



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 #17

We are pleased to present our 17th 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 &
Christine Calaway
Rejuvenation & Well Being

Get Ready...
We Declare July
"Spread the Wellness"
Month!

In This Issue

[Get Ready...](#)

[Non-Toxic "Medicine Cabinet"](#)

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Quick Links

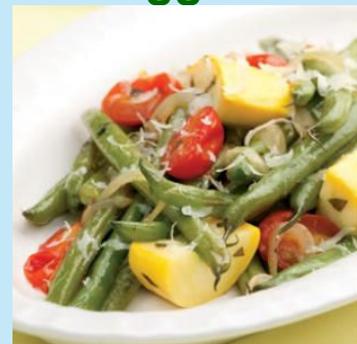
www.rejuvandwellbeing.com

[Email us](#)

liveitlifestyle.com/lessons

Eat Well...
Feel Well!

Braised Green Beans & Summer Veggies



Serves 6



Have you been wanting to share the benefits of coming in to our office with those you know?

Have they been hesitant because of the initial cost?

Have you been wanting to come in again, but have a tight budget at the moment?

Well, we can help you with both.

For the month of July only, have a friend come in as a new client at 40% off our initial testing and consultation fee and come in yourself for follow up testing at the

2 Tbsp extra-virgin olive oil

1 small onion, halved and sliced

1 Tbsp finely chopped fresh oregano

1 pound green beans, trimmed

1 medium summer squash, halved and cut into 1-inch pieces

1 cup halved cherry tomatoes

1/4 cup finely shredded parmesan cheese

Salt and Pepper to taste

Heat oil in a large skillet over medium heat. Add onion and oregano and cook, stirring until softened and beginning to brown, about 2 minutes. Add broth and bring to a boil. Add green beans, reduce heat to a simmer, cover and cook for 10 minutes, stirring once or twice. Add summer squash and tomatoes and continue cooking until veggies are tender. Season with salt and pepper. Serve sprinkled with parmesan cheese.

*Please use all organic ingredients!

Testimonials

"I am happy to get the word out about Dawn and her total awesomeness. I started having some pretty serious health issues about a year ago and did not want to go the traditional medical route, as I've had bad luck in the past, and loathe medication and all their side effects. I initially went to see Dawn because I was suffering from exhaustion. weight gain.

same discounted rate.

Create Your Own Non-Toxic "Medicine Cabinet"



Stock your Non-Toxic Medicine Cabinet with the perfect solution - *customized just for you!*

Please call the office to schedule an appointment with Dawn Dolan for testing.

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!

extreme PMS and hypothyroidism. I had ZERO energy and I'm only 32. I have always lived a very active life and love working out, hiking and yoga, but all of this stopped in the last year. I could barely get out of bed. I was, in fact, suffering from a number of things.... adrenal fatigue, candida overgrowth and hypothyroidism. Instead of being told that I would have to go on meds for the rest of my life, I was simply put on a protocol of whole food supplements. I also had to quit carbs and sugar to help clear the Candida, which was much easier than expected. I dropped the weight super fast and slowly but surely, the PMS went away, no more fatigue and my thyroid levels went back to normal without meds!! Had it not been for Dawn, I may have never gotten to the bottom of my issues, and I am already beyond thankful for everything else she has done for me. She has literally been an angel in my life. I highly recommend her!!"

F.W., Petaluma



Dawn Dolan, MA