



The Mercury Effect



Dr. James L. D'Adamo

*Director and founder
of the D'Adamo Insti-
tute*

Over the past six months I have been doing my own research about the effects of mercury, and I have reached some interesting conclusions. While it's not discussed publicly, it is my belief that China, US, and the EU rely heavily on coal to generate electricity. Since they have an abundance of this material, it is economically viable to use the resource. The danger lies in the cinders and by-products of these materials which enter the atmosphere and travel over the oceans, depositing poisons in our ocean waters. Not only this endangers the fish population, it affects the salt production as well. For years, the public has been pushed to prefer sea salt over regular salt. Very possibly,

you have switched to the seemingly healthier salt. Unfortunately, sea salt most likely contains unhealthy levels of mercury and other toxins. While no research has been published on this subject so far, I'm confident that in time this fact will emerge. In the interim, I advise my patients to use Himalayan salt, which does not contain mercury or other toxins. It is easily found in health food stores and gourmet shops, and has a pretty pink color. Used in moderation, it is the healthier choice. For those with high blood pressure or a heart condition, it should be used in minimal amounts or not at all.

As for regulating mercury usage, I find it interesting that the FDA banned mercury thermometers but allows companies to produce light bulbs with mercury components ...the infamous "green" bulb.

Mercury is found in

many products. The most common of the offenders is corn syrup, which is used in various food products as a preservative. While reading labels is important, not all ingredients are listed, and of course, none actually flag the most dangerous ones.

Mercury affects the entire body, poisons the liver, causes blood dysplasia, destroys the kidneys, causes mental disorders, and eventually deadly cancers. Some of you may remember when years ago hat makers used mercury to size hats. The majority developed mercury poisoning resulting in mental illness; hence, the term "mad as a hatter."

At the D'Adamo Institute, we use many therapies to rid the body of heavy metals like mercury. Our herbs, supplement programs and specific treatments, help remove toxins in general, but more importantly, they rid the body of deadly mercury residues which can cause complications.

Soap and Your Cells by Dr. Fateh Srajeldin

Improper washing of utensils in dishwashers may leave a film of soap, chemicals and detergent residues on surfaces. Microscopic inspection of the surface of improperly rinsed utensils reveals chemical stains which could dissolve in fluids in our food. Consequently, they adhere to the walls of our digestive tract from the mouth to the rectum.

The interaction between the residue and organic molecules of the mucus layer on the surface of the digestive tract breaks down the consistency of the layer that protects the surface of the cells found under the mucus layer. Once the protective layer is destroyed, it leaves cells vulnerable and exposed to possible inflammations and ulcerations, as well as bacterial/viral attacks.

Once the soap residue reaches the cell's surface, it penetrates the cell wall and interferes with the cellular function and cycle. This interference leads to improper cell function and alters the cellular cycle which interferes with your health by introducing toxic chemicals into your body.

Two recent research studies on the effects of ingested soap detergents with food on human health clearly point to improper rinsing of utensils by dishwashers. One study was carried out at University of Pittsburgh Pediatrics Dept. by Dr. Richard Moriarty, and the other at the University of Utah, School of Medicine by Dr. Joseph Lyon. The results of both studies linked ingested soap detergent to the following diseases: Crohn's

Disease, Esophagus Irritation, Gastroenteritis, and Ulcerative Colitis.

Washing and rinsing tips:

To avoid soap residues on dishes, always:

- Use fresh water.
- Wash, rinse and wring the wash cloth or sponge.
- Rinse dishes and utensils thoroughly after washing.
- Flip glasses and bottles over to air dry.
- Watch for soap scum between the prongs of forks and in crevices. Presence of foam or bubbles indicates soap film presence. Re-rinse a utensil that has a soapy taste.
- Re-rinse utensils slippery in your hands.
- Re-rinse utensils before use.

Dr. D'Adamo's Revitalizing Face Cream

The D'Adamo Institute offers its own facial cream and cleanser made with natural ingredients, free of dyes and not tested on animals.

