



## From the Womb to the Grave: the Effects of Aspartame by Dr. J.L. D'Adamo



*Dr. James D'Adamo  
Director & Founder*

NutraSweet boasts on their website, "NutraSweet is the sugar-free source of sweetness in more than 5,000 consumer foods and beverages sold worldwide." Equal claims that by using their product you are reducing your calories up to 82%, and Amino Sweet claims, "only sugar tastes as good." However, what they are not making glaringly obvious on their home pages is that all these products are really Aspartame called by a different name.

Aspartame has been controversial for as long as it has been made available to consumers. Aspartame accounts for 75% of the complaints to the FDA for reactions to food additives. Julie Klotter (Townsend Letter, June 2011) states, "Aspartame...breaks down into component amino acids, phenylalanine and aspartic acid and methanol (wood alcohol) upon digestion. Methanol is toxic; the body's enzymes turn it into formaldehyde and then formic acid." Formaldehyde, for those who are not familiar with its toxic qualities, is what is used as one of the embalming chemicals to temporarily prevent decomposition and restore a natural appearance for viewing a body after death. Typically, embalming fluid contains a

mixture of formaldehyde, methanol, ethanol and other solvents. Sounds deliciously sweet, doesn't it?

In 1974, Aspartame was approved by the Food and Drug Administration (FDA). It was later suspended due to research that linked malignant brain tumors in rats to aspartame. After the FDA reviewed that research, they further investigated it with a board to review it, and it was determined in 1981, that Aspartame could be used safely in dry foods, and in 1983, in soft drinks. The reason? The test in question was criticized for its laboratory practice and poor study design. In 1985, Ohio senator Howard Metzenbaum stated, "...the FDA as well as doctors around the country have received hundreds of complaints from people who believe that they have had adverse physical reactions to Nutra-sweet." Senator Metzenbaum was hoping to have the FDA force manufacturers to state the amount of Aspartame that was in food. In 1987, the FDA had received 3,100 peoples' complaints with over 4000 symptoms relating to the use of aspartame. M. Kirsten Bradstock, MD, MPH and colleague of the Center of Disease Control (CDC), reviewed 231 cases in an attempt to locate verifiable adverse incidence to Aspartame consumption. They located 26 cases where symptoms were similar and involved at least two different Aspartame

products. One of those symptoms was retinal bleeding. In 1993, a study was done on those with mood disorders and Aspartame. It had to be abruptly discontinued since one person had a conjunctival hemorrhage, and another had a retina detach. In 2010, Shelia Kaplan wrote an article with the Investigative Reporting Workshop at the American University. She stated that the Environmental Protection Agency "...included Aspartame in its preliminary list of possible developmental neurotoxins. These are chemicals that damage a fetal and infant brain that are contributing to the increased incidence of learning disabilities and autism type conditions."

There is much to be said for the need for good research. There are just as many pro Aspartame research articles as there are con. It is my feeling that research that does not support the health of consumers needs to be taken seriously. I have never advocated for Aspartame and have always urged my patients to eat natural sugar over artificial. While natural sugar, honey and maple syrup are not ideal for those who are hypoglycemic, it is far healthier, and is less likely to cause some of the horrific symptoms I've seen as a result of Aspartame consumption.

# Friends, Family & Treatments

For years patients have asked if their friends or family members could benefit from our treatments. Since the treatments are having a positive effect on their own life, they want to share them with their loved ones. We couldn't agree with you more and would love to offer a variety of treatments to your friends and family. While we cannot offer all the treatments due to the extensive examination one requires to benefit from some of our services, we do have some exclusive services that we would be most happy to offer. Tell your friends to take advantage of our:

**HCG Weight Loss according to your Blood Type:** Lose at least 20 pounds in under a month! Having a tough time getting rid of those stubborn pounds and want to drop the weight healthfully? Call us to discuss how we can help jump start your weight loss in under a month! Scott Foster lost 37 pounds in 26 days and a total of 50 pounds in 8 weeks! Christiana Binder lost 20 pounds in 26 days of stubborn unwanted hard to lose fat! Call us today for more information.

**Triniti Facial System:** In just several treatments, we help you achieve facial renewal. We combine into one session three procedures: skin tightening, skin color correction and wrinkle treatment. All three procedures regularly don't create any discomfort for our patients and produce dramatically noticeable facial results.

