



Spring Newsletter

Cousin Suzie's BBQ



Dr. James L. D'Adamo

For many of us, summer days spent with family and friends signal the danger of sabotaging our diets. While that might be true for some, one could argue that winter mixed with lack of sun leads to wrongful eating of so-called comfort foods. Spring, for that matter, invites a celebration of good times ahead, and then there are the harvest festivals of Autumn....well you get the picture.

This scenario may be true of any holiday, long weekend or celebration of any kind. Indulgence can be a struggle for most of us mortals, and while I encourage everyone to stay on the program, I do realize that indulgence will happen from time to time. I am often asked if it is

okay to drink a glass of wine for a special occasion, or if it is okay to enjoy cousin Suzy's annual barbeque with all the fixings. While you are asking for permission to deviate from your diet, the real question is just how much can you detour from the program before all the hard work and it's beneficial results are lost. My standard answer to this question is that if you can be 85% compliant with the program you are doing well. There are those, however, who cannot allow themselves to go within this range for a number of reasons. Some realize that just one bit of sweet will land them in a sugar binge resulting in weeks of struggle to regain control. Some will feel that they have invested so much time and effort in regaining their health that to them nothing is worth getting off the prescribed path. On the other hand, some are just too sick and tired

about feeling sick and tired and realize that their health is far too precious to jeopardize. The decision on how much you will follow the protocol is entirely up to you, and I make no judgments about how much or how little you want to adhere to it. I will, however, remind you that this body, this vessel, is all you have, and that it is your job to respectfully and lovingly take care of it. While barbecues will come and go and birthday indulgences will pass, I would encourage you to enjoy what summer has to offer. Enjoy the barbeque, enjoy the wedding but do so in moderation. Then get back on the program before that one day exception becomes a habit of a week or month. Try to make some healthy choices while indulging and dig into the real joys of summer....fresh organic produce from our local markets, enjoying a run or walk outdoors and most of all, enjoying playful time with your family.

Want to bring the summer in, by recharging in the Spring? Enjoy an Intensive Stay! Spend the day with us while we pamper you with treatments prescribed just for you, provide you lunch and help you Spring into Summer! Ask us for details!

Just An Ounce of Prevention... Is Worth a Pound of Cure **A Modern Guide to Healthful Living from the Originator of the Blood-Type Diet**

Dr. James D'Adamo burst onto the world of natural medicine in the 1970s with his revolutionary discovery, and approach to healing based on a person's blood type.

Written in the infancy of America's modern natural-healing movement, his first book, *One Man's Food . . . is someone else's poison*, detailed his unique, individual treatment method. It correlated a person's type of blood with diet, exercise, and spiritual practice.

Just An Ounce of Prevention . . . Is Worth a Pound of Cure comes almost 30 years later, as people around the world have increasingly awakened to the efficacy of natural remedies . . .

and at a time when the American health-care system is increasingly failing the public.

In this fascinating book, Dr. D'Adamo exhorts us to take responsibility for our own health and prevent chronic degenerative diseases, by using his newest discoveries, which have given him the opportunity to treat more than 50,000 patients. He explains which foods and exercises are right for each of us, what assets and liabilities we're born with, and how our minds can work to better process information.

This book contains Dr. D'Adamo's most up-to-date and comprehensive teachings and includes recipes, exercise regimens, and a panoply of

natural therapies he recommends to the patients at his Institute.

Just An Ounce of Prevention is the consummate statement on natural healing from this generation's most original naturopath. As Dr. D'Adamo writes: "We are all here for a purpose, and we can only aspire to our physical and spiritual fulfillment when the body is healthy and the mind clear. Blood types are a Truth of Nature and, if followed, will provide a person with the physical and spiritual health that Nature has intended for them."

Presale available thru Amazon.com or Barnesandnoble.com or ask us and we'll reserve a copy just for you
Release date: April 15, 2010

Praise about Dr. James D'Adamo's new book and what his program has done for them.

Dr. D'Adamo's revolutionary program, his development of the Blood-Type Diet, has simply changed my life. It's given me a base line from which to go forward and a way of eating that makes sense. His work has put me back on the leading edge of my life, both mentally and physically. I'd recommend it to anyone searching to reclaim their well-being.

Andrew McCarthy. Actor/director.

When a colleague handed me a packet of information about the

D'Adamo Institute for the Advancement of Natural Therapies, I weighed nearly 200 pounds after a year on high-dose steroids, drugs that were treating my autoimmune disease, but taking a toll on my body. Even when my doctors found another less toxic drug, they cautioned me to have modest expectations of weight loss, reminding me that I was post menopausal. By following Dr. D's instructions, I lost 70 pounds, 10 more than I had gained, slowly reduced my medication by 60 percent and many days feel fantastic. There

is much wisdom to his advice.
Denise M. Nagel M.D.



Look for it in stores!