Dr. D'Adamo's proprietary blend of healing oils and moisturizing ingredients leaves your skin with the appropriate amount of natural moisture. The skin products are based on Dr. D'Adamo's 53 years of

research combined with tens of thousands of patients who have used and enjoyed the products.

"I like that it's odorless and gives my skin a soft and supple feel," says Maria.

"Moist, but not greasy, and absorbed easily into skin, lasting the whole day," is how Jennifer describes it.

The product, in production a short time, is available for sampling at our front desk. Peter, from our herb room reports, "keeping the cream in stock has been a challenge. People are loving what it's doing to their skin."

Visit the Institute to give our sample a try. We'd love to hear what you think.

Your Online Natural Health Shop

You asked, and we listened!

We're developing a hassle free online ordering process so you can easily purchase your supplements online!

While still in the development phase, we are tirelessly working on building a secure, e-commerce website to allow our patients to place orders securely and in the privacy of

their own home at any time of day.

We will be offering a select few products to the general public. For instance, Dr. D'Adamo's Revitalizing Face Cream and many of the most requested tinctures will now be available for online ordering by the general public as well as our patients. You may sign in at

mynaturalhealthshop.com to begin your ordering process.

We hope you will be satisfied with our online store— making you a click away from obtaining your healthy supplements. We look forward to your feedback. Let us know how we can make ordering even more convenient.

Adrenal Support Tincture

The adrenal glands are located above the kidney and if not properly nourished and supported, with the demands placed upon them, can become exhausted from daily stresses. The D'Adamo Adrenal Support Tincture helps improve the

body's ability to tackle various types of stress. It nourishes the tissues, muscles, bones and supports the proper function of the adrenals while improving the immune system. It also decreases cortisol lev-

els as a response to the stress that occurs naturally in the body.

If your stress leaves you totally fatigued, don't ignore the symptoms. Order Adrenal Support Tincture today.

Employee Spotlight: Mary Jane Fay

When you walk past a colon irrigation room, you wouldn't figure on hearing laughter, but there are few times that you won't hear it coming from Mary Jane's room. "MJ," as she's known, is comical, insightful and extremely knowledgeable about the D'Adamo Diet and all the treatments we offer.

MJ says, "Many might not know that I started with the Institute as a patient 13 years ago before I started working here. The program transformed my health. I was thrilled for the opportunity to help transform others' health. I was so disenchanted with my experience working in nursing facilities, seeing first hand the effect of poor diet and lifestyle,

even in young people. I saw how medications covered up the real problems. As a patient, it was so uplifting for me to see people healed through this program. How could I not want to be a part of this environment? Dr. D'Adamo's 53 years of experience offers a phenomenal program. He is not adding nursing home years, he is adding productive years to his patients' lives. When patients ask me how I do this job [colon irrigation], I respond, "Watching future diseases leave your body is an extraordinary experience.

I cannot stress enough how individualized every program is. I see patients with the same

blood and sub-blood type, and every person is on a different diet, supplement protocol, and treatment plan. It is fine-tuned. I don't think patients realize just how much thought, time, and research has gone into their particular program. It is truly amazing, and you can't get that anywhere else."

Dr. D'Adamo states, "MJ is a team player who brings an enthusiastic attitude to the Institute. She helps patients thoroughly. Her enthusiasm, positive attitude, and laughter is contagious to say the least. We all could use a dose of MJ, doctor's orders."

Dr. James D'Adamo's Facial Cleanser

With the popularity of Dr. D'Adamo's Revitalizing Facial Cream, has come a new facial cleanser.

Our proprietary blend helps remove excess oils, promote healthier collagen and younger looking skin. The cream helps prevent cellular filtration which fights inflammation, making it an all-round promoter of better, healthier and younger looking

skin. Now that's something we can all benefit from— a younger, healthier looking skin, free of toxins.

Dr. D'Adamo's Facial Cleanser ever so gently helps improve the texture, clarity and radiance of your skin.

Contact us at the Institute to find out how you can order the cleanser. Start using the cleanser to help preserve your

skin's natural, younger looking beauty—the way nature meant it to be.