**We have many more services and products available for non-patients. Just call the (603) 430-7600 x101 for more details, products and services.**



## Supplement Plus Product



The water you drink is as important as the supplements you take. While using Supplement Plus Boost Spray in your water or any other beverages, you are charging your beverage with electrolyte forming trace minerals while also balancing pH levels. No calories, 60 servings per bottle, portable, can be used anywhere and best of all, no flavoring!!

Trace minerals act as catalysts for many biological reactions within the body, including muscle response,

the transmission of messages through the nervous system and the utilization of nutrients in food.

Supplemental Boost includes ionic minerals. When dispersed into liquid, it restores the electrolytic properties into the cell where they are needed. The formulation allows bioventing through the cell walls; a process that helps draw nutrients into the cell wall where they are needed.

What else can Supplement Boost do for me?

Supplement Boost contains the proper mineral ratios to form electrolytes, it sets the foundation for proper mineral formation, and it helps balance the pH levels in your water.

The trace minerals in the spray come from the Caribbean Sea and offer the best chance in permeating the cell membrane within minutes of digestion.

If you think this might be a helpful product for you, please speak with one of our doctors or with Peter.





Dr. Robert Medrek

*Dr. Medrek Facts:*

*Licensed Naturopath in Canada and the US*

*Licensed Doctor of Acupuncture*

*Has trained extensively with Dr. James D'Adamo for over 20 years.*

*Has a strong interest in Chinese Medicine.*

*Is an avid Tai Chi practitioner*

*Developed one of our most popular treatments: The Ginger Therapy*

*Dr. Robert Medrek has openings for new patients now. Come experience what everyone is raving about.*

## When the Well is Dry by Dr. Medrek

*When the well is dry, we know the worth of water.*  
– Benjamin Franklin

Water is different from all other substances in that it supports life. It covers over 70% of Earth's surface, but only 2% of it is fresh water – and most of it is trapped in glaciers. It makes up 60% of the human body; muscles contain 75%, blood 82%, lungs 90%, brain 76% and bones 35%. Water flushes toxins out of vital organs, provides a moist environment for various tissues such as lungs, ears, intestines, nose and throat, carries nutrients to our cells and it lubricates joints. It also helps to regulate the body temperature, move the bowels and dissolve the nutrients to travel to your tissues. Your brain requires a delicate balance between water and various elements to operate. Water is most important because when you lose too much water, that balance is disrupted and your brain cells lose efficiency. Research has evidenced that when we're parched, our ability to maintain attention and focus decreases. Dehydration can impair short-term memory function and the recall of long-term memory. The ability to perform mental arithmetic, like calculating whether or not you'll be late for work if you hit snooze for another 15 minutes, is compromised when your fluids are low.

### How much water should I drink?

The average daily adult's loss is 1.5 liters through urination (6 cups a day). We also lose approximately 1 liter (4 cups) through breathing, perspiring and bowel movements. As food provides us with approximately 2 cups of water, we need to drink about 8 cups a day. If we eliminate about 6 cups of urine a day and don't feel excessively thirsty, we probably have had enough water to drink.

One of the ways to estimate the amount in ounces of water you need to drink daily, is to take your weight in pounds and cut it in half. For example, if you weigh 160 pounds,  $\frac{1}{2}$  of that equals 80, so you would consume 80 ounces of water daily.

The elderly lose their thirst mechanism and desire to drink. Small children have a larger body surface compared to their actual body weight, so they often are not drinking enough.

Interestingly, for many people the thirst mechanism is so weak that it is often mistaken for hunger. Even mild dehydration will slow down one's metabolism as much as 3%. So, for those of you who experience hunger pangs,

you might want to consider that your body might actually be thirsty. In a University of Washington Study, one glass of water decreased midnight hunger pangs for almost 100% of the dieters studied.

### Exceptions to the water rule.

During hot weather, traveling and stress of exercise, watch for symptoms of dehydration. These symptoms include lower back ache, chronic pains and cramps in muscles and joints, headaches, muscle pain on touching, fatigue, constipation, dark and odorous urine, dry mouth and thirst, kidney stones and infections. In those incidences, I stress the importance of increasing your water intake. Those who are runners need to be extra vigilant with water intake while running. 1 cup of water for every 20 minutes while running is of the utmost importance. Dehydration in runners can be severe as evidenced by nausea, muscle cramps, disorientation and slurred speech due to excessive sodium loss from sweating. This is fairly common in marathon runners.

