

**THE D'ADAMO  
INSTITUTE FOR THE  
ADVANCEMENT OF  
NATURAL THERAPIES**

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The D'Adamo Institute...  
Dr. James L. D'Adamo's latest book,  
"Just an Ounce..."  
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## ASK DR. D

Dear Dr. D'Adamo,

I am blood type A and love yogurt. I can eat everything else that you advise in your book, "The D'Adamo Diet", but I cannot let the yogurt go despite the health implications. If it is really so bad for me, could you suggest an alternative that is healthier without cutting the taste?

Regards,

Amy G.

Dear Amy,

My recommendation would be to explore soy products. They have a similar texture and taste as many of the popular yogurt brands and soy is something that is most beneficial for an A blood type. If you want to get creative, you could purchase a yogurt machine and make soy yogurt. An internet search will yield instructions on how to make it. The process is a bit time consuming but well worth the effort.

In good health,

*Dr. James L. D'Adamo*

## Recipe Corner of dips and dressings

### Creamy Dill Dressing or Dip

1/2 cup silken tofu  
1/2 cup tightly packed fresh dill weed  
3 tbsp. olive oil  
1 tbsp. water (Use more or less to achieve desired consistency)  
1 tbsp. fresh lemon juice (More if desired)  
1/2 tsp. salt (More or less to taste)

Combine ingredients in a blender or food processor. Process until very smooth, scraping the sides as needed. Use immediately or refrigerate in tightly sealed container. Thin

with lemon juice or water if dressing becomes too thick. This can also be used as a sauce over baked or poached salmon.

### Hummus Dip Delight

2 cups drained garbanzo beans  
1/3 cup Tahini  
1/4 cup lemon juice  
1 tsp. sea salt  
2 cloves garlic (quartered)  
1 tbsp. olive oil  
1 pinch paprika (optional)  
1 tsp. minced fresh parsley

In a food processor, add garbanzo beans, tahini, lemon juice, salt and garlic. Blend until

smooth. Transfer mixture to a serving bowl. Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

### Garlic and Lime Dressing

1/4 tsp. kosher salt  
1 tsp. finely chopped garlic  
2 tbsp. finely chopped shallots  
1/3 cup lime or lemon juice,  
1 cup extra-virgin olive oil  
Freshly ground black pepper

In a small bowl, whisk salt, garlic, and shallots with the lime juice. until the salt is dissolved. Slowly whisk in the oil until emulsified.

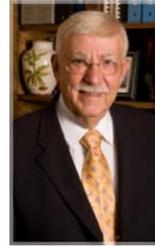
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THE D'ADAMO INSTITUTE FOR THE ADVANCEMENT OF NATURAL THERAPIES

# Summer Newsletter



*Dr. James L. D'Adamo*

When I started my practice in Brooklyn, New York almost 53 years ago, all I had was years of education and a passion for healing. I could not afford to advertise, and in those days, not much was known about Naturopathy. I knew that I needed to build my reputation, one patient at a time, one referral at a time. For the past 53 years that I have been serving my patients, I have never advertised. However, I feel that I might have done a disservice to some. If I were given a quarter for every time I heard people say, "I wish I 'd known you were here, I would have come years ago," I'd be a man with many, many quarters and the people inquiring would have already been feeling better.

Now that I have been

## The Internet Advantage

introduced to social networking technology, I am presented with an opportunity to give people a better chance to find us and to learn of the many beneficial treatments the D'Adamo Institute provides. I see this as an excellent way to provide educational information. It enables people to make informed decisions about their health, to implement healthy life style choices and, quite possibly, use this information to either help themselves become healthier, or to prevent an illness from taking hold altogether.

Facebook was our first attempt at social networking. The interest that this site has generated around the globe is very exciting. A constant stream of educational tips, new treatments and Institute news is being well received by our patients, as well as the general public.

As I understand it, most people gather their information now

from our website. We are seeing people from around the globe who review our site. Again, it is another avenue for people to read about the different treatments we offer and get a general understanding of what we do.

We have also started a Twitter account which, again, is proving to be a very useful avenue to provide education and empower people with tools to implement healthy life-style changes.

While I am not entirely clear about tweeting and LOL'ing, I am grateful that I have staff that do. I am excited about this new electronic venture we are taking, and I hope you join us.

### FaceBook pages:

The D'Adamo Institute for the Advancement of Natural Therapies

Dr. James L. D'Adamo's newest book, "Just an ounce..."

### Twitter:

DadamoInstitute

### Website:

DadamoInstitute.com

## New treatments exclusive to New England & D'Adamo Institute patients!

Exclusively to us, there are three new treatments that are sure to help many! These treatments work with a variety of degenerative diseases and are designed to ease some of the most chronic symptoms.

The D'Adamo Institute is known for bringing to you the most up to date, state of the art alternative

treatments available from all over the world. Although imitated by many, the quality of service and the positive results achieved at the D'Adamo Institute remain uniquely exclusive.

Dr. James L. D'Adamo, the pioneer of many amazing treatments offered at the Institute, has been working tirelessly to

advance our cutting edge advantage by adding new and exciting treatments to the Institute program.

These treatments are entirely and exclusively tailored to each individual. To find out whether you may benefit from this additional therapeutic support system, speak with Dr. James L. D'Adamo for a professional evaluation and advice.