Want to share your secret with friends, colleagues and family?

Give the gift of healthy skin by ordering the cleanser and the skin cream as a gift. They will surely appreciate your special gift.

Sleep Support Tincture: You Deserve A Good Night's Sleep

Considered one of our most potent sleep aids, this calming tincture taken before bed, not only can calm anxiety, but assists with insomnia, nervous tension and stress. For

those who have tried over the counter medications, or would prefer a more natural approach to promoting a restful night's sleep, you deserve

all that a good night's sleep has to offer.

Some of our most sleep challenged folks swear they're getting the rest they need. Shouldn't you?

Out of Town? Save Money on Your Hotel Stay in Portsmouth

Where do celebrities, actors, supermodels and royalty turn to for their life-long wellness program? The D'Adamo Institute for the Advancement of Natural Therapies— the brainchild of internationally renowned Blood Type Diet originator, Dr. James L. D'Adamo. The Institute is in short walking distance from the Marriott Residence Inn.

The newly built Hotel offers our patients special rates. Our patients have wonderful re-

views about the rooms, cleanliness of the hotel and the stellar customer service.

Enrich your D'Adamo experience with a special treat from the hotel's award winning Chef, Stephen Harding, as he prepares an in-room meal based on Dr. D'Adamo's Diet Menu. Experience the difference of healthy eating!

To reserve your special rates and in-room D'Adamo menu preparation, contact Marriot directly at 603-422-9200.



To ensure that the D'Adamo Institute can accommodate your stay, be sure to call us to receive a personalized treatment plan for 1, 2, 3 days or longer.

Our Hyperbaric Chamber Therapy By Dr. Medrek

When you take the hyperbaric chamber therapy, you will be asked to lie down in a “soft” chamber. The inside pressure will be slowly increased. In two minutes, your ears may feel ready to “pop,” and you’ll need to swallow as though you were on the airplane. In just five minutes, the pressure will reach four PSI (pounds per square inch) equivalent to a depth of 13-14 feet in seawater. You will breathe in 93% concentrated oxygen.

This will dramatically increase your blood’s ability to carry oxygen to all your tissues. Under normal atmospheric pressure only blood hemoglobin

transports the oxygen, but during the treatment, the blood plasma also starts to carry the oxygen.

The oxygen-rich blood stimulates tissue healing and fights infections. Hospitals use the hyperbaric oxygen therapy for crash injuries, slow healing wounds such as those caused by diabetes or radiation (e.g. diabetic foot, gangrene, diabetic retinopathy and nephropathy). It is also used for infections such as (necrotizing Fasciitis and Clostridial myositis), carbon monoxide poisoning, brain abscesses, burns, and skin grafts that are slow to heal.

Other uses include treatments for autism, inflammatory bowel disease, multiple sclerosis, athletic injuries and cancer.

Essentially, the oxygen-enriched blood speeds up the resolution of inflammation and infection and stimulates the production of stem cells and growth factors.

“Hard” hyperbaric chambers are also used by divers to avoid the decompression sickness (diver’s disease). Similarly, before astronauts leave the space station for a “space walk,” they must first acclimatize in the chamber.

D’Adamo Institute Joint Salve

For those who suffer from arthritis, muscle aches and pain, the D’Adamo Institute Joint Salve is a must have. This deep penetrating cream has anti-inflammatory, analgesic properties suitable for joints, tendons, ligaments and other areas where massage is impractic-

cal or contraindicated. The salve can be applied on fingers, toes, or sprains and strains where the skin has not broken. Whether or not you suffer from arthritic pain, our Joint Salve is a perfect, safe, effective solution for common joint pains, sprains and mus-

cle discomfort. The joint salve is produced in small quantities, with all natural, quality ingredients based on Dr. James D’Adamo’s formula.

Feel free to speak to one of our doctors to see if the salve would be of benefit to you.

Blood Facts You Can Use

- The average red blood cell lives for 120 days.
- There are 2.5 trillion (give or take) of red blood cells in our body at any moment.
- To maintain this, about two and a half million

new blood cells need to be produced every second by the bone marrow — equal to the population of the city of Toronto and reproduced every second.