Beverages with caffeine, diuretics, alcohol, vegetable juices and high sodium, sugary sodas can cause dehydration. You can add electrolytes such as our new product, Supplemental Boost, or lemon to help improve the hydration effect of water.

# Stress or Illness: Which Came First?

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Many of you know me as the Support Counselor, the person you meet 2 weeks after your initial introduction to the Institute. We talk about incorporating a more friendly and stress-free approach to your new health regime. Typically, as part of my work with you, I read the doctor's notes and what I read most often are mentions of weakness is the body that may include:

- weakened adrenals,
- immune system not functioning at optimal levels,
- digestive system off track,
- high blood pressure or
- chronic headaches, etc.

Do any of these sound like something you have heard the doctors mention about you?

The reason why I find this so fascinating, is because most people that have these issues have experienced a significant amount of stress in their life. *So, the question is, did stress cause these types of illnesses or did the illness cause the stress?*

From a health psychological perspective and a holistic perspective, I would argue that a weakened system that was not able to properly regulate stress, created some of the current health conditions that many people come to D'Adamo Institute to rectify. This all starts with our brain.

Your brain is an amazing organ. Not only is it the central command unit for our body, but it also has a very sensitive alarm system. When stress occurs, parts of our brain trigger off an alarm system called "fight - flight or freeze." This alarm system has served us well when our life was in danger of being eaten by lions when we had to hunt dangerous prey. In 2011, being eaten by lions is surely much less

of a threat, but our brain still carries those very important survival skills with it in the form of the "fight-flight or freeze." The alarm gives us the ability to fight the lion, flight from the lion or freeze in hopes that the lion will lose interest and walk away.

Regardless of the type of stress, someone has, the stress actually sets up the alarm that activates that area of the brain. When that happens, nerve cells start firing adrenaline, noradrenaline and cortisol into our bloodstream, and our respiratory rate increases. All these released chemicals that are flooded into our blood stream result in increased strength. Then, our blood is shunted away from our digestive tract and directed into our muscles and limbs, which require extra energy and fuel for running and fighting from the perceived lion or other stress. Our awareness of our surroundings becomes heightened as our pupils dilate, our sight sharpens and our impulses quicken to see other stressors that might cause us pain, such as another lion in the wilderness ready to pounce on us. The thoughts of pain and the ability to feel pain diminish as our immune system mobilizes with increased activation so that we can be physically and psychologically prepared to either "fight-flight or freeze." This response does not necessarily only happen when your life is in danger. Your brain does not recognize the difference between a perceived or a real stress. Stress is stress to the brain, and it responds accordingly. The alarm is really meant for occasional use. The body was not designed to handle chronic stress.

For many, however, feeling stressed feels normal, and this heightened stress over a period of time can cause significant illness.

## **So what if I'm stressed, that's life.**

A typical response to many people who are questioned about their

stress is, "so what if I'm stressed, that's life!" The fact is, that might be your life, but over a period of time, significant stress has been shown to have a broad spectrum of effects. These include a compromised immune system that malfunctions to the point of accelerating growth of cancer cells, increased vulnerability to viral infections, exacerbation of plaque formation leading to increased risk of cardiac issues, acceleration of the onset of Type 1 diabetes and the course of Type 2 diabetes and the worsening or triggering of asthmatic symptoms. The evidence is overwhelming that a cumulative build-up of stress hormones, if not properly metabolized over time, can lead to disorders of our autonomic nervous system. This causes headache, irritable bowel syndrome, high blood pressure and the like, along with disorders of our hormonal and immune systems. This creates susceptibility to infections, chronic fatigue, depression and autoimmune diseases like rheumatoid arthritis, lupus and allergies.

## **Ok, so what do I do about it?**

There are many ways to manage stress, respond to stress and deal with it that do not result in weakening your body.

For Blood Type O's, exercise is key to reducing stress. For Blood Type A's and AB's, meditation, journaling and guided visualization are wonderful to process stress. For Blood Type B's, thoughtful movement such as Tai chi and Qi Gong, which have a meditative component while being active, are invaluable.

The key is to recognize the stresses, find effective ways to manage them, keep your immune system healthy and allow your body to respond without causing harm. Do this by strengthening the organs that are most affected by stress so that they can be properly nourished and provide you the much needed support you need.

