

THE D'ADAMO INSTITUTE

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

WWW.DADAMOINSITUTE.COM

Summer Newsletter

VOLUME 5

ISSUE 3

SUMMER

2013

The Natural Healing Force Behind the Blood Type Diet and Unique Healing

Modalities



Dr. James L. D'Adamo
Founder

The D'Adamo Family and the Institute Team wish to express our gratitude for the overwhelming outpouring of sympathy, love and support from you, who belonged to Dr. D'Adamo's world.

Dr. D'Adamo's fondest wish was that his work continue and that his research into the importance of everyone's blood type and sub-blood type be not only carried on, but that it be built upon and expanded by his trusted team. To the end of his days, his thoughts were with his patients. His mind was working on the next phase of treating illness by developing an even more accurate way to determine the percentage of sub-blood type in your veins. The result being a deeper and more complete understanding of the most successful way of supporting your health.

We shall follow his instructions and keep on developing new treatments

and state of the art therapies to be gathered from around the world. We pledge to forge ahead in the spirit of our founder, as we continue to be available to teach student interns in an effort to prepare a new generation of Naturopathic Doctors who wish to follow in the footsteps of Dr. D'Adamo.

We shall continue to publish, re-search and forge ahead with Dr. D'Adamo's latest discoveries which will enable us to serve you even better and treat the you, the unique individual that you are, to an even greater extent and in more depth and detail than ever before.

We shall not falter in our efforts to serve you in the same loving, respectful, efficient and successful way that you have been accustomed and have every right to expect from the D'Adamo Institute.

Every member of the Team has been working with Dr. D'Adamo and under his skillful tutelage for many years. Every member of the Team is dedicated to Dr. D'Adamo's vision for you, his patients