- Considering all the tissues and cells in our body, 25 million new cells are produced each second.
- Our blood is on a 60,000-mile journey.

Get Off the Hamster Wheel and Enjoy Life!

By Michele D'Adamo PhD, LCMHC

It is so easy to get caught up in the day to day routine of work, parenting, running a household and paying bills. Most of us feel more like a hamster running in circles. One of the comments I hear most often about the Institute is how calming and relaxing the atmosphere is, and how it's a safe haven getaway from the intensity of our busy world.

As a psychotherapist, part of my job is to help patients incorporate all that brings them relaxation and grounding. Sometimes patients see me specifically for that, so we collaborate on what technique would be beneficial. We work together to bring that sense of well-being and relaxation that the Institute provides beyond the visit.

While this is not an inclusive list, it might spark a few ideas that you could incorporate into your daily routine.

Stick to your program. Nothing makes you feel more energy, and calmness than giving your body what it needs to function at its optimal level.

Take 5 minutes and use progressive muscle relaxation by finding a quiet place. Then, tense each muscle group for ten seconds and release for 30 seconds. Squeeze your forehead for ten seconds and relax for 30 seconds. Squeeze shoulders for 10 seconds and release. This is a wonderful, ef-

fective exercise even while you are at a desk.

Visualization is another technique that induces relaxation and is especially useful for those with an overactive mind. In this technique, we use all our senses to imagine a peaceful, relaxing scene — anything that produces a relaxing “ahhh” in your mind. For some, it's a tropical beach or a beautiful garden scene. Research has shown that our thoughts and images effect our stress levels. One study revealed that watching distressing images like war films, increased levels of stress and stress hormones in the blood stream. However, watching a relaxation video reduced stress, lowered levels of stress hormones in the blood stream and induced relaxation.

Yoga stretches not only induce flexibility, enhance relaxation and lower blood pressure, they also decrease stress hormones. A recent study by scientists at Boston University School of Medicine, found that “compared to walking, yoga provides a greater improvement in mood as well as a decrease in anxiety.” If you can't get to a class, visit your local library for a selection of DVD's you can borrow.

For Blood Type O, nothing relaxes your muscles and mind like aerobic exercise. Research has shown that exercise reduces stress, anxiety and muscle tension effectively and in-

creases serotonin levels which induces happy thoughts. Now, who doesn't want a little extra happy in their day?

Another option is to create a small area in your home that relaxes, brings joy and relaxation. It doesn't have to be a big space, just your space— not the kids, not for bills, just for you. It could even be a comfy chair in the corner of your living room. For some, lighting is important. For others, scents evoke relaxation, or relaxing sounds might help. A cup of chamomile tea might do the trick to calm your mind and release the stresses of your day.

There are many more ways to relax and exercise to decrease your stress, but sometimes the simple act of stopping, taking in a deep cleansing breath and releasing your stress through breathing will do the trick.

If you need more guidance and support, contact the D'Adamo Institute to make an appointment with me or speak with one of our doctors. Our many herbal remedies will help kick-start relaxation, decrease anxiety and help provide a good night's sleep.

Get off the hamster wheel and enjoy all that life has to offer.

What's there to lose—except your stress?

Recipe's Corner

Roasted Chicken with Thyme and Fennel

Adapted from Good Housekeeping magazine

- 1 whole chicken, cut into 8 pieces. Remove all skin with exception to the wings.
- 1 large fennel bulb, trimmed and cut into 8 wedges
- 1 large red onion, cut into 8 wedges
- 1 tbsp chopped fresh thyme or 1 tsp dried thyme
- 1 tsp salt
- ½ tsp black pepper (optional)
- 2 tbsp oil
- 1/3 cup(s) water

