercury from old metal fillings and weird skin rashes. Also, she is continually learning about new healthcare advances and is passionate about using new techniques and information. Unless I have a broken bone or need stitches, Dawn is my go-to person for my health issues and questions."

~K.S.

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