### Employee Spot light

Every newsletter, we are introducing a "spotlight" section to highlight our staff and give you an opportunity to learn more about them.



The person we are highlighting in this issue is Maria Gibson. Almost everyone has the opportunity to meet Maria on his or her first visit to the D'Adamo Institute, as she is typically the one who takes your blood, offers you tea and gleefully explains the program. Her enthusiasm and positive attitude is addictive and her own journey on

the program certainly helps others as she tries to offer guidance and support when asked. When asked what is her favorite part of working at the Institute she states, "seeing the improvement in our patients," and I think all would agree that her genuine nature and warmth contributes to everyone's mental and physical health.

After 3 years employment at the Institute, she is just as vibrant and enthusiastic as the first day she walked in for an interview. "She was literally beaming" states Michele D'Adamo, "she has a wonderful combination of

talent, skill, and energy that makes her perfect for the fast pace environment of 5 rooms of treatments, often being used simultaneously." Her favorite treatment to receive and to give is the Ginger Therapy. She loves the relaxing aromatic smells and the reaction from the patients.

Dr. James D'Adamo states, "Over the past 3 years, Maria and I have become very close. She is a pillar of encouragement for our patients and a true advocate for the wonderful work we do here. Thank you, Maria, for all that you do for the patients, for the staff and for healing."

### Upcoming Events

**Keep checking our website & FB page for the most up to date events**

- June 5th, 3PM: Unity on the River, 58 Macy St. Amesbury MA *Lecture & book signing*
- June 8th, 4PM: Tune into WHCR 90.3 FM (NYC) Strategies for Optimum Wellness with Dr. J. L. D'Adamo
- June 11, 7PM : Water St. Bookstore, 125 Water Street, Exeter, NH *Short talk & book signing*
- June 15<sup>th</sup> 9:30PM: Log onto <http://www.snapoutofitradionetwork.com/New-Energy-Radio.html> to hear Dr. D'Adamo's online radio interview.
- June 16th, 9AM: Tune into WSCA 106.1 where Dr. J. L. D'Adamo will be interviewed by Dr. Greene

## Eating and traveling by Dr. James L. D'Adamo

Summer is here again and with it comes the joy of vacation travel. Going places, doing things, disconnecting from the challenges of daily life, relaxing on a beach or visiting historic sites sounds like the perfect summer activity. I know that we are all looking forward to this. As you fine tune your plans, make your bookings and pack your bags, a sudden anxious thought may threaten your bliss. "How will I manage to stay on my program which is crucial to my well-being?"

I am glad you asked. I happen to be somewhat of an expert on that subject.

While I have traveled around the world in search of specialized treatments, as well as for fun, I have never had a problem adhering pretty closely to the program. Most every restaurant serves fish, or another protein, and is willing to substitute the starch with an extra helping of vegetables. Pre-packaging supplements makes it easy to get your daily required dosage and is far easier to stow away than entire bottles of vitamins. Should your plans include plane travel, you may want to consider the following:

Keep your prepackaged daily vitamin dosage in you carry-on. Ask the front desk for a letter which will respectfully request that you may carry your supplements on the plane, and, if prescribed, we also have a letter requesting you to be able to have your protein drink on the plane. While it is not

a guarantee, most airlines are respectful of your health care requirements.

If you only have fast food chains available to you, don't despair. Most all of them offer salads. Do be careful, though, as an innocent salad could quickly set up your pancreas to go out of control when your salad is smothered in high-fat dressing and fried toppings. Better to choose a salad with fresh veggies, grilled toppings and, ask the server to hold the dressing and substitute lemon and oil instead. Most of the time this poses no problem. Another tip I would like to pass on to you is .....Eat Chinese food!

Chinese food can be a life saver during your travels, and Chinese restaurants, in my experience, are very accommodating to special requests, such as no salt, no sugar, no sauce. Just steamed and lightly sautéed is preferred. Tofu is in abundance along with vegetables and for O's, you can usually also get beef.

Steak houses are typically a great place for O's. With lamb and steak available as well, it's an O's dream. Beware of the fact that popular seasonings are laced with wheat and other spices that can disturb your digestion. To be on the safe side, request a gluten free menu which, of late, is a readily available option in

many restaurants, even the chains!

I often choose a naked Caesar salad for lunch, which consists of plain romaine, hold the croutons, hold the dressing, hold the cheese, please. You may, according to your menu, add grilled chicken or steak to complete your meal. Actually, I have not found any restaurant that was not willing and/or able to accommodate my protein and vegetable requests. There was, however, one exception.... a restaurant in Toronto, called Just Desserts. Their menu, for obvious reasons, would have had no substitutes to accommodate any of us. They did, however, serve all types of herbal teas, so there.

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"...an innocent salad could quickly set up your pancreas to go out of control..."

I would suggest that you read the menu descriptions carefully. Don't be afraid to ask how a dish is prepared, and what all the ingredients are that go

into the making of it. Rule of thumb, if your food is fried or cooked in oil or butter, ask to have it broiled or steamed and if you are not sure of all the ingredients, choose something else.

I hope this has helped provide some suggestions for your upcoming travels, be they work related or just for the fun of it. I wish you a healthy, happy and safe summer.