



Health Ambassadors



Dr. James L. D'Adamo

Recently, I asked for patients' support in being ambassadors of natural healing. Most of you graciously agreed to share your stories through the D'Adamo Institute website. Some of you have gone a step further and have educated your primary care physicians on the work we do at the D'Adamo Institute. You do this with hopes that they might also benefit from the knowledge of alternative healthcare and prescribe such treatment if it were deemed medically advisable. One person in particular who comes to mind is a patient of mine named Rick Wilson. He has generously offered permission to have his name used, and has shared a little of his health history in hopes that this will benefit others with

Diabetes.

Mr. Wilson came to The D'Adamo Institute in June of 2010 suffering from high blood pressure, high cholesterol, obesity, and diabetes with glucose levels that read 383. Type 2 level diabetes is considered chronic and lifelong according to the medical community. If you have diabetes, your risk for a heart attack is on par with someone who already had one. Needless to say, diabetes is a serious illness that requires prompt and vigilant monitoring. Mr. Wilson came to the D'Adamo Institute in hopes of decreasing his medication and getting a better handle on his diabetic situation.

As I mentioned earlier, Mr. Wilson's sugar level was 383. To give you some perspective, normal glucose levels fall between 85 and 125.

He also wanted to decrease his blood pressure, high chole-

sterol and weight as he knew these were all contributing factors to an unhealthy and dangerous outcome.

"I imagine everyone who visits your practice has some kind of a life changing experience. For me, the experience has been truly life transforming and life-saving. I had tried a wide array of the pharmaceutical approaches to diabetes management. Nothing was working. But after only 10 days of following the D'Adamo diet, my blood sugar measures returned to normal levels without the use of the medically prescribed diabetes drugs. Having completed the first thirteen weeks of your program, I can report the best possible results. My regular MD is astonished!" states Mr. Wilson.

Most patients find our natural, holistic treatments more effective than prescribed medications. Natural healing allows the body to heal itself with no side effects.

Air Hand Driers - not Healthy by Dr. Fateh Srajeldin N.D.

Warm-air hand driers at public washrooms, parks, restaurants and prestigious establishments are not the healthier option to paper towels. In fact, paper towels are much cleaner and safer.

The problem is that the warm-air hand dryers usually draw in air from the surrounding environment, then filter and warm the air before delivering it through the outlet directly to the user's hands or body.

Since most washrooms in public buildings have no external air supply or a window to draw in fresh air, the trapped air inside washrooms becomes stagnant,

and over time contaminated with biological molecules emanating from the public's gas, bloating, and intestinal tensions. Despite chemical deodorization and wall vents for air circulation, the air in the public washrooms remains stagnant and full of biological molecules and bacteria.

The warm-air hand driers suck the existing air, filter and deliver it to newly washed, clean hands. Some of these driers include a swivel nozzle that can be directed to the face. Should the air contain any bacteria, which in public washrooms it definitely does, the warmth provided by the machine provides an ideal environment for the bacteria.

The hand-drying machine should ideally draw from fresh, outdoor air. Otherwise, I recommend everyone to avoid using the warm air driers and instead use paper towels, if available.

If no paper towels are available, then simply use your clothes. When I'm in these situations, I pray that no one will notice the water marks on my shirt under my armpits. Drying hands on your own clothes is healthier and safer than picking up someone else's biological molecules or bacteria.

Happy drying.

Employee Spotlight : Mike Givens

As a front desk coordinator for the last year and a half, Mike wears many hats and performs a multitude of tasks. From answering the phones, coordinating the daily schedules to translating for our Spanish-speaking patients, Mike is kept very busy.

What's Mike's favorite part about working at the D'Adamo Institute? "It's a lot easier to get up and go to work when you know you are doing something to help make a difference. There is nothing better than to help someone achieve optimum health."



Prior to joining us, Mike was a martial arts instructor in Kempo/Jujitsu. He studied martial arts for 14 years and nearly completed his second-degree black belt. "I combine some of the breathing techniques acquired during my training, with my recent interest in yoga, to create a breathing and stretching program which I try to do every morning."

What gets Mike through his busy days? "My favorite supplement would have to be the protein

drinks. They are crucial to maintaining my energy levels and alertness throughout the day. When asked what his advice would be to D'Adamo Institute patients, he states, "Do not be afraid to ask the doctors any questions. They are always happy to help no matter what the situation."

Dr. D'Adamo states, "Mike is a team player, always willing to go above and beyond for fellow staff members or patients. He is a wonderful addition to our team and a positive force."

Craniosacral Therapy by Dr. Keith Spaulding

I first learned about Craniosacral Therapy (CST) during my early years at naturopathic medical school. The training was simple, yet profound, like craniosacral itself. Each level of a 30-hour seminar is taken over four days. After the seminar, we were expected to practice for a year, which I did, and my colleagues loved the relaxation and stress reducing nature of the treatment.

The next level of seminars included the more advanced techniques which we had to practice for a year. By the time I graduated, I had done hundreds of CST treatments and was proficient at some advanced techniques. I also had developed sensitivity to the light and definite movements of the bones of the head which occurred with treatment.

