

We're Falling for These Soups!

Butternut Squash Soup

1 tsp. olive oil
1/2 small onion, minced
1 med carrot, sliced
1 small butternut squash, peeled, seeded and cut into cubes
1/2" fresh ginger, minced
2 cups hot water
1 cube vegan vegetable bouillon dissolved in the water
1/2 tsp. dried marjoram
1/8 tsp. cayenne pepper
3 heaping tbsp. silken tofu
1 stalk green onion, chopped
1-2 pieces baked tofu, cubed

In a large pot, heat the oil until hot. Add the onions and saute until translucent. Add the squash and carrots and saute for about 30 seconds. Add the water, ginger and spices. Bring to a boil, cover and turn down to low. Cook for about 18 minutes or until the squash is soft. Add the tofu and puree until smooth. Ladle into bowls and garnish with green onions and baked tofu croutons if desired. Serve immediately.

Chowvegan.com

Cream of Broccoli Soup

1 tablespoon vegetable oil
2 cups (14 to 16-oz.) thinly sliced onions
2 tablespoons (about 6 cloves) coarsely chopped garlic
1 (12-oz.) box lite silken tofu

1-1/2 to 2 pounds broccoli florets
2 (14.5-oz.) cans vegetable broth
1/2 cup water
Salt and pepper to taste
Fresh lemon juice to taste (optional)

Heat oil in a large skillet set over medium-high heat. Add onions; cook covered, stirring occasionally until onions are caramelized. Remove onions to blender jar. Add garlic to skillet; cook until garlic is fragrant. Add to blender jar. Puree. Add tofu. Pulse to combine. Return to skillet. Add broccoli, vegetable stock and water to skillet containing onion-tofu mixture. Bring to a simmer, cover and cook for 10 minutes. Transfer broccoli in batches to a blender jar. Puree. Season to taste with salt, pepper and lemon juice, if using. I've found this recipe needs a good deal of salt. Yield: 6 servings.
Oneperfectbite.com

Easy Homemade Vegetable Bouillon

You will need a food processor to make this. I chose to make it in my food processor, and added the vegetables in batches, grinding between additions to make more room in the processor. Store in the fridge in a well-sealed container for 5 days, or freeze in small portions to

use later on! I love ice cube trays for this very thing. I did not make this very salty, so that it is more versatile, and I can salt the dish I use it in to my preference later on. I added miso paste for a rich flavor; feel free to omit if desired. The beneficial bacteria of the miso will be cooked out once the broth is heated, but the delicious flavor will remain!

3 large carrots
3 celery stalks
1 large leek
1 very small onion (or probably about 1/4-1/2 of a medium onion)
4 garlic cloves
1/2 large fennel bulb, with stalk and fronds
1/4 cup packed parsley leaves
1 tsp dry thyme
optional: 3 tbsp azuki or chickpea miso
1 tsp salt

Chop all ingredients and place in a food processor. Pulse a few times, then process until you have a smooth vegetable paste. Place a small amount in a container in the fridge and use within 4 days. Freeze remaining bouillon in ice cube trays, then package in freezer bags. It is an easy broth! Use 1 tbsp bouillon per 8 oz of water.
Lymenaide.wordpress.com

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THE D'ADAMO INSTITUTE FOR THE ADVANCEMENT OF NATURAL THERAPIES

FALL NEWSLETTER

Proof is in the Pudding... Tofu Pudding That is.



Dr. James L. D'Adamo

Dear patient,

There always seems to be so much confusion in the world about vitamins and herbs. As far as I am concerned, vitamins and herbs are drugs; therefore, one needs to be careful when taking them. These many, many years and literally tens of thousands of patients, have shown me that each blood group's requirements are uniquely different. When I started this work, nobody had previously ever attempted it. The outcome of my research has been very positive and successful. It has allowed me to recognize and treat the individuality within each and every person.

Food is really the source of life and is designed to keep the body healthy. However, since food is

designed to keep a healthy body healthy, it cannot strengthen weaknesses, and that is the reason to add vitamins and herbs to strengthen weakened organs. Once the body is strengthened, there is little or no need for vitamins. Because I only use single unit pills, it may feel like an overwhelming amount of supplements at the beginning of the program. However, these pills are not forever.

One also needs to realize that we get what we pay for, and one needs to know that there are different qualities in vitamins and herbs. For example, you may go into a health food store and see vitamin E for 3 dollars, and another bottle with the exact same number of capsules and the exact same strength, priced at 20 dollars. The truth is the quality of pills for 3 dollars will do little or nothing to produce health in the body. As I said before, you get what you pay for.

