



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

Issue #80

Greetings!

We are pleased to present our 80th 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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Parasites Are More Common Than You Might Think...



[Parasites](#) take up residence in our bodies and survive by extracting

Medicinal Turmeric Tea



32 oz boiling water

½ Tbsp turmeric powder

1 Tbsp fresh ginger, thinly sliced

nourishment from us. We become their hosts as parasites cannot live on their own. Most people have had parasites at one time or another, but it may have been inconspicuous and gone undetected. The symptoms are commonly overlooked and assumed to be attributed to something else or are thought to represent a standard way to feel.

Please don't dismiss these symptoms as a "normal everyday" kind of nuisance as parasitic infections can have serious repercussions.

Signs of Parasitic Infection

- Mood disorders: depression, anxiety, irritability
- Strong cravings for processed and sugary foods
- Anemia or iron deficiency- worms can create enough blood loss to cause anemia or iron deficiency
- Skin ailments such as hives, rashes, weeping eczema, itchy dermatitis, acne, ulcers, sores, lesions, etc.
- Recurring yeast infections like Candida
- Bleeding gums
- Headaches
- Restlessness or anxiety
- Nervousness, as waste products from parasites irritate the nervous system
- Teeth grinding and drooling during sleep
- Food allergies/food sensitivities
- Loss of appetite
- Sexual dysfunction in men/menstrual cycle problems in women
- Chronic fatigue/constantly tired
- Craving foods you KNOW are bad for you
- Persistent digestive problems (cramps, bloating, gas, etc.)
- Hungry all the time
- Sore/stiff joints
- Breathing problems
- Itching - especially around mouth, nose and anus
- Memory problems

Some parasites have the ability to deceive our bodies into believing that they are a normal part of our tissues keeping our immune systems from fighting them off. They can generate severe nutrient deficiencies and digestive problems as they deplete us of vital vitamins, minerals, and amino acids needed for digestion. This can trigger anemia or cause people to become drowsy after eating. Overall, they depress function of our immune systems, making us toxic by releasing toxic waste into our bodies. A weakened immune system and toxic body leads to further degeneration, fatigue and illness.

Some of the Most Powerful Foods to Fight Parasites

Garlic has a history of killing parasites and controlling secondary fungal infections. It also detoxifies while gently stimulating elimination, and has antioxidant properties to protect against oxidation caused by parasite toxins. The active components in garlic that kill parasites are allicin and ajoene.

Cloves contain the most powerful germicidal instrument in the herbal domain, known as eugenol. It also contains caryophyllene, which is a powerful antimicrobial agent. These components travel through the

1 handful
cilantro, chopped

1 garlic clove,
peeled and
crushed

1 Tbsp coconut oil

2 lemons, juiced

5 peppercorns,
whole

3 cloves, whole

1 orange, juiced

Instructions:

Put water on the stove to boil. Combine all ingredients in a strainer or teapot. Pour boiling water into the pot and steep for 10 minutes. Strain and enjoy!

Ginger, Turmeric & Garlic Paste (Base for Curry Sauces)



7 ounces fresh

bloodstream, killing microscopic parasites, larvae, and eggs.

Raw pumpkin seeds are able to kill eggs, and they contain a natural fat that is toxic to parasite eggs. Curcubitin in pumpkin seeds has shown anti-parasitic activity, since it has the ability to paralyze worms so they drop off the intestinal walls.

Turmeric is one of the most powerful agents for parasitic worm-expelling and an overall body purifier. It is safe to consume regularly for medicinal purposes and maintaining good health. Combine turmeric with coconut oil and black pepper for improved absorption.

Ginger increases circulation and helps with all digestive issues. It is especially good for gas and nausea associated with parasite die-off. It also improves stomach acid production, which kills parasites and protects us from getting infected in the first place.

Cayenne is a powerful anti-fungal. It has the ability to destroy fungus, mold & parasites on contact. It increases circulation and the effectiveness of other herbs when used in combination with them. Try sprouted pumpkin seeds seasoned with ginger and cayenne to discourage intestinal bugs.

Identifying and treating parasites on your own is tricky. Depending on the severity of parasitic growth in your body, you may need additional help beyond making changes in your diet. Using concentrated whole food supplements may be the ticket to ridding yourself of a parasitic infection. If you have any combination of the symptoms listed above, please call the office to schedule an appointment with Dawn for testing and a protocol designed specifically for you. 707.795.1063

turmeric root

3.5 ounces fresh ginger

3 ounces fresh garlic

2 ounces fresh green chili

1 lemon, juiced

Peel turmeric, ginger, and garlic. Blend turmeric, ginger, garlic, and green chili in a food processor or powerful blender. Add the lemon juice and blend until smooth.

Store in glass jars in the refrigerator for 1 month or in the freezer for 3 months.

Take out small amounts for creating curry sauces or other flavorful dishes as needed.

Testimonials

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

Create Your Own Non-Toxic "Medicine Cabinet"



To Help Rid Your Body of Parasites:

MH Turmeric Forte – is a formulation of Turmeric rhizome and Fenugreek seed extracts to enhance the body's normal detoxification process

MH Garlic Forte – contains sulfur compounds (particularly alliin) to support immune system health

MH Wormwood Complex – cleanses the gastrointestinal tract and encourages a healthy intestinal environment

Cayenne Pepper – supports healthy gastric digestion and encourages healthy circulation

Please call the office for proper dosage and instructions 707.795.1063

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

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