



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 #42

### Greetings!

We are pleased to present our 42nd 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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### Quick Links

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

[Email us](#)

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

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

## Prepare Yourself Now for the Upcoming Allergy Season!

Although it's still chilly outside and spring hasn't brought forth the season's common environmental allergens, it's not too soon to begin preparing...



**Turmeric  
Chicken and  
Spaghetti  
Squash**

When your body determines that something is a "foreign invader," it releases histamine that causes an immediate inflammatory response. This is your body's way of alerting you of potential attackers to your immune system. Histamine is produced by white blood cells to increase the permeability of the capillaries to proteins and white blood cells, allowing them to engage pathogens or "foreign invaders." The classic symptoms of an environmental allergic response (a runny/stuffy nose and itchy, watery eyes) are due to fluid escaping the capillaries into the tissues when permeability is increased in the nasal mucous membrane.

Allergic response to food and mold can mirror and intensify the same reaction in addition to itchy skin, rash and hives, swelling, sluggishness, respiratory issues and gastrointestinal problems. The immune system kicks into high gear to push out toxins and return to a normal state. If your body is under constant attack from food and/or mold allergies, your body's baseline may be affected and in your "normal" state, you might be constantly challenging your immune system. If your immune system is always stressed and over-burdened, you are more likely to have a more intense reaction during the typical spring allergy season. If you eliminate these extra factors, your body will be more efficient at handling environmental allergens.

Don't fall into the trap of taking prescribed or over



### Serves 6

- 6 skinless, boneless chicken thighs
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp sea salt
- 1 tsp black pepper
- 2 Tbsp fat of choice
- 1 onion, diced
- 1 Tbsp fresh ginger, minced
- 3 cloves garlic, minced
- 1 1/2 cup heavy cream or coconut milk
- 1 cup kale, finely chopped
- 1/2 cup peas
- 1 medium spaghetti squash, roasted

Preheat oven to 350. In a medium

the counter medications for seasonal allergies. The purpose of these drugs is to **suppress the immune reaction**, not rid your body of allergies. What happens if you suppress your immune system? You leave yourself less protected from other invaders or illnesses. Over time this can take an enormous toll on your health and wellbeing.

Why not prepare your body by eliminating factors that challenge your immune system? Rid yourself of toxins and eliminate the foods that cause you to react. You may find that your normal baseline will shift to an amazing feeling of well being with increased energy and vitality.

**Give yourself an extra edge by providing your immune system with additional support.** With proper supplementation you can boost your immune system and be less vulnerable to allergen reactions. Please see the Non-Toxic Medicine Cabinet for immune support. If you think you might have a mold or fungus issue, please schedule an appointment with Dawn for testing and the appropriate method for elimination.

\*\*\*Next month's newsletter will further cover the relationship between foods and toxic reactions and provide you with the tools to purify your system\*\*\*

bowl, mix the turmeric, cumin, coriander, salt and pepper.

Place the chicken in the bowl and rub on all sides with the spice mixture.

Heat 1 tablespoon fat in a skillet over medium heat.

Place the chicken in the skillet.

Cook until browned.

Then finish in a baking dish in the oven until cooked through -

approximately 30 minutes.

Heat the remaining oil in the skillet.

Add the onion, ginger and garlic, cooking for 5 minutes.

Stir in the heavy cream or coconut milk and kale -

reduce while chicken is finishing in the oven. Add

peas in the last 5

minutes of cooking.

After chicken is fully

## Create Your Own Non-Toxic "Medicine Cabinet"



### To help boost your immune system:

- **Livaplex** – supports liver and toxin elimination
- **Super EFF** – supports cellular health and increases energy
- **SP Green Food** – Provides phytonutrients and antioxidants
- **Immuplex** – supports a healthy immune response
- **Echinacea Premium (MediHerb)** – encourages healthy upper respiratory tissue

\*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

cooked, pour juices from pan into cream/coconut milk reduction and increase heat. Cook until reduced to a thick consistency.

Serve chicken and sauce on top of roasted spaghetti squash.

## 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