



# What's new at the D'Adamo Institute?

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**The CryoProbe™** is the most innovative technological advance in cryosurgery on the market today. Cryosurgery is a highly effective treatment for a broad range of benign skin problems. This pen-like instrument delivers a fine pinpoint spray that assists in the effective treatment of skin lesions such as skin tags, liver spots, warts and moles, just to name a few.



Warts are the body's way of exhibiting a physical appearance of an underlying viral infection. With the ability to appear in any loca-

tion on the body, warts can not only lead to unsightly skin disorders, but when locating in the crevices of the skin, can impair range of motion and mobility to some extent.

Skin tags are small, soft and flesh-colored. These growths are typically found hanging from the skin's surface by a stalk, and they are generally easily moveable. They are commonly found in skin folds, on the neck, in the armpits and on the back and the abdomen.

If you suffer from these or other skin lesions, make an appointment for the doctor to assess if CryoProbe is right for you.  
(603) 430-7600 x101

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## Introducing our newest staff additions

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**Pam Andrews** comes to us with many years of experience working in the health care field. I think you'll agree that her warmth and enthusiasm fits in very well at the Institute. She has been trained as a colon therapist and is accepting new patients.

**Justine Moquin** is a student at UNH and joins us as our evening general assistant.

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### Did you know?

By popular demand, we have introduced a larger size Stractan Powder and Pancreas, which is more eco-friendly and cost effective. Also, don't forget to pick up our signature "brown bag" which saves the environment by eventually doing away with plastic bags all together.

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

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**DAdamoInstitute.com**

## Should I go to Toronto or Portsmouth?

Our two locations allow you to choose between the sophisticated urban environment of Toronto or the relaxed country setting of Portsmouth. If you live in close proximity to one of our offices, visits may be arranged according to your needs. If you are traveling from out of town, an intensive program may be designed to provide maximum effectiveness and success—tailored to your health requirements and the amount of time available.

For programs lasting longer than one week, Portsmouth is the preferred location. During these intensive stays, patients typically come to the Institute daily from 10 a.m. to 6 p.m., receiving an array of therapies in a customized regime. Rest periods are scheduled throughout the day in a comfortable lounge where a lunch—suitable to your blood type—is provided.

Whatever else you require, we are able to accommodate. At the Institute, you'll experience the ultimate in personal care in an atmosphere that is comfortable, friendly and pampering.

## Recipe Corner

Thank you for your recipe submissions. Keep them coming!

### Parsnip Side Dish Recipe

*Ingredients:*

2 to 3 pounds parsnips  
1/2 cup stock (vegetable or chicken)  
nutmeg

*How to make it:*

1. Preheat oven to 350 degrees F.
2. Peel parsnips, quarter and remove any woody core
3. Parboil 15 minutes.
4. Put parboiled parsnips in oven-proof dish.
5. Pour in stock and sprinkle with nutmeg.
6. Bake for 20-30 minutes or until done to taste.

### Super Easy Garlic Ginger Tofu

*Ingredients:*

3 tablespoons oil  
2 teaspoons minced garlic  
2 teaspoons minced fresh ginger root  
1 lime  
1 tablespoon wheat free Tamari, or to taste  
2 pounds firm tofu

*How to make it:*

1. Heat oil in a wok or skillet over medium heat.
2. Stir in garlic and ginger, and cook for 1 minute.
3. Add tofu to the pan with tamari, and stir to coat. Cover, and continue cooking for 20 to 30 minutes.
4. Squeeze lime juice over tofu before serving.

### Beef & Broccoli

*Ingredients:*

1 pound ground beef or buffalo  
1 medium onion, chopped  
1/2-1 head broccoli  
2-3 tablespoons olive oil  
3-4 teaspoons ginger, to taste  
1/8-1/4 cup wheat-free tamari, to taste  
1-2 teaspoons garlic, to taste  
1 carrot, sliced thin (for color optional)

*How to make it:*

1. Chop onion, peel and slice carrot.
2. Chop broccoli into bits sized pieces.
3. Brown meat in a covered skillet on medium heat. Drain liquid.
4. Add olive oil, chopped onion and stir. Cover and cook until onions look cooked.
5. Add cut broccoli and sliced carrots, ginger, garlic, tamari and a little water (to help steam the broccoli).
6. Cover/ cook until broccoli is done.