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 #23

We are pleased to present our 23rd 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

Weight Management is Health Management
Non-Toxic "Medicine Cabinet"
Eat Well... Feel Well!

Quick Links

www.rejuvandwellbeing.com
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liveitlifestyle.com/lessons

Eat Well... *Feel* Well!

Weight Management *is* Health Management

Are you having trouble losing weight or maintaining healthy eating habits? Would you like to learn how to make better food choices and have more energy? Begin the new year right with our 21 day **Purification and Weight Loss Program**. In the process, you will learn about your body and what it needs to stay healthy.

Winter Chicken and "Rice" Soup

- 2 tablespoons olive oil
- 1 pound chicken breasts or thighs, diced

Fad diets sell a lot of books, but they ignore the way our bodies actually work. Gaining the weight back (plus a little extra) is all too common. Our program is different; it is not a diet and you will be encouraged to eat as much as you need to feel satiated. It is a program that helps you live a healthier life by purifying, nourishing, and maintaining a healthy body and weight.

The program uses 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.

Throughout this program, you might find yourself eating foods that may be new to you. As a result, you'll be enjoying some new tastes, new textures, and a whole new you!

Each participant will receive protein powder for daily shakes, whole food supplements and detailed instructions. We will also provide tips and healthy recipes that will be complementary to the goals outlined in the program.

Please email us or call our office to get more details: office@rejuvandwellbeing.com, 707.795.1063

*See Winter Chicken and "Rice" Soup recipe as an acceptable meal for the second half of the Purification Program

- 1 1/2 cups chopped onions
- 1 cup chopped celery
- 1 cup diced carrots
- 1/2 cup chopped green onions
- 2 cloves minced garlic
- 1/4 cup fresh parsley leaves
- 3 Tbsp sage, chopped
- 1 Tbsp thyme, chopped
- 1 Tbsp oregano, chopped
- 4 bay leaves
- 1/2 cup diced parsnips
- 1/2 cup chopped fennel
- 1/2 cup chopped butternut squash
- 1 1/2 cups torn spinach leaves
- Pinch crushed red pepper
- 3 quarts chicken broth
- 1 head cauliflower, shredded into rice size pieces
- Salt and pepper to taste

Directions

In a large sauce pot, heat the olive oil. Season the chicken with salt and pepper. When the oil is hot, add the chicken and sauté for about 5 minutes, or until the meat is brown. Add the onions, celery, carrots, green onions, garlic, parsley, sage, thyme, oregano and bay leaves. Season with

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

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

salt and pepper. Sauté the vegetables for 4 minutes. Add the chopped vegetables, spinach, and crushed red pepper and sauté for 1 minute. Add the stock and cauliflower "rice"; bring the liquid to a boil. Reduce the heat to a simmer, uncovered, for about 15-20 minutes, or until the vegetables are tender.

Testimonials

"I wouldn't go to bed without taking at least 3 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. Its only been 3 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'm a different person with a different mind set. This is a huge blessing for me. Thanks Dawn!! You are fantastic."

S.R., Santa Rosa