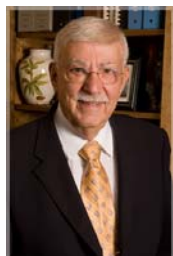




SPRING NEWSLETTER

Spring has sprung...have you?



Dr. James L. D'Adamo

Spring signifies the emergence of new life when the budding of blossoms brings growth and rejuvenation after a long, dark winter. Some of us like to have a little boost and rejuvenation of ourselves after months of cold weather and dark days. Sometimes, a few regenerating treatments are just what the doctor (and spring) has ordered to get some spring back into your step!

If prescribed by your Institute doctor, an IV infusion is an amazing and regenerating treatment that only takes approximately 45 minutes. While sitting comfortably in our annex

building, the doctor will specifically blend an IV that contains a mixture of vitamins for your individual blood type that will aid in increasing overall energy, improve the strength of the immune system, and perform actions targeted to various health conditions you may have. This is one of our most powerful tools in speeding up the healing process and a great way to get spring underway.

Another relaxing and rejuvenating treatment is our aromatherapy. Essential oils have been used for therapeutic purposes for nearly six thousand years. An aromatherapy massage is primarily slow and gentle, with rhythmic movements. It helps muscles melt into deep relaxation, relieves water retention; de-stresses the body, mind and spirit, produces a cleaning effect of the lymphatic system, improves the immune response, and assists the body to naturally release toxins. Melt into spring with this re-

laxing and beneficial treatment.

Lastly, a treatment that most don't think of when it comes to rejuvenation is cranial-sacral therapy. This therapy uses a lighter touch to stimulate the body's natural ability to heal. By balancing the flow of fluid from the cranium to the sacrum at the base of the spine, this gentle adjustment to the nervous system brings healthy energy to the entire body, including the internal organs. What better way to begin spring!

We have over 50 various treatments at the Institute that can be combined or experienced separately for a truly relaxing and healthy experience. Speak with one of the doctors to see which ones would be most beneficial to your health.

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Herb Talk: Licorice (*Glycyrrhiza-glabra*)

Beth M. Devlin, ND



Dr. Beth Devlin

Licorice, otherwise known as *glycyrrhiza-glabra*, is an extremely versatile herb used medicinally around the world. Licorice root is an adaptogen, which is a classification of herbs that help the body to deal with the stresses of daily life. Other well-known and commonly used adaptogens are Siberian ginseng and Ashwaganda. Each adaptogen has specific indications. Like the rest of the adaptogens, licorice helps to support the adrenal glands and the rest of the endocrine system. One of its specific uses is when someone has low blood pressure (due to worn out adrenal glands). Its supportive action will gently increase blood pressure. Other adaptogens, such as Rhodiola, are better indicated for people

with high blood pressure.

Licorice contains glycosides, which have a similar structure to steroids that the body produces naturally. These compounds decrease inflammation in the body.

It's anti-inflammatory action makes it a nice addition to acute treatments of coughs and bronchitis and helpful in more chronic illnesses (like gastritis and ulcers).

Licorice is used as a demulcent. Demulcents protect and encourage healing of irritated mucous membranes. This makes it a wonderful herb for the digestive tract and leads to its action as a mild laxative, as well as an excellent expectorant for coughs.

Licorice also has anti-viral activity, supports the immune system and is often used for both acute and chronic viral infections such as in Hepatitis B and C. In addi-

“Licorice also has anti-viral activity and supports the immune system...”

tion, Licorice also has a slight phyto-estrogenic effect and may help relieve hormonal imbalance. It also helps to keep blood sugar balanced and protects the liver.

The taste of licorice is a distinctive one. People seem to either love it or hate it.

Licorice lends its sweetness to making many herbal compounds more palatable. At the Institute, we use licorice in

many forms. We often prescribe it in a solid extract, tinctures, capsules and intravenously. We use a special formulation of Deglycyrrhized Licorice called Delicorice which helps to heal the upper digestive tract and remedy heart burn. Licorice should not be used by people with uncontrolled high blood pressure or those who are taking steroids. The Delicorice, however, is safe for people with high blood pressure, as it is the glycyrrhizin that is believed to raise blood pressure.

Herb Room Update by Peter Caverno



Peter Caverno

In order to maintain D'Adamo Institute's high quality standards, Dr. James D'Adamo has opted to discontinue four supplements and introduce new replacements in his D'Adamo Institute line.

This is cause for celebration because the quantity will increase,

and in some cases the prices won't, but quality will not be compromised! In fact, in most cases, the quality is even better!

Next time you're in, feel free to ask me about our latest additions of Bladderwrack Capsules, Niacin, Ginkgo Biloba, and Licorice Capsules.

The Battle Against Sun Damage

Ian Bier, ND, PhD. LAc



Dr. Ian Bier

Looking out the window as I write this, I see nothing but a landscape of white. In early February, the grip of winter in New England seems permanent. However, soon enough, the beginning signs of spring will start to show, and we'll be thinking about getting outside and switching our armor against the cold to that against the ultraviolet rays of the sun. Before you get carried away gearing up for the battle against sun damage and skin cancer, there are a few things you need to recognize.