Many times people will say that my formulas are similar to another's, but I can assure you that what I

give you is not like anything else that is out there in the market. My formulas are proven to be uniquely effective, of outstanding quality and regularly pass my independent chemist's rigorous tests to ensure potency and freedom from contaminants. The herbs contained in our botanicals are of the highest quality. They are chosen from regions where the plants grow best naturally and are harvested at their peak of vitality.

My formulas are based on 53 years of work, 10's of thousands of patients and decades of research. I believe in their usefulness, I am convinced of their effectiveness and I have confidence in their importance to help a weakened body regain strength and vitality.

So, in fact, the proof is in the pudding, as my success with using my supplements with patients has always generated healthy positive results.

I bet you never thought I could possibly tie in pudding with the D'Adamo supplement line, but with tofu pudding, anything goes!

Enjoy your autumn !

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Heavy Metal Poisoning by Dr. R. Medrek

Lately, we have heard about heavy metals in the news, such as mercury, lead, arsenic and cadmium. They are claimed to be toxic as well as life threatening, but exactly what effects do they have on us? There are 35 metals that can damage the body; 23 of them are called 'heavy metals.' In order to be classified as a heavy metal, the element must have a specific gravity of at least five times greater than that of water. The metals considered to be the most dangerous to the body are mercury, cadmium, lead, arsenic and aluminum. In general, these metals are of no use to the body.

At the D'Adamo Institute, we see quite a few people with severe heavy metal poisoning. Some are so severe that they cannot even be near everyday household chemicals without being re-exposed. While you might not have experienced such a reaction, there is more heavy metal toxicity in people's bodies than they might be aware.

Arsenic

33
As
74.92

Arsenic toxicity comes from a variety of sources such as municipal or private water supplies, pesticides, pesticide production/ spraying cigarette smoke (nickel, lead, cadmium just to name a few). Workers involved in pesticide production, insecticide production, spraying, and mining are at risk for cancer of the skin, scrotum, liver, lungs and lymphatic system.

Cadmium

48
Cd
112.41

Cadmium has some extrogenic activity and is associated with increased risk for osteoporosis and cancer. Swedish and

Japanese studies strongly correlate it with kidney damage. Cadmium comes from tobacco smoke, plastic, nickel-cadmium batteries, fertilizers, fungicides, pesticides etc. The toxic metal replaces zinc in the kidney and liver.

Lead

82
Pb
207.2

Lead is a poisonous metal that can damage nervous connections (especially in young children) and cause blood and brain disorders. Like mercury, another heavy metal, lead is a potent neurotoxin that accumulates in soft tissues and bone over time. Some sources of lead are leaded gasoline, lead based paints, ceramic glasses, lead crystal dishes and glass ware, batteries, and insecticides. The body mistakes lead for calcium so children, especially, quickly absorb it. Results could cause growth deterioration and nervous system disorders. Chronic lead toxicity may cause blindness, loss of memory, mental disturbances, infertility, liver failure, gout and kidney dysfunction.

While most might assume that lead paint is a thing of the past, approximately 21 million pre-1940 homes in the US still emit lead from flaking paint. Recent studies connected lead exposure to a higher rate of Parkinson's disease and cognitive decline in adults as well as lower intelligence and learning difficulties in children.

Lead can be detected by submitting samples of the flaking paint to a local laboratory. Check with your local health department for these labs.

Mercury

80
Hg
200.59

Mercury is even more toxic than lead. It is the most toxic radioactive metal on earth. It has been said that 1 teaspoon of mercury will poison a body of water 20 miles around. A paper mill can release more than 1000 kgs of mercury into a river a year. Methyl mercury toxicity usually comes from the predatory fish such as shark, swordfish, tuna and marlin. It is best to broil your fish. In this way, the compound in fish called alkyglycerols, that helps remove mercury are retained, and the mercury contained juice is discarded.

Another source of inorganic mercury is high fructose corn syrup which contains mercury grade sodium hydroxide in its manufacturing to adjust the pH. Be sure to be a label reader! Consumer Reports purchased 15 protein powders and drinks and tested multiple samples for arsenic, cadmium, lead and mercury. Levels of the products resulted in daily exposure in arsenic, cadmium or lead exceeding USP limits. When taking into account the large serving size suggested, the number of micrograms per day for these products was comparatively high.

At the D'Adamo Institute, many of our treatments are used to help detoxify the body of metals. Such therapies are the Infrarad Sauna, Fango Therapy, tinctures/herbs and several other highly specialized treatments that Dr. D'Adamo evaluates the use of per individual. Please call the office for more information.