Primarily, there are two groups performing the gentle, rhythmic touch of CST. One is Cranial Osteopathy (the root of CST), taught and treatments provided by osteopaths (DO) and

other doctors. Another is CST, taught mostly by the Upledger Institute and taught to massage therapists and other bodywork practitioners. While Cranial Osteopathy focuses on a physical model (bones, muscles etc.), craniosacral therapists' approach is more from an energetic nature. I practice a little of both, by gently pushing and lightly moving the bones of the head, face, or neck to help relieve headaches, neck or shoulder pain. Patients find it profoundly relaxing, and there is a definite strengthening and aligning of the nervous system as a whole.

The concept crucial to the theories of both groups is called the tide by osteopaths and the rhythm of the cerebral spinal fluid by the craniosacral therapists. Both tune in to the rhythm of the body slower than respirations between 5-10 seconds per cycle. When the structures of the head, face, neck, sacrum are nudged to this rhythm with a light touch, they move.

Think of the bony structures of the head and face as a three-dimensional puzzle with varied and complicated sutures that interconnect the bones. With stress, trauma, significant dental work etc., the bones settle in a jarred position, off-centered and not balanced with the muscles in tension. This position can cause jaw pain, headaches, neck pain, back pain or maybe chronic sinus problems due to the fact that drainage and structure are both off balance.

With a series of treatments, the pain is relieved and drainage is improved. With the bone structure more aligned, the flow of cerebral spinal fluid is improved. This gives a general strengthening to the brain and the nervous system as a whole.

At the D'Adamo Institute, a CST treatment is a 30-minute long procedure where the patient lies on their back, fully clothed and relaxed to enjoy the touch and rhythm of craniosacral therapy.

Avoid Side Effects of Anti-Inflammatories

Traumeel is an effective medication for acute injuries and inflammation of the musculoskeletal system, and, at the same time, avoids the notoriously serious side effects of common anti-inflammatory therapies. Every bathroom medicine cabinet should have a tube of Traumeel in it for those

unexpected first aid emergencies. It has been used to aid recovery from sprains, strains, bruises, nerve pain, swelling, and post-surgical pain. European hospitals and private clinics have used it for over 30 years as a natural pain reliever and anti-inflammatory, with most people noticing relief

within 5 to 10 minutes. We offer Traumeel at the D'Adamo Institute, so feel free to speak with one of our doctors if you think Traumeel should be in your medicine cabinet. It's in ours.



Family Meals by Michele D'Adamo Ph.D., LCMHC

As a child, my father was fairly stern about meals at home and about the family eating dinner together. You can imagine that being a naturopathic doctor and creator of the famed Blood Type Diet, he had very clear ideas of what was healthy and what was not healthy to eat. He knew the general public ate very differently. At the time, I thought it was a total drag, and would have much rather eaten pre-packaged Mac and Cheese at the neighbor's house than the fresh, organic, healthy meals lovingly prepared at home. However, his insistence made me realize how much my family cared about my health even though at the time my health was not my priority. My parents took the responsibility, effort and time to ensure that I had a blood type appropriate healthy and well-balanced meal. The family meals also gave us

an opportunity to check in on the day's events and discuss our plans for the following day. The time spent eating dinner with my family was invaluable and helped us bond as a family. Even on the days when asked about our school day, and I responded with a "drowned out," "Fine," my parents didn't give up but continued their efforts to get everyone involved in discussions about other events in our lives.

Today, as a parent myself, I now follow the same lead with my children. I allow them to learn as I did, about family values, the art of conversation and most importantly, develop their taste for healthy, nutritional, blood type appropriate eating.

I challenge all of you who can possibly find the time for family meals to turn off the televisions,

phones, ipods and video games during dinner time. Instead, spend your time at the dinner table to share news and thoughts about your day, ask open-ended questions of your children and get the whole family involved in the cleanup after dinner.

Giving children tasks allows them to have a responsibility and a wonderful sense of pride of an accomplishment. It doesn't matter that the dinner table includes wrong silverware or that your napkin is under your plate. What matters is that children were involved with pride.

Trust me, this will build strong family bonds while instilling healthy eating habits in your children — even if you can only manage family dinners on weekends.

Dear Dr. D'Adamo

Dear Dr. D'Adamo,

What's the deal with mushrooms? Why can't most of us eat them?

Sean K.

Dear Sean,

Mushroom is a fungus, and if you have sugar problems such as hypoglycemia, then the fungus can create candida inside the body. In my first book, *One Man's Food is Someone Else's Poison* (1981) I wrote about yeast

being a particular problem for those who were Blood Type A. So, in particular, A's should not eat mushrooms. However, over the years, I have come to realize that there are certain medicinal qualities in certain kinds of mushrooms. The Eggarius mushroom grown in Brazil, is very useful in combating cancer, and my recent studies have shown me that all mushrooms have similar cancer fighting properties, although not as effective. If you don't have a yeast problem or hypoglycemia,

I suggest you cook mushrooms in a stainless steel frying pan by heating grape seed oil with 3 cloves of chopped garlic. When the garlic sweats, add thinly sliced mushrooms and cook them. You can also add chopped Italian parsley and a little cayenne pepper.