Introducing Dr. Keith Spaulding The newest member of our team

While it took some time to find just the right candidate for the position, I am pleased to announce that we have hired and are currently training Dr. Keith P. Spaulding, N.D., LAc. as an Associate Naturopath at the Portsmouth clinic. Please join me in welcoming Dr. Spaulding to our clinic.

Dr. Spaulding received his degree in Naturopathic Medicine from Bastyr University and holds a Masters degree in electrical engineering from the University of New Hampshire. He is a researcher, professor, and published author. As a licensed

acupuncturist, he has learned several styles of acupuncture and developed a deeper understanding of the nature of energy and how energy is involved with healing. His questions relating to the nature of energy and healing led him into bio-medical research. His work includes investigation of the electrophysiological mechanisms of acupuncture, as well as a review assessing the effectiveness of commonly available electro dermal devices that diagnose the body's energy.

He has served as an adjunct professor at New England School of Acupuncture teaching

microbiology to acupuncture students, and at McIntosh College where he taught Kinesiology I and II. He has edited and written several publications in the field of natural health. His interest and research in the blood-type diet makes him a welcome complement to our professional staff.



Mercury... the silent killer

David Wallinga, MD, director of Minneapolis-based nonprofit Institute for Agriculture and Trade Policy, reports that there are detectable levels of mercury in 17 out of 55 tested products rich in high-fructose corn syrup.

The group sent 55 products that list high-fructose corn syrup first or second on their list of ingredients to a commercial lab, which checked the levels of total mercury in each sample.

"Overall, we found detectable mercury in 17 of 55 samples, or around 31%," write Wallinga and colleagues.

Here is the list of those products:

- Quaker Oatmeal to Go bars
- Jack Daniel's Barbecue Sauce
- Hershey's Chocolate Syrup
- Kraft Original Barbecue Sauce
- Nutri-Grain Strawberry Cereal Bars
- Manwich Gold Sloppy Joe
- Market Pantry Grape Jelly
- Smucker's Strawberry Jelly
- Pop-Tarts Frosted Blueberry
- Hunt's Tomato Ketchup
- Wish-Bone Western Sweet & Smooth Dressing
- Coca-Cola Classic: (no mercury found on a second test)
- Yoplait Strawberry Yogurt

- Minute Maid Berry Punch
- Yoo-hoo Chocolate Drink
- Nesquik Chocolate Milk
- Kemps Fat Free Chocolate Milk

If you have the time, it would be well worth your energy to read the research in its entirety. Do a partial or full search on the following **Not So Sweet: Missing Mercury and High Fructose Corn Syrup** by David Wallinga, M.D., Janelle Sorensen, Pooja Mottl, Brian Yablon, M.D. Institute for Agriculture and Trade Policy Minneapolis, Minnesota.

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***Join us on Facebook for the most up
to date information on the clinic!***

You are cordially invited to attend the
first book-signing event marking the
OFFICIAL LAUNCH

of

DR. JAMES L. D'ADAMO'S NEW BOOK
**"An Ounce of Prevention is worth a Pound
of Cure"**

Thursday, April 15th, 2010 7 PM to 9 PM

at the

RIVERRUN BOOKSTORE

20 Congress Street, Portsmouth, N. H.

Phone Number 603.431.2100

website: www.riverrunbookstore.com

**Tune into Dr. James L. D'Adamo live on Hay House Ra-
dio Monday, April 19, 2010 11 am PST/ 2 pm EST log
onto Hayhouseradio.com**

Recipe corner. Thank you for your submissions

Tahini Dip

- 1/2 cup tahini (sesame seed paste)
- 1/8 cup water
- juice of half a lemon
- 2 Tbsp olive oil
- 1/4 cup parsley, chopped
- 1 clove garlic
- dash of salt or squirt of Bragg's
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Place all ingredients in the blender and process until smooth. Also makes a nice dressing for salads, just add a bit more water.

Spelt Everything Crackers

Adapted from the New York Times Magazine, 11/28/08 who

adapted it from the Hungry Ghost in Northampton, Mass.

- 1/4 teaspoon salt
- 1 1/2 cups white spelt flour, plus more for flouring surface
- Coarse sea salt, poppy seeds and sesame seeds or a seed combination of your choice

Preheat oven to 350 degrees. Dissolve salt in 1/2 cup of cold water. Stir in spelt flour until combined. Knead dough a few turns until a ball forms. Flour an overturned 12-by-17-inch cookie sheet and roll out the dough on top of it. Use as much

flour as needed to prevent sticking, until the dough covers the sheet from edge to edge. Do your best to get them as thin as possible, because the thicker parts become quite hard when baked. Using a spray bottle filled with water, spray the dough to give it a glossy finish. Prick the dough all over with a fork. If you choose, sprinkle with sea salt or seeds. For neat crackers, score the dough into grids. Bake until the dough is crisp, and golden and snaps apart, 15 to 25 minutes. (Check after 10 minutes to make sure it does not overcook.) Break into pieces and serve.