There are 3 main types of skin cancers; basal cell carcinoma, squamous cell carcinoma, and malignant melanoma. Basal and squamous cell carcinomas, known as the nonmelanoma skin cancers, account for well over 90% of all skin cancers, and are easily treated with over a 95% cure rate. Malignant melanoma is far less frequent, but responsible for 75% of all deaths from skin cancer. Almost all resources that you look at will tell you that avoiding the sun and using sunscreen is the way to prevent skin cancer, and they are correct; if you're referring to the nonmelanoma skin cancers. The problem

is that the relationship between sun exposure and melanoma is unclear at best. In fact, a recent meta-analysis, a large study where they look at all the previous good studies in the area, concluded that "No association was seen between melanoma and sunscreen use", meaning that the use of sunscreen is not protective against melanoma. Even more surprising is a finding from the Journal of the National Cancer Institute that "Sun exposure is associated with increased survival from melanoma." You might need to read that again to believe it, but if you do get melanoma, having gotten plenty of sun exposure actually increases your chance of surviving it. Add to that the knowledge that most sunscreen ingredients are themselves capable of causing DNA damage to skin cells, one of the initiating events in skin cancer. So, sunscreen itself can cause skin cancer, doesn't protect against melanoma, and actual exposure to the sun can save you if you do have melanoma; sounds like a whole lot of confusion about what to do come springtime. Also, there are studies showing that good sun exposure lowers rates of Multiple Sclerosis, and several cancers, even cutting the rate of advanced breast cancer in half! What to do?

"Sun exposure is associated with increased survival from melanoma."

I generally recommend that people go out in the early spring when the sun is still weak, and begin to build a good base. There are two FDA approved sunscreens that are widely available that don't have the chemical toxicity issues – Zinc Oxide and Titanium Dioxide. These are both mineral based sunscreens that physically block the UV rays from contacting the skin, as opposed to trying to chemically alter the rays and make them safe. In my days as a lifeguard, the Zinc Oxide was a thick white paste; today they micronize it, so that it doesn't look like you have anything on. There is some concern with the micronization process that it may allow the molecules to penetrate deeper into the body.

My preference is the Zinc Oxide because it's a necessary trace element, so any that may be absorbed through the skin shouldn't cause any problems. These will protect the skin better than the chemical sunscreens, without the dangers. They will however, decrease your sun exposure and thereby the benefits you would receive from that.

Finally, there is research showing a protective effect against skin cancer from the omega-3 fatty acids and green tea. So take your Cod Liver oil or EPA's, sit down to a nice cup of green tea, and enjoy the coming of the sun.

**THE D'ADAMO INSTITUTE
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What Does Blood Type Have To Say About You?

Dr. James L. D'Adamo

Saturday March 7th at 3:15 pm

25th Annual Whole Health Expo
Clarion Hotel & Conference Center
1 Atwood Dr.
Northampton, MA 01060

Have you ever wondered what your blood type
has to say about you?

Learn about Dr. D'Adamo's World Renowned
Blood-Type Theory, including his latest research
on blood groups, sub-blood groups and RH fac-
tors, and how this information can enable you to
make healthful changes in your life.

Recipe Corner

Lemon – Herbed Ostrich Filet and Vegetables

This meal is quick and easy! Your family will love this delicious alternative to beef.

4-4 oz. Ostrich Filets
2 Tbsp. Oil
1 Tbsp. Fresh lemon juice
Sea salt
1 lb Fresh broccoli or frozen vegetable mixture
2 Cloves garlic, minced
2 Tsp grated lemon peel
1 Tsp. Dried thyme leaves
¼ Tsp. Pepper

In small bowl, combine seasoning ingredients; mix well. Remove 1 tbsp seasoning; press evenly into both sides of ostrich fillet. Stir oil,

lemon juice and salt into remaining season bowl; set aside.

Place filets on grill over medium coals. Grill, uncovered, 2 –3 minutes per side turning once. Since ostrich is naturally low in fat, it is best not to overcook as it tends to dry out. Meanwhile, prepare vegetables according to package direction or steam fresh ones. Combine vegetables and reserved oil mixture; toss to coat.

Carve filets crosswise into thick slices; season with salt as desired.

Golden tofu nuggets

1 Pound organic extra firm tofu,
drained or firm tofu

1 Tbsp. of sesame oil
1 Tbsp. Wheat free Tamari
2 Cloves garlic, pressed
1/8 Tsp ground star anise
(optional)

Wrap the block of tofu loosely in a clean kitchen towel. Place a cutting board or weight on top and allow to drain for 10 minutes or longer. In a large skillet combine the oil, wheat free tamari, garlic and star anise. Either cut the tofu into tiny cubes or crumble it through your fingers. Heat oil until sizzling. Stir in tofu, taking care to distribute the seasoning evenly. Cook over high heat, stirring frequently, until tofu is golden brown, 5 to 6 minutes. Delicious in a vegetable stir-fry.