

ISSUE 4

VOLUME 5

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► This month, try our most popular Treatment: Immersion Bath. Soothe, relax and renew your nervous system with this luxurious aromatic medicinal therapy.



► Like us on Facebook for tips, money saving ideas and latest treatments.



► Chiropractic care now available!

The D'Adamo Institute

For the Advancement of Natural Therapies

ADDRESSING THE NEEDS OF THE INDIVIDUAL AND
PROVING TO BE THE LEADER IN NATURAL HEALTH CARE.

From Mexico, Asia, England, Jamaica and Israel: People travel from across the globe to benefit from the D'Adamo Institute.

Helping You Achieve Optimal Health

Here at the Institute, we have the distinct privilege of treating people from around the world with over half a century of Dr. D'Adamo's alternative medicine research. Our dedicated staff are trained and committed to each patient's road to optimal health. From Naturopath, Chiropractor, Psychotherapist, Acupuncturist and medical support staff, we are all skilled, holistic and supportive of your healthcare journey.

Our Institute doctors offer several pathways to help you achieve optimal health, and you may participate at various levels of treatment.

Our signature plan is a complete exam with Iridology that provides a personalized blood type diet, supplement and exercise program together with regenerative therapies. This encourages the healing, nurturing and rebalancing of the body's natural recuperative abilities. Instead of fighting with the body to get well, we

work with the body in the most gentle way possible, because we treat the cause, not the symptoms. Our desire is to get to the core of your illness, and we work together with you and whoever else you would like to be a part of your healthcare team from oncologists, to your primary care physician.

For those who would prefer to access some of our individual services without the diet and blood type exam, our licensed professional team including a Chiropractor, Acupuncturist, and Psychotherapist is also available to serve you. We, at the clinic, desire to support you in whatever way we can and at whatever level of participation you desire, so that you may experience daily optimal health.



LYME DISEASE TREATMENT

Dr. Robert Medrek has prepared extensive treatment protocols for those who suffer from Lyme Disease, which is the most common tick-borne illness in the Northern Hemisphere. According to the CDC, about 30,000 confirmed and probable cases of Lyme Disease occur each year in the United States. Many people aren't even aware that their symptoms are related to it until they are tested. Suspect you may have Lyme Disease or know someone who could benefit from our treatment protocol?

Please call: 603-430-7600



The Simple and Amazing Power of Witch Hazel

Astringent, antibacterial and anti-inflammatory ... we wonder why it isn't re-named medicinal marvel?

From shrinking hemorrhoids to sunburn healer, witch hazel is one product you must have in your medicine cabinet. Below are a few helpful and useful tips.

Hemorrhoid Shrinker: Mist witch hazel on toilet paper and gently dab on the swollen area to relieve pain and itching. Dr. D'Adamo's Hemorrhoid Cream will also do the trick! There are many products on the market that have witch hazel soaked pads and wipes to use also.

Face routine: Use witch hazel on a cotton ball as toner to shrink enlarged pores.

Mix coconut oil with witch hazel, put on a cotton ball and use to remove make-up!

Razor Burn Relief: Spritz witch hazel on newly shaven skin to stop itchy bumps from forming and calm the skin.

Heal a Bruise: Speed up healing, and reduce swelling by soaking a cloth in witch hazel and apply to the bruise twice daily. This helps

constrict the blood vessels.

Sunburns: Lessen healing time, peeling and inflammation by spraying witch hazel over sunburns to balance skin pH and manage pain.

Soothe Bug Bites: Witch hazel's anti-inflammatory properties can take the sting out of bug bites.

Witch hazel is a simple, effective and natural product to keep on hand. It is inexpensive and has many medicinal uses. No medicine cabinet should be without it.

"Healing is a matter of time, but it is sometimes also a matter of opportunity."

Hippocrates

SHOP ONLINE

Purchase your supplements at

MyNaturalHealthShop.com

"Nature, being the creator of life, is best equipped to maintain the life it created."

Dr. James L. D'Adamo
Founder of The
D'Adamo Institute

Recipes

GINGER-SESAME TOFU

Ingredients:

1 lb. extra firm tofu
Sesame ginger sauce (This can be found at your local health food store.)
1 c. coarsely chopped shitake mushrooms
1/2 c. sliced green onions
1/3 c. toasted sesame seeds
Grapeseed oil

Directions:

Cut tofu block into  quarters. Press tofu quarters between towel halves to squeeze out excess water. Slice quarters lengthwise. Spread thin layer of sauce across bottom of 9"x9" pan, place tofu

pieces in sauce and cover with more sauce. Bake 1 hour at 350 degrees. In a small frying pan, sauté mushrooms in oil on medium-low heat until done the way you like them. Add green onions, turn off heat. When tofu is done, take out of oven and add mushroom/green onion mixture to top of hot tofu. Sprinkle with toasted sesame seeds. (If you are allowed tomatoes, you may sauté organic, dried tomatoes with the mushrooms.)

BAKED SALMON

This recipe was adapted from allrecipes.com

Ingredients:

2 cloves garlic, minced
6 tbsp. grapeseed oil
1 tsp. dried basil
1 tsp. salt
1 tbsp. lemon juice
1 tbsp. fresh parsley
2 (6 oz.) salmon fillets

Directions:

Mix garlic, oil, basil, salt, lemon juice and parsley. Place fillets in glass baking dish; cover with marinade. Put in refrigerator about 1 hour or more, turning occasionally. Heat oven to 375 degrees, cover baking dish, bake for 35 minutes or until fish flakes easily with a fork.