

The D'Adamo Institute for the Advancement of Natural Therapies

44 Bridge Street
Portsmouth, NH 03801
tel: 603 430-7600
Fax: 603 430-9020

www.DAdamoinstitute.com
Join us on Facebook!



**Margaret S. from Smyrna, GA on
Yelp.com had this to say about us!**

"I cannot say enough positive things about Dr. D'Adamo and the Institute. As a 33 year old female diagnosed with a serious digestive disorder, I had exhausted all possible avenues for healing. The moment I met with Dr. D'Adamo, my life changed for the better. I have been so positively impacted by his gentle guidance through natural healing... I truly feel that I am healthier in mind, body and spirit than I have ever been. So much gratitude!"

Thanks Margaret for your support!

Recipes Submitted by Patients for Patients

BROCCOLI WITH SHITAKE MUSHROOMS

Ingredients:

1/2 lb. broccoli spears, chopped
1-2 garlic cloves, minced
3-4 shitake mushrooms, chopped
2-3 tbsp. grapeseed oil
Himalayan salt

Method:

Place oil in stainless steel frying pan. Add broccoli, garlic and mushrooms. Sauté on medium-low heat for 15-20 minutes or until broccoli can be pierced with a sharp knife. Add salt to taste and serve.

BASIL STUFFED STEAK

Adapted from Taste of Home

Ingredients:

1 boneless sirloin steak (2 to 2 1/2 lbs. and about 1 1/2" thick)
1/2 tsp. Himalayan salt
1/4 tsp. dried parsley flakes
1 1/2 c. lightly packed fresh basil
1/4 c. finely chopped onion
4 garlic cloves, minced
1 1/2 tsp. minced fresh rosemary or 1/2 tsp. dried rosemary, crushed
1/8 tsp. minced fresh thyme or pinch dried thyme
1 tsp. grapeseed oil

Method:

With a sharp knife, make five lengthwise cuts 3/4 of the way through the steak. Combine salt, pepper and parsley; sprinkle over steak. Coarsely chop the basil; add onion, garlic, rosemary and thyme. Stuff into pockets in steak. Using heavy-duty string, tie the steak at 2" intervals, closing the pockets. Drizzle with oil. Cover and grill over indirect medium heat for 35-45 minutes or until the meat reaches desired doneness (for rare, a meat thermometer should read 140 degrees; medium, 160 degrees; well-done, 170 degrees). Cover and let stand for 5 - 10 minutes. Remove string before slicing.

We are really enjoying your submissions and ask that you keep them coming. We all benefit from your suggestions. Thank you.

THE D'ADAMO
INSTITUTE

Fall Newsletter

VOLUME 4

ISSUE 3

FALL 2012

Personal Care Product Dangers



Dr. James L. D'Adamo

*Director and founder of the
D'Adamo Institute*

Many personal care products, including hair treatments, cosmetics and nail polish all contain a chemical known as formaldehyde. Formaldehyde is a substance commonly known for its role in preserving dead bodies, but it has many other uses. These include acting as a preservative, disinfecting agent, and, in the case of personal care items, as a solvent.

Formaldehyde exposure may also come from the interior of buildings and vehicles as a by-product of cigarette smoking and exhaust emissions. The main route of contact with formaldehyde is via inhalation. Since the fumes are very reactive, inhalation of the formaldehyde vapors may cause symptoms such as severe headaches, nasal irritation,

throat inflammation as well as itchy, red eyes. It is also a possible trigger for asthmatic attacks and other complications of the lung. The more common exposure of formaldehyde is absorption through the skin. Sometimes, even though there may not be direct inclusion of formaldehyde in a personal care item, it may be produced as a by-product of chemical reactions occurring in the product container.

Urea's, commonly used as preservatives and stabilizers in many shampoos, body lotions, conditioners and other personal care items, may liberate formaldehyde over time. It is also possible for it to be absorbed via the scalp, since many hair treatments require certain durations of time to be left on, and this allows plenty of opportunity for penetration. Formaldehyde may also be found on many clothes, especially wrinkle free varieties. It is important to wash clothes prior to use and ensure adequate air-drying time to reduce the concentration on the clothes.

The most worrisome aspect of formaldehyde contact is the possibility of inducing carcinogenesis. A study conducted by the National Institute of Occupational Health and Safety involving textile workers as participants, revealed a relationship between duration of exposure to formaldehyde and incidence of leukemia deaths. Formaldehyde is rapidly metabolized following entry into the body, and it is believed that any observed effects should occur in the upper respiratory tract area. This is supported well by a study conducted in 1980, which demonstrated a link between formaldehyde inhalation and nasal cancer in rats.

If at all possible, we strongly encourage you to purchase products without formaldehyde to ensure more limited exposure. At the Institute, we offer a formaldehyde-free facial cleanser, moisturizer and lip balm. These products are available at the front desk for you to try when you visit our Portsmouth, NH office.

INSIDE THIS ISSUE:

Carpal Tunnel	2
Blood Type Study Support	2
Dangers of Sleeping Pills	2
Characteristics of Your Blood Type	3
Recipes	4

Carpal Tunnel Syndrome Warning Signs

Carpal tunnel syndrome happens when muscles in the wrist and hand become inflamed. It is most commonly caused by repetitive actions over time. The symptoms of carpal tunnel syndrome include pain or tingling near the thumb or a shocked feeling in the fingers.

Treatment for carpal tunnel syndrome is based on the seriousness of the condition. If treated in its early stage, carpal tunnel symptoms will usually stop. Sometimes symptoms can be alleviated by simply

changing or avoiding activities that caused the discomfort or by wearing a wrist splint. The medical community might suggest anti-inflammatory drugs or corticosteroids. While those might treat the symptoms, they in no way treat the cause.