Again, if you are hypoglycemic, regardless of your blood type, I do not recommend mushrooms and that's the deal.

Yours in good health, *Dr. D*

Recipe Sides & Snacks

Sautéed Brussels Sprouts

Ingredients

1 lb Brussels sprouts (outer leaves removed and washed)
1 tbsp. extra virgin olive oil
2 cloves garlic, minced
1 shallot, minced
Kosher salt and fresh ground pepper

Finely shred the Brussels sprouts after thoroughly washing. In a sauté pan, heat olive oil. Add shallots and sauté about 2 minutes, add garlic and sauté until golden. Add Brussels sprouts, salt and pepper and sauté on medium-low for about 4-5 minutes

Broccoli with Smashed Garlic

Ingredients

1 1/2 lbs. broccoli florets cut long with part of stem
6 cloves garlic, smashed
2 tbsp. extra virgin olive oil
Kosher salt and fresh pepper

Preheat oven to 450°. In a baking dish, combine broccoli, olive oil, garlic, salt and pepper. Roast broccoli about 20 minutes, until broccoli is browned and tender.

Sautéed Kale Recipe

Ingredients

2 bunches kale
3 tablespoons olive oil
4 cloves garlic, finely chopped

1/2 tsp. salt
1/2 tsp. freshly ground pepper
1 tbsp. fresh lemon juice

Rinse kale well in a large bowl of cold water. Drain and cut off the tough stems. Cut leaves into 1/4-inch strips. There will be 6 to 8 tightly packed cups. In a well-seasoned wok or large frying pan, heat the olive oil over moderately high heat. Add the garlic and cook, stirring 30 seconds. Add half of the greens and cook, stirring for about 1 minute, until they begin to wilt. Add the remaining greens and cook, stirring constantly, for 8 to 10 minutes, until the greens darken slightly and are fairly tender. Season with the salt, pepper, and lemon juice. Makes 8 servings.

Jeff Wend from Squidoo.com

Cinnamon Chickpea Snack

Ingredients:

1 tablespoon of olive oil.
1 cinnamon stick, broken in half.
1 lb of canned chickpeas, rinsed, drained and patted dry.
2 teaspoons of fresh lemon juice.
¼ cup of fresh cilantro, chopped.
Salt and freshly-ground black pepper.

Directions:

In a heavy nonstick skillet, heat the olive oil over medium high heat.

Sauté the cinnamon stick for 1-2 minutes until fragrant.

Stir in the chickpeas and sauté, stirring frequently, for 8 minutes or until browned and crisp.

Transfer the chickpeas to a bowl.

Add the remaining ingredients; toss.

Chickpearecipes.com

Walnut-Flaxseed Hummus

1 16-ounce can (or 1 1/2 cups) cooked chickpeas, drained
1-2 cloves garlic, peeled
1 ounce (about 1/4 cup) walnuts
1 tbsp. ground flaxseeds
1/4 cup water or chickpea cooking liquid
1/8 cup lemon juice
1/8-1/4 tsp. ground cumin
1/4 tsp. paprika
dash cayenne or chipotle chili powder

Toss the garlic into a running food processor, and process until thoroughly chopped. Add the walnuts, and process until they are in tiny pieces. Add the chickpeas, flaxseed, and 1/4 cup of water (or cooking liquid). Begin blending and add the lemon juice. Continue blending until the mixture is smooth, adding a little more liquid if necessary. Add 1/8 tsp. of the cumin, the paprika, and dash cayenne, and blend for another minute. Taste to check the seasonings. If needed, add more cumin and lemon juice.

Serve as a dip for veggies, or atop a salad.

Thank you for your continued support in sending us recipes. Please continue sending us recipes. We have received wonderful feedback on how helpful these recipes have been.

How can we help?

Have a question? Need to check in with one of our doctors? We are just a phone call away and always available for you no matter what your question. Your health is our number one priority.

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Testimonial: Renowned Fine Art Photographer



Dr. James D'Adamo has been the greatest single influence in my life. I was introduced to him when I was about 21 years old. For over 40 years, through his guidance, expertise, care and sticking fairly close to his recommended diet, supplement program and cutting edge therapies, I have maintained a near perfect health record. My career as an artist, fine art photographer and author is completely dependent on my creativity. Since there is a direct connection between mind and body, I will also attribute some of my professional success to his life changing programs.

On a personal note, Dr. D'Adamo has always been there when I needed him. He is my mentor, a source for inspiration and most of all, my friend. I am truly blessed that I have crossed paths with this incredible human being, especially at such an early age.

Alan S. Maltz

Florida, USA

The fine art of Alan S. Malz graces private, public and corporate collections throughout the world, including the Carter Center and The Presidential Library in Atlanta, Georgia. Maltz's work has been featured in The New Yorker, The Robb Report, and The New York Post as well as in many published books. His gallery is located in Key West, Florida. For more information visit www.alanmalz.com.