



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 #56

Greetings!

We are pleased to present our 56th 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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Take *Care* of Yourself... Don't Stress Out!



Stress touches everyone at some point. We have all dealt with some manner of emotional stress, physical stress

Grain-Free Meatballs with Zucchini "Spaghetti"



Makes 24 Meatballs

1 lb ground lamb

and/or anxiety. If left unresolved, it can become chronic and will manifest into health issues. **Learning to manage stress or limiting the stress response can save you from serious illness later on.**

You may not realize how severely chronic stress can affect our body systems:

Nervous & Endocrine Systems - the body suddenly shifts into "fight or flight" mode, redirecting energy resources to battle the perceived threat. The sympathetic nervous system signals the adrenals to release the hormones, adrenaline and cortisol. Adrenaline increases your heart rate and blood pressure, temporarily elevating energy levels, preceding the inevitable crash and fatigue later on. 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.

Musculoskeletal System - muscles tense up during stressful times. Chronic contraction of muscles can trigger headaches, migraines, spinal misalignment, and other musculoskeletal conditions.

Cardiovascular System - stress causes an increase in heart rate and stronger heart contractions; the blood vessels dilate, blood pressure increases and puts more strain on the heart. Repeated episodes of the stress response can cause inflammation in your coronary arteries and lead to heart attack.

Respiratory System - stress can make you breathe harder and cause rapid breathing (hyperventilation), which can bring on panic attacks and/or extreme anxiety. This is especially troublesome for those who suffer from asthma or emphysema as stress compounds the negative effects of these diseases.

Gastrointestinal System - when in "fight or flight" mode, your nervous system shuts down blood flow to the digestive system, decreasing digestive muscle contractions and secretions needed for proper digestion. Without your digestive system in working order, stress causes further inflammation and can make you more susceptible to infection.

Reproductive System - excess amounts of cortisol, produced under stress, can affect the normal functioning of our reproductive systems. For men, chronic stress can impair testosterone and sperm production and cause

1 lb grass-fed ground beef

1/2 cup almond flour

6 cloves garlic, minced

1 tablespoon dried Italian herbs (oregano, basil, parsley, marjoram)

1 tablespoon sea salt

1 tsp black pepper

3 eggs

2 cups spinach, chopped

1/2 cup Parmesan cheese, grated

Preheat the oven to 350 and line a baking sheet pan with parchment paper. Mix the ground lamb, ground beef, almond flour, herbs, salt, pepper, eggs, spinach and cheese in a bowl gently with your hands. Form the meatball mixture into 24 golf ball size pieces. Place them 1 inch apart on the prepared sheet pan and bake for 20-25 minutes. Serve on top of zucchini

impotence. In women, stress can cause absent or irregular menstrual cycles or more painful periods and can also reduce sexual desire.

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. These foods can help to further boost your immune system and fight stress:

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

Fermented Foods - beneficial bacteria have a direct effect on brain chemistry, transmitting mood and behavior-regulating signals to your brain via your vagus nerve

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

Dried Apricots & Seeds - rich in magnesium, a precursor for neurotransmitters like serotonin (which is a stress-buster) and a natural muscle relaxant as well

Wild Caught Alaskan Salmon - Diets high in omega-3 fatty acids protect against heart disease and keep cortisol and adrenaline from peaking

Green Vegetables - Broccoli, kale, seaweed and other dark green vegetables are rich in folate, which helps your body produce mood-regulating neurotransmitters, including serotonin and dopamine

Exercise is one of the best ways to reduce stress. When exercising, your body releases hormones called endorphins that help fight stress. Yoga is an excellent stress-relief exercise which 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

"spaghetti" with marinara sauce.

Zucchini "Spaghetti"

2 lbs zucchini

2 tablespoons butter

2 tsp sea salt

2 cups marinara sauce

Use a spiralizer to make zucchini noodles. Cut each piece about 3-4 inches in length. Heat a large saute pan on medium and add butter. Once the butter is melted and sizzling, add the zucchini. Stir frequently to ensure even cooking - about 5 minutes. The zucchini releases a lot of water during cooking, so you'll need to drain as much excess water as possible. Add salt and marinara sauce and heat until the sauce begins to bubble.

Testimonials

I wouldn't go to bed without taking at

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 your body systems, please call the office to schedule an appointment with Dawn. 707.795.1063

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.

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

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, ACN