Helping our Children be Healthy by Dr. Michele D'Adamo

Many of you might know me as the Institute's Support Counselor. While I am a psychotherapist and have a Ph.D in Health Psychology, another one of my little known degrees is in Early Childhood Education.

Just the other day, I received a phone call from a patient who wanted to encourage her children to eat similarly to her diet, as they were the same blood type. She struggled with how to do that without causing a household rebellion. This is such a common dilemma, that I thought I would share with you a simple and effective way to get your kids on the right path of healthy eating.

Cooking activities are appropriate for children aged two and up. Obviously, the kind of involvement and learning is different for a two-year-old then a five-yearold, but just as fun! Cooking together with your child does several things, and it gives parents the opportunity to talk about good nutrition. Small tasks, such as stirring or setting the table, fosters hands-on experience and a sense of accomplishment and contribution to the family. They learn cooking basics, and it promotes math/science skills as they help combine ingredients for recipes. Using ingredients with a variety of textures, smells and tastes is a wonderful opportunity to allow your children to explore their sensory environment. Verbalizing the difference to them or asking openended questions enhances your child's vocabulary.

This activity is also beneficial with Concept Development. This is where you discuss the difference between hard vs. soft, liquid vs. solid, hot vs. cold, in the bowl vs.

out of the bowl, etc. Best of all, it gives you the opportunity to spend quality time with your children, and we all want a little more of that.

Allowing your children to participate will often lead them to enjoy eating the food they helped create. Make it fun! This is not to be a stressful experience. You might want to start on a weekend when you are not rushed to get dinner on the table or have plans shortly after.

With a little grown-up ingenuity and childlike creativity, you can help your kids eat healthfully. For the A's and AB's, pull out your cookie cutters. Prepare extra firm tofu by draining water from the tofu package and give the brick a quick squeeze with your hands. Wrap tofu in a clean tea towel and place it on a clean plate with a heavy object (phone book with a few cans) on top. Allow draining and pressing for up to an hour. Slice tofu and place on baking sheet. This is a good time to invite your children to participate. Allow them to pick out a cookie cutter to use and make fun shapes cutting out the tofu. Allow them to use a brush and paint on wheat-free tamari (which can be spiced however your family pleases). Use seeds for eyes or decorations by rolling or patting on the sesame seeds. Once baked at 350 degrees for 15 minutes, have a variety of steamed vegetables that your child can use to dress up their creation, and serve. Be excited about their creation, praise their work, and you will see just how quickly they will want to help the next time.

For O's and B's, turkey meatballs are easy to put together. (See recipe in introductory guide). Children enjoy mixing the ingredients with their hands and form the meat into balls. Bake per recipe's instructions.

Sometimes using a different utensil other than a fork is a great way to encourage trying something new. How about chop sticks? For your little ones, use children's chop sticks so they don't get frustrated. For the meatball, insert a toothpick with a flag on it or some colorful umbrella. I've even baked the ground turkey recipe into a shape or a letter.

Purchasing a child's apron or chef's hat and allowing them to decorate it, is also a fun introductory way to spark an interest in the kitchen. Don't have an apron? No worries. Decorate a shirt that is not being used and call it the chef's shirt. It is to be worn when creating in the kitchen.

Lastly, be very cognizant about knives, hot burners and ovens. They are always a safety concern.

HAVE FUN!



Chef Vincent

Please be Kind—Use Your D’Adamo Institute Bag

About 8% to 10% of our total oil supply goes to making plastic. If you took the bags an average American throws away each year and converted them back into petroleum, you could drive about 60 miles on that fuel, but we just throw it away instead.

When people talk about bags, the conversation almost always focuses on disposal. However, the impact of bags begins long before disposal.

A bag is born when we manufacture it. Impacts in the making of a bag include energy for processing the bag, as well as the raw materials, like petroleum for a plastic bag or a tree for a paper bag. However that’s not all. We need to consider the materials used to make or extract the raw materials, too.

Traditional paper and plastic bags are designed for single trips. Canvas bags are designed to be used once a week for a year, replacing

one bag a week, or 52 bags a year. Our bags are designed for 2-3 years of weekly usage, replacing up to 1000 plastic bags. The more we re-use any one bag, the lower the impact of the bag on our environment.

So, please use the D’Adamo Institute bag that we provide with your first purchase of supplements. We do this as our part to help the environment, and we hope that you will follow our lead and continue to use those bags when you order. Thank you.