If you are interested in exploring how stress impacts you and how best to decrease the negative health effects, please call Dr. Michele D'Adamo for a consultation. (603) 430-7600.

# Relaxation & Health Support

Sometimes having to figure out what treatments would be best for a tired and overworked system is stressful enough. We have taken the stress out of designing a stress reduction package for you that might meet your time and relaxation needs. These packages below are available to both patients and non-patients.

Your journey to relaxation begins upon arrival at The D'Adamo Institute where you will be greeted by our friendly staff and taken to our changing area. There you will receive a complimentary robe and slippers for the duration of your stay, along with a locker for stowing your belongings.

## 'Partial' Health Support Package

This program is designed to counteract the stresses of contemporary lifestyles and prevent adrenal burn-out. Upon arrival, you begin with our Multi-Step Oxygen Therapy that delivers life-giving oxygen to congested tissues by opening the tiny blood vessels called capillaries. This will be followed by a relaxing treatment unique to the D'Adamo Institute, called Ginger Therapy. The warm ginger packs along with some acupuncture provide much needed support to overworked adrenals and are accompanied with a lovely foot massage. The nervous system continues to be pampered and put to rest during an aromatherapy light soft tissue manipulation administered by a skilled nurse using the most sensitive touch that equalizes

the nervous system and enhances the immune system.

Allow 2 1/4 hours for this pampering experience. Cost: \$215

## 'A Touch' of Relaxation and Health Support

Relax and unwind with a detoxifying footbath followed by the medicinal healing effects of an aromatherapy light soft tissue manipulation administered by a skilled nurse using the most sensitive touch that equalizes the nervous system and enhances the immune system.

Allow 1 1/2 hours for this nervous system support. Cost: \$85

We can customize any package, but the prices may vary based on the services requested. All appointments must be booked in advance, and a deposit is required to hold the nurse's space. We truly look forward to helping you unwind from life's hectic pace.

Call us to schedule your appointments today.  
603-430-7600

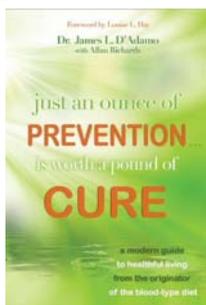
## Did you know?

**The American Medical Association has noted that stress was the basic cause of more than 60 percent of all human illness and disease.**

**It is estimated that American businesses lose approximately \$200-\$300 billion dollars per year to stress related productivity loss and treatment costs.**

**Every week, 95 million Americans suffer some kind of stress related symptoms for which they take medication.**

**A 20-year study conducted by the University of London concluded that unmanaged reactions to stress were a more dangerous risk factor for cancer and heart disease than either cigarette smoking or high cholesterol foods.**



Looking for a good gift? Give the gift of health! Dr. James D'Adamo's latest book, **JUST AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE** is perfect for any member of your family or a friend who is interested in making healthful changes.

Ask Dr. D'Adamo today to personalize it for an extra special gift that will be sure to find a secure place on the bookshelves of many households for children and adults for years to come.

# Rice Milk: A Patient's Perspective by Chris Kelsey, RN

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I am a patient at the D'Adamo Institute and suffer from hypoglycemia and would like to share a rice milk recipe with you along with the reasons why I am motivated to make it myself.

Since many of us are hypoglycemic, avoiding sugar is essential. Sugar has depressive effects on our immune systems and most commercial rice milk is not organic.

When I started the program, I learned that dairy products are not good for my blood type, so I began drinking rice milk. I am a label reader and was bothered by "other natural flavors" and the 10 gms of sugar per serving, when no sweetener was listed as an ingredient. I called the 1-800 number on the box and asked about the ingredients. The employee politely told me he could not divulge the ingredients of their recipe, but that "there is no MSG." When I inquired about the sugar content, he said, "there is no sugar, the sweetness is from the rice itself." I shared with him that I had tried homemade rice milk and that it was not sweet at all, but more like cooked rice. He then admitted that there could be

some evaporated cane juice or a sweetener derived from corn which was in the category of "other natural flavors."

