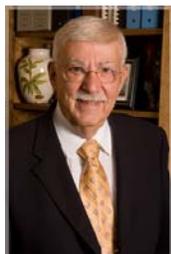




# SPRING NEWSLETTER

## Spring has sprung...have you?



*Dr. James L. D'Adamo*

Spring signifies the emergence of new life when the budding of blossoms brings growth and rejuvenation after a long, dark winter. Some of us like to have a little boost and rejuvenation of ourselves after months of cold weather and dark days. Sometimes, a few regenerating treatments are just what the doctor (and spring) has ordered to get some spring back into your step!

If prescribed by your Institute doctor, an IV infusion is an amazing and regenerating treatment that only takes approximately 45 minutes. While sitting comfortably in our annex

building, the doctor will specifically blend an IV that contains a mixture of vitamins for your individual blood type that will aid in increasing overall energy, improve the strength of the immune system, and perform actions targeted to various health conditions you may have. This is one of our most powerful tools in speeding up the healing process and a great way to get spring underway.

Another relaxing and rejuvenating treatment is our aromatherapy. Essential oils have been used for therapeutic purposes for nearly six thousand years. An aromatherapy massage is primarily slow and gentle, with rhythmic movements. It helps muscles melt into deep relaxation, relieves water retention; de-stresses the body, mind and spirit, produces a cleaning effect of the lymphatic system, improves the immune response, and assists the body to naturally release toxins. Melt into spring with this re-

laxing and beneficial treatment.

Lastly, a treatment that most don't think of when it comes to rejuvenation is cranial-sacral therapy. This therapy uses a lighter touch to stimulate the body's natural ability to heal. By balancing the flow of fluid from the cranium to the sacrum at the base of the spine, this gentle adjustment to the nervous system brings healthy energy to the entire body, including the internal organs. What better way to begin spring!

We have over 50 various treatments at the Institute that can be combined or experienced separately for a truly relaxing and healthy experience. Speak with one of the doctors to see which ones would be most beneficial to your health.

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**The D'Adamo Institute is now on FACEBOOK.COM. Search for us and become a fan for updates, lectures and Institute news.**

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## Herb Room Update by Peter Caverno

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*Peter Caverno*

In order to maintain D'Adamo Institute's high quality standards, Dr. James D'Adamo has opted to discontinue four supplements and introduce new replacements in his D'Adamo Institute line.

This is cause for celebration because the quantity will increase, and in some cases

the prices won't, but quality will not be compromised! In fact, in most cases, the quality is even better!

Next time you're in, feel free to ask me about our latest additions of Bladderwrack Capsules, Niacin, Ginkgo Biloba, and Lico-rice Capsules.

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## Recipe Corner

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### **Lemon – Herbed Ostrich Filet and Vegetables**

This meal is quick and easy! Your family will love this delicious alternative to beef.

4-4 oz. Ostrich Filets  
2 Tbsp. Oil  
1 Tbsp. Fresh lemon juice  
Sea salt  
1 lb Fresh broccoli or frozen vegetable mixture  
2 Cloves garlic, minced  
2 Tsp grated lemon peel  
1 Tsp. Dried thyme leaves  
¼ Tsp. Pepper

In small bowl, combine seasoning ingredients; mix well. Remove 1 tbsp seasoning; press evenly into both sides of ostrich fillet. Stir oil,

lemon juice and salt into remaining season bowl; set aside.

Place filets on grill over medium coals. Grill, uncovered, 2 –3 minutes per side turning once. Since ostrich is naturally low in fat, it is best not to overcook as it tends to dry out. Meanwhile, prepare vegetables according to package direction or steam fresh ones. Combine vegetables and reserved oil mixture; toss to coat.

Carve filets crosswise into thick slices; season with salt as desired.

### **Golden tofu nuggets**

1 Pound organic extra firm tofu, drained or firm tofu

1 Tbsp. of sesame oil  
1 Tbsp. Wheat free Tamari  
2 Cloves garlic, pressed  
1/8 Tsp ground star anise (optional)

Wrap the block of tofu loosely in a clean kitchen towel. Place a cutting board or weight on top and allow to drain for 10 minutes or longer. In a large skillet combine the oil, wheat free tamari, garlic and star anise. Either cut the tofu into tiny cubes or crumble it through your fingers. Heat oil until sizzling. Stir in tofu, taking care to distribute the seasoning evenly. Cook over high heat, stirring frequently, until tofu is golden brown, 5 to 6 minutes. Delicious in a vegetable stir-fry.

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FOR THE ADVANCEMENT  
OF NATURAL THERAPIES**

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**What Does Blood Type Have To Say  
About You?**

***Dr. James L. D'Adamo***

**Saturday March 7th at 3:15 pm**

**25th Annual Whole Health Expo  
Clarion Hotel & Conference Center  
1 Atwood Dr.  
Northampton, MA 01060**

**Have you ever wondered what your blood type  
has to say about you?**

**Learn about Dr. D'Adamo's World Renowned  
Blood-Type Theory, including his latest research  
on blood groups, sub-blood groups and RH fac-  
tors, and how this information can enable you to  
make healthful changes in your life.**