

THE D'ADAMO INSTITUTE

44 BRIDGE STREET  
PORTSMOUTH, NH 03801  
(603 430-7600

WWW.DADAMOINSTITUTE.COM

# Spring Newsletter

VOLUME 5

ISSUE 2

SPRING

2013

## Witness First-Hand Dr. D'Adamo's New Discovery



Dr. James L. D'Adamo  
Founder & Director

Imagine a groundbreaking discovery and further refinement of your blood-type regimen that allows for the design of a more exact diet, exercise level, vitamin regimen, temperament and holistic structure based on your very unique genetic make-up.

Imagine witnessing your individualized sub-blood-type levels revealed before your own eyes as Dr. D'Adamo shares his new technology breakthrough during a

FREE consultation session to current patients. The exact level of your sub-blood-type is determined. Is it 5%, 15%, 25% or even 75%?

### WITNESS THE UNIQUE YOU!

A quick prick of your finger allows you to view your sub-blood type percentage on a screen.

Find out how your new sub-blood-type levels will drastically affect and lead to further changes in your diet, vitamin and exercise protocol. Enjoy these alterations to your protocol during a follow-up session, not included in the free consultation.

Make an appointment TODAY by calling 603-430-7600 and discover the unique you. Enjoy the exact science of specific as-

sets and liabilities unique to you and allow for a better design of the natural healing process that is specifically for you.

“To view first-hand on the computer the sole uniqueness of me was an amazing experience. It was as though someone opened a wide window into my inner genetic make-up. Dr.

D'Adamo's preciseness did it again! M. Foster-Exeter, NH D'Adamo Institute remains as the world's first center for blood-type based research as Dr. D'Adamo continues to push relentlessly the boundaries of blood-type holistic treatment for a new generation of natural healing. The Institute is now focusing on the relevance of RH factors to autoimmune and genetic weaknesses.

### Introducing Dr. Jesse Lufkin

Please join us in welcoming Dr. Jesse J. Lufkin, DC as an associate doctor and chiropractor on our professional team at the Institute. Inspired at a very young age by the natural health approach, Dr. Lufkin chose to specialize in chiropractic studies with nutritional/supplemental support. Later, he focused on Dr. James D'Adamo's Blood-Type research and began delving further into sub-blood groups. As of 2012, Dr. Lufkin has participated in researching with Dr. James D'Adamo on his Blood-Type work. Together, along with Dr. Medrek, they continue to pioneer an individual approach to health using the Blood-Type Diet.

Dr. Lufkin earned his doctorate from Palmer University in Port Orange, FL. His specialized skills and experience with stellar patient care is well documented from patient testimonials and colleagues alike. Across the spectrum of ages from babies to the elderly, Dr. Lufkin prides himself on being able to diagnose and treat conditions while emphasizing preventive medicine as well as the overall health and wellness of his patients.

## The Medicinal Value of Lemons

Lemon juice contains the highest value of vitamin C concentration among the citrus family. It's a type of fruit that can be mixed with different foods in order to preserve, enhance and balance a nutritious meal. It is also known for its great natural health value. It is very high in acid content, similar to a grapefruit, and must be taken in moderate amounts, diluted with water. A suggested mixture is 1/4th of a fresh lemon in 3-3 1/2 ounces of lukewarm water, if you are a blood type A, or cold water, if you are a blood type O. Lukewarm water is needed for the blood type A person, because we are looking to calm and sedate the nervous system; whereas, cold water is needed for the blood type O person, because we are looking to stimulate the nervous system.

Lemon juice is a perfect blood purifier that helps in producing bile secretion in the body. It is used to stop acid deposits and gallstones from forming in the body system and aids in pulling mucous out of the body. Mucous drains into our stomach during the night, and the lemon in the morning draws that mucous out of the stomach.

Lemon juice has been known to be effective in alleviating coughs, sore throats, colds, asthma, flu and catarrh. These natural healing benefits help in fighting infections in the body. It's unbelievable to think how this small citrus fruit is packed with lots of fruit nutrients. However, it is advisable that lemon juice must not be taken if there's inflammation of the digestive system or intestinal tract.

"I was diagnosed with Hepatitis C, splenomegaly (swollen spleen the size of a football), lymphoma cancer and at the same time, I became pregnant. Any one of these conditions is life changing, but the combination left me at a loss for where to turn. I wanted to have my baby, so drug therapy was not an answer for me. I researched all over the country for an alternative solution and found the D'Adamo clinic. I lived nearby, so I was able to go once a week for all day therapies, in addition to doing the custom diet. I was a sugar addict so the diet change was very hard at first. However, it was a life or death situation, so I had the motivation. After a year of the program, I had a healthy baby girl, and I was slowly getting better too. I did only a few weeks of the Rituxan drug for lymphoma, and the medical doctors were amazed at my results. My spleen returned to normal size, my blood counts stabilized and I have been cancer free ever since. The year of "work" to cleanse my body was surely the reason for those results. Now, a few years later, I continue to do the D'Adamo program and abstain from Interferon drug therapy for my Hepatitis C. My liver counts have remained normal for years, indicating that my liver is stable, so I am not persuaded by the medical doctors that I need to do the Interferon therapy. I believe the D'Adamo program is a way of life that allows people to make non-drug related choices to handle even the most terminal conditions such as Hepatitis C. Having spent many hours and days at the clinic, I have personally spoken to hundreds of their patients and heard their testimonies. Hearing is believing. Very sick people get better and stay better with D'Adamo. It is not just a diet or a program - it is a way of life - a way to live a long and healthy life. Amen to that!" Testimonial from Julia—Scottsdale, Arizona

## Recipes by Patients for Patients

### **Ginger Almond Sauce**

Adapted from: *Vegan a Go-Go!*

By Sarah Kramer

Ingredients:

- 1 small onion, chopped
- 2 small garlic cloves, minced
- 1/2 tbsp. oil
- 1/2 cup hot water
- 1/2 tbsp. fresh ginger, grated
- 1/2 cup almond butter
- 1 1/2 tbsp. Braggs or Wheat-Free Tamari

1/2 tbsp. sesame oil

1/8 tsp. cayenne

Directions: In a medium pan on medium heat, sauté onion and garlic in oil until onion is translucent. Stir in remaining ingredients and whisk or stir until smooth. Simmer for 5 minutes on medium heat, stirring often to prevent sticking. Add to your favorite vegetable stir fry, spelt noodles or anything else that needs a little tasty sauce.

### **Broccoli with Smashed Garlic**

Ingredients:

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

Directions: 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.