For those who have lost the feelings in their fingers so severely that they can no longer hold objects, nerves might have been permanently damaged. At this point, surgery is sometimes recommended. The surgery can ease or end the symptoms of carpal tunnel syndrome.

In some cases, surgery does not completely relieve the numbness and pain in the fingers or hand. This may be the case if there has been permanent nerve damage caused by long-standing carpal tunnel syndrome or by other health problems such as diabetes.

The D'Adamo Institute has effective treatment techniques which are a safer and healthier approach to alleviate carpal tunnel syndrome. Ask the doctors today how we can help.

Blood Type Research Supports Dr. D'Adamo's Research

Dr. Lu Qi, assistant professor in the department of Nutrition at the Harvard School of Public Health in Boston, discussed his recent findings which support Dr. James L. D'Adamo's research. The study tracked 89,500 adults for 20 years or more. They found that those with AB blood were 23 percent more likely to develop heart disease. Blood type B had an 11 percent increased

risk, followed by those with blood type A who had a 5 percent risk. The lowest risk was seen for people with type O blood. The researcher suggested that people should know their blood type much like they know blood pressure and cholesterol numbers. "We cannot change our blood type, but we can change our lifestyle," states Dr. Qi.

Dr. D'Adamo was glad to read that his work is being validated. While he always knew this from his own research, it is nice to have someone recreate it and have the same results. More and more research is surfacing, and the scientific community is starting to understand that your blood type is not just indicative of what type of transfusion you need, but they are slowly understanding that it can be responsible for so much more.

A two and a half year study of adults who consumed hypnotic drugs to treat insomnia found that 6% of adults who consumed these drugs, died.

The drugs used in the study included Ambien and Restoril. The higher the amount of pills consumed, the higher the

risk of disease and earlier death.

If you are someone who has insomnia, difficulty staying asleep or is restless and can't seem to fall asleep, please talk to us. Sleep disorders can be considered symptoms of an underlying condition.

We have many things in the Institute Herb room that can help ease the mind, calm the nerves and induce sleep without the dangerous side effects of Ambien and Restoril. Call one of our doctors today to start getting a better night's sleep.

(603) 430-7600

Alert!

Mortality Increased by Sleeping Pill Use?

Characteristics of Your Blood Type

In Japan, "your blood type" means your personality, interests and compatibility with other blood types. It's similar to the phrase, "what's your sign?"

According to Roland Buerk of BBC news, Japanese people have this widespread belief that blood type determines personality, with its implications on love, life and work. Moreover, David Picker, of the New York Times, noted that the Japanese popular culture has been saturated by blood typology. Dating services use it to make romantic matches, and employers use it to evaluate job applicants.

This notion of blood type and personality came about in the late 1930's when Tokeji Furukawa contributed that the blood types reflected the personality of an individual. Without further studies made, Furukawa presented behavioral charts defining the various blood types and concluded that there is an existing correlation between the blood types and personalities. However, because of the lack of scientific research, many medical and psychological professionals debunked this idea.

In 2002, Michele D'Adamo completed her dissertation on Blood Type and Personality and while she was unable to find a quantitative correlation, she felt strongly that sub-blood types, which were not explored in that particular study, played a significant role with the clarity of the research. The D'Adamo Institute has found a correlation between personality and blood type, but has not made this their primary focus, and this is outlined in Dr. D'Adamo's latest publication, *Just an Ounce of*

Prevention is Worth a Pound of Cure.

Blood Types, Relationships and Work

With this belief of relationship between blood types and personality, many of the matchmaking companies in Japan believe that certain blood types are more compatible with each other. According to an article from "Japan Today", Japanese people believe that each blood type has certain personality and affinity, and thus, it is very common for the Japanese women to choose their lifelong partners based on this blood typing correlation. For instance, they strongly suggest a blood type A marry an AB or a B opposed to an O, who is entirely opposite to the A. In a work environment, according to Mari Yamaguchi of the "Huffington Post" type B's are cheerful but eccentric and selfish. Roland Buerk, of BBC news, added that these people are seen to be black sheep – flamboyant free thinkers, but can be selfish. Type AB's, according to the "Japan Today" article, are believed to be calm, rational, sensitive and can be easily hurt, given their complicated personality. With these personality traits, they are seen to be most compatible with blood type B people, as they are seen to be a good match and connect with each other easily. More so, blood type B and blood type O are good business partners, and they can succeed in various activities together. They are believed to produce new things together easily. In terms of work, they are seen to be well-balanced, clear-sighted and logical but are high-maintenance and

distant.

Lastly, type O's are seen to be romanticists, very cautious, realistic and take a wider perspective. In a work environment, type O's are good in developing economic concepts, ambitious, straight towards their goals and have leadership ability. They are also seen as decisive and confident and are seen as warriors.

With Japanese people's strong belief between personality and blood types, some firms organize work by blood type to ensure office harmony. More so, according to Roland Buerk, indirect social stereotyping is an implication of this belief. Many Japanese people see this as a clever way of telling people what you think of them but in an indirect manner.

Depending on what article you read, each has their slightly different spin on compatibility, personality and vocational aptitudes. Most patients at the D'Adamo Institute often tell us that they are able to guess with some accuracy a person's blood type just by their characteristics. While we have heard of people changing careers based on their blood type, we have yet to meet a patient who has dated or married based on their blood type, but then again, maybe we just haven't heard about it!