Preheat oven to 450 degrees. In a large roasting pan, place chicken, fennel, and onion around the chicken. Sprinkle the chicken with thyme, salt, pepper and drizzle oil over chicken and veggies. Roast the chicken and vegetables for 20 minutes; be sure to baste with drippings from the pan. Continue to roast and baste until the juices run clear when you pierce the chicken breasts with a knife. Transfer chicken breasts to a platter and cover to keep warm. Continue to do the same with basting and roasting with the other chicken parts until you pierce the thickest part of the chicken and the juices run clear. Roast for an additional 10 minutes. Transfer the remaining chicken and vegetables to a platter. Skim and discard fat from the drippings in the pan. Once that is done, turn stove on medium, add water and heat till

boiling, stirring until brown bits are loosened from bottom. Spoon pan juices over chicken and vegetables.

Serves 4.

For those unable to eat onion, know that most may cook with onion, but cannot eat it, thereby getting the flavor and not the sugar. Check your Diet Guide.

Daikon Hash Browns

- 1 tbsp. olive or grape seed oil
- Half of a small onion, diced
- Half of a daikon radish, sliced thin
- Himalayan mountain salt to taste
- 1/4 tsp. thyme
- 1/4 tsp. cilantro
- 2—3 cloves of garlic
- Paprika if desired

Saute onion and garlic in a large cast iron skillet until the onion is golden brown and the garlic perfumes. Add cilantro and thyme to mixture and sauté an additional 2—3 minutes. While sautéing, chop up daikon radish into thin slices (about 1/16th of an inch thick). Add the radishes to the skillet and sauté until crispy and golden brown.

Add salt and paprika until desired flavor is found.

Serve as a side dish to haddock for best meal experience.

Simple and Quick Haddock

5 pounds haddock fillets

1 tsp. dill weed

3 medium lemons, sliced

Place fillets in a greased 15-in. x 10-in. x 1-in. baking pan. Sprinkle with dill. Arrange lemon slices over fillets. Cover and bake at 350 degrees F for 30 minutes or until fish flakes easily with a fork.

Serves 6

Broccolini with Sesame & Ginger (Adapted from Food Everyday; Oct 2010)

- 2 tsp. white sesame seeds
- 2 tsp. grape seed oil
- 2 bunches broccolini (1 pound, halved lengthwise)
- 2 garlic cloves thinly sliced
- 1 small piece peeled fresh ginger
- 2 tsp. wheat free tamari

Warm a large skillet over medium heat. Add sesame seeds and toast for 3 minutes. Transfer to small bowl. Return skillet to heat, add oil, broccolini, garlic, fresh ginger and 1/4 cup water. Cover and cook, stirring occasionally, about 12 minutes. Add wheat free tamari and cook until it evaporates. Top with toasted sesame seeds.

How Can We Help?

I trust that you are confident in the knowledge that the Institute and I are whole-heartedly committed to you, our patient. What you and I share is a bond. This bond is permanent, this promise is for always and our relationship is continuous. So, if there is something we can do to make your experience with us more pleasant, please let us know.

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Dr. James L. D'Adamo's, Just an Ounce of Prevention

Testimonials



Actor, writer and director, Andrew McCarthy.

"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 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's first movie debut was at age 19. Since then, he has appeared in more than 2 dozen films including *Pretty in Pink*, *St Elmo's Fire* and *Weekend at Bernie's*. Recently, he co-starred on the NBC show, *Lipstick Jungle* (where he also worked as a director). Presently, he has a recurring role on the USA hit, *Royal Pains*. Some of his other television work includes appearances in *Gossip Girl* (where he worked as a director), Stephen King's *Kingdom Hospital*, and *Law & Order*. His Broadway careers include a leading role on the Tony Award winning play, *Side Man*, and in *The Boys of Winter*, among many others. In addition to his episodic television work, Andrew directed the multiple award winning short film, *News for the Church*. He will make his feature film directorial debut this year with *Blink of an Eye*, from his original script. Andrew is a contributing editor at *National Geographic Traveler Magazine*. He's also written articles for *The Atlantic*, *Slate*, *Travel+Leisure*, *Bon Appetit*, *Islands*, *Afar*, and *National Geographic Adventure*.