Employee Spotlight: Theresa Brown

Theresa Brown has been with the Portsmouth D’Adamo Institute for 13 years. As a RN and advocate for The D’Adamo Diet, she is a cheerleader for all patients. She answers questions like, “What advice would you give patients just starting the program?” “Be patient... Be loving, kind and gentle with yourself. This is a God-given perfect program and, humans, as we know, are imperfect. Do your best and you will succeed.” What’s not to love with encour-

agement like that?! While she administers a variety of treatments, she primarily administers colon irrigation. She knows that “detoxification is crucial to healing.” Dr. D’Adamo states, “Theresa is an exceptional nurse and an integral part of our nursing team. She is your biggest fan and a wonderful resource for incorporating the program into your daily life. Trust her. You’re in good hands.”

“I am continually learning while

working at the Institute,” Theresa states. “The biggest lessons from Dr. D have been to focus and to be more loving, kind and gentle with myself.” I’m sure you would agree, Theresa is that to us all.



Thank you, Theresa, you are a gem!

Ask Dr. D

Any ideas on how to reduce my child’s fever herbally?
Thank you, John K.

Average body temperature is about 98.6°F. Not all fevers require treatment. In fact, fever is an important indicator that there is something wrong with the body. For infants, from birth to three months with a rectal temperature reading of 100.4° F, notify a doctor immediately. Children from three months to 18 years should rest and remain hydrated if they

have a fever lower than 102° F. A doctor should be notified if the child seems unusually lethargic, irritable or uncomfortable.

Patients with fever should be sure to remain hydrated. Soak socks in cold water and wring them out. Bundle your child up and slide the socks on their feet. In a few minutes, you will notice that the socks become really warm, or even dry as the fever is being pulled from the body. Do this several times, or use a cloth

soaked in witch hazel. Place it on the baby’s groin, and wrap the baby up in a blanket or towel so that they do not catch a chill. Homeopathic ferrum phos pellets may also be administered. Ask your naturopath about the dosing. Go to the emergency room if a high fever is accompanied by a stiff neck, difficulty breathing, confusion, lethargy, delirium, convulsions or a cough with colored sputum.

Yours in health,
Dr. D’Adamo

Acupuncture in the Modern World By Dr. Keith Spaulding

Frequently, when people first come to the D'Adamo Institute, they suffer from a variety of illnesses. One of the most common, that is not often recognized by most as an illness, is being overscheduled and overburdened. As a result, many are excessively stressed but also fatigued to a deep level. One of the therapies we may recommend is a series of acupuncture treatments. It is a testament to the effectiveness of acupuncture that it was developed thousands of years ago for different types of problems, mostly infectious diseases. Now, it is helpful for modern stress related disorders.

With a chronically overburdened life, stress is the culprit that weakens the parts of the body or mind, that may be vulnerable, either from genetic or lifestyle reasons. For example, if work has been particularly hectic, and the diet has not been so good, you may suffer from bloating and gastritis. Your sinusitis keeps flaring up because of the quick sandwiches with cheese, and that wrist pain that comes and goes is back. This would mean your weak areas would be the digestive and respiratory system. Acupuncture can help strengthen these weakened systems and help calm

the nervous system to counteract the effects of stress. The uniqueness of acupuncture is that it can directly calm the body and mind, and make the nervous system stronger, but it also can heal and strengthen the systems affected by the stress. Hence, individualized treatments for the person above would affect their digestive and respiratory systems. As well as making them less likely to suffer from the dangers of stress, their wrist pain would also be resolved.

From a research perspective, the main way that acupuncture can benefit the whole body (depending on treatment) is its affect on the Central Nervous System (CNS) and the CNS' response to acupuncture. There is new groundbreaking research. If you do acupuncture on a point associated with the eye but located on the bottom, outside of the leg, and take an MRI of the brain, it reveals the action of one of the major areas of activity in the brain called the occiput. The occiput is associated with the eye and vision. This type of research has been deepened over the last 5 years, finding different areas of the brain lighting up with

particular acupuncture point stimulation. Hence, a needle is stimulated on an acupuncture point, and somehow (and that big somehow is part of the research I am doing) that information is relayed to the brain. This produces a response through the peripheral nervous system out to the organ, muscle or joint.

From the person's perspective, acupuncture can be both calming and energizing. Your energy is better, and you are able to handle life's stressors better. It doesn't necessarily mean that the activities of life are gone (the kids still have to be dropped off, your employer still wants you to work more overtime), but you get less worked up about it. Life comes and it goes. Why worry?



FYI

Did you know that some insurance companies offer policies that cover acupuncture and related services performed by the D'Adamo Institute?

Many of our patients have benefited from Dr. Keith Spaulding's treatments using their insurance for reimbursement. You can find out if your insurance provides acupuncture benefits by calling your insurance company's information or benefit's line located on the back of your card.