Although it is good to know there is no MSG, there definitely is sugar in rice milk. In fact, at least 2 tsp per 8 oz. serving! Not only was this sugar depressing my already struggling immune system, it was maintaining hypoglycemia. At first I felt betrayed and angry. Then, I went into self preservation mode and googled a rice milk recipe. It was easy, and I soon became accustomed to the taste without the added sugar. I had been working hard to make the changes necessary to follow my blood type program and did not want to work against myself. I realized that is exactly what consuming sugar will do. Because, if 1 tsp. of sugar depresses the immune system for 2 hours, 2 tsp. depress it for 4 hrs. I was consuming 2 tsp. of sugar in each of my 3 protein drinks and putting my immune system to sleep 12 hrs. a day. I came to the D'Adamo Institute to get better, and this sugar was certainly not going to help. It was after I started making my own rice milk that I noticed my energy level really start to improve.

This "rice milk experience" helped me to realize that there is more to the D'Adamo program

than taking supplements, colonics and footbaths (which is a feat in itself). To really eliminate harmful foods, we have to be vigilant label readers. Now, more than ever, it is important for us to find out what really is in the foods we are consuming. Obviously, transparency in labeling is not a requirement in this country, so it may take some extra time and effort, but I believe it is worth it. If I am going to spend my time, energy and resources to detoxify and fortify my body for the improvement of my health, I don't want it to take any longer than necessary. Continuing to ingest toxins will just slow down the process. In this case, impatience is a catalyst for positive change. I hope you will give this recipe a try and enjoy the benefits as I do.

For Good Health!  
Chris Kelsey, RN

## **Quick Rice Milk Recipe**

1 cup cooked brown rice

4 cups water

½ tsp Himalayan salt (optional)

optional flavor suggestions: honey, maple syrup, agave, cinnamon, vanilla.

When making rice for a meal, cook some extra and set aside 1 cup. Put it in a blender with 2 cups warm water and blend. Strain. Put solids from strainer back into the blender with 2 cups water and blend. Strain. (If the rice is cold, it will blend better with hot water) Depending on desired consistency, add more water. Add salt or other flavorings. Store in sealed glass jars in fridge for up to a week. Solids may settle, so shake before using. Makes about 5 cups.

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## Exercise Tip



While we all want to do our best on the program so we can truly experience optimal health, sometimes the promise that exercise will make us feel better is not enough. Sometimes getting motivated is a struggle

and the thought of running for 30 minutes is exhausting.

If you want to incorporate exercise but find it too challenging, try this simple yet extremely effective technique. Let's say the doctor says he would like you to exercise 30 minutes a day. Cut that time in half to 15 minutes and now do it again. That's right, 7 ½

minutes... can you do that? If 7 1/2 minutes of exercise seems too much, then cut it in half to approximately 3 minutes. Try 3 minutes a day this week, next week double it, and so on and so forth. You'll find you'll get to the 30 minutes more quickly by doubling your time once a week. You have to start somewhere, and 3 minutes is a manageable place to start.

# On the Menu Tonight:

Middle Eastern Lamb, Roasted Brussels Sprouts & Lemon Asparagus. Grilled Fruit accompanied with a Mint Sprig.

## MIDDLE EASTERN LAMB

### Ingredients:

- 1 small onion, chopped (optional)
- juice of one small lemon
- 4 cloves garlic
- 1 tbsp. cider vinegar
- 1 tbsp. olive oil
- 1 tsp. Himalayan salt
- 1 tsp. ground black pepper
- 1/2 tsp. ground cayenne pepper
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. ground cloves
- 1 tsp. dried oregano
- 1/2 tsp. ground cumin seed
- 1/2 tsp. ground coriander seed

Combine all ingredients in your food processor and blend until a runny paste is formed. Rub this mixture all over the surface of your meat and let sit for several hours or overnight before grilling.

## ROASTED BRUSSEL SPROUTS

### Ingredients:

- 1 1/2 pound Brussels sprouts (trim ends, remove yellow leaves.)
  - 3 tbsp. grape seed oil
  - Salt as needed.
- Preheat oven to 400 degrees. Coat Brussels sprouts with oil and toss with salt and place on baking sheet. Bake on center rack in oven. Roast for 35 to 45 minutes. Every 7 to 10 minutes shake pan to prevent burning. They should be dark brown but not burned when done.

## LEMON ASPARAGUS

### Ingredients:

- 3 tablespoons fresh lemon juice
  - 1 tablespoon extra-virgin olive oil
  - 1 teaspoon finely grated lemon peel
  - 36 asparagus spears, trimmed
- Preheat oven to 450°F. Mix lemon juice, oil and lemon peel in 15 x 10 x 2-inch glass baking dish. Add asparagus; turn to coat.

Sprinkle with salt and pepper. Roast asparagus about 20 minutes until crisp-tender, turning occasionally. Serve warm or at room temperature.

## GRILLED FRUIT

Don't put your grill away yet!

Grilled fruit can be accomplished by placing large pieces directly on the grill and smaller pieces on a skewer. You can broil it or place it on an indoor griddle. To prevent sticking, brush the fruit or the grill lightly with olive oil. The key is to warm the fruit, not cook it till it's mush. Lemon juice drizzled over fruit after grilling is refreshing. You could use a variety of fruits, but pineapple, nectarine, mango or grapefruit are our favorite! Garnish with a mint leaf & enjoy!

## Employee Spotlight: Nancy Brown

Fourteen years ago, Nancy Brown became a patient of the Institute. A year later she decided to join our staff and has been a dedicated, hard working employee ever since. She does much of the behind the scene's work that makes the Institute flow so beautifully. From overseeing the facility and ensuring that everything is in working order, to researching on behalf of Dr. D'Adamo and being a general manager, she does more than we have room to write about! Her cheerful nature, her contagious laugh and her quick wit make her a perfect fit for our team. Her relentless support of Dr. D'Adamo and her team members is undeniable, and her dedication to the program is unfailing.

When Nancy Brown was asked how she felt about her job, she wrote, "Innovative natural healing therapies presented in an uplifting, peaceful atmosphere is what drew me fourteen years ago as a patient to the D'Adamo Institute. A year later, I had the privilege of joining the staff and working directly with Dr. D'Adamo for the past thirteen years. He carries his patients in his heart and consistently ponders creative ways to bring healing and encouragement to them on their journey to a healthy lifestyle. For over 50 years, he has been untiring in his efforts to provide the highest quality natural healthcare on a personal level for each individual patient, and I consider it a great honor to have been allowed to assist in the office of this wonderful man."

Dr. D'Adamo says, "I am humbled by Nancy's dedication and support to myself and the D'Adamo Institute patients. She is a multi-tasker with extraordinary energy, positive attitude and exceptional organizational and leadership skills. She continues to surpass my expectations as an administrator and a friend. Thank you, Nancy, we are fortunate to have you."



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# FALL NEWSLETTER

Fall 2011

Dear Dr. D,

I live in Atlanta and would love to hear you lecture in the South. Any idea when you will be doing a book tour or a lecture series in my neck of the woods?  
Joe

Dear Joe,

If you visit my website you will find a plethora of radio shows and interviews that give a wonderful overview of my work. The website also provides listings of lectures and upcoming interviews. Unfortunately, I do not have any plans to speak in the South, but I am always open to opportunities if my schedule permits. If you know of an organization that might want to host one of my lectures, please let my front desk know, and I will be sure to follow up.  
In good health,

*Dr. James L. D'Adamo*

## Testimonial by Donna Johnston

*When I first visited Dr. D'Adamo, I had fibromyalgia, suffered from short-term memory loss, anxiety and depression. Today, at 67, I feel better than I did years ago and recently returned from an extended photography Scuba trip - diving 28 times over 12 days with no injuries or illnesses. As a CFO of a multi-million dollar not-for-profit, I had suffered from memory loss. After a six-month medical leave, I was still unable to return to work, so I had to retire early. I believed in holistic, alternative and supplemental medicine, so I*

*searched for the right answer, following God's inner promptings. A water aerobics instructor referred me to Dr. D'Adamo, and 6 months later I came to New Hampshire. I visited Portsmouth for a week at a time as an Intensive-Stay patient—a retreat from myself and the life that brought me to disease. I continue to get healthier even though 100% compliance is not attainable. The doctors and nurses at the D'Adamo Institute are highly qualified... healing is their mission. The therapies are wonderful. I am no longer taking anti-anxiety, anti-depression or*

*acid reflux medications. One size does not fit all - everyone is treated individually for their specific body and needs. Remember: JUST AN OUNCE OF PREVENTION - IS WORTH A POUND OF CURE.*

***Many people have benefited from your testimony submissions by taking responsibility for their health and making an appointment. Please continue to share your story either thru our website or by dropping a note to us. Thank you for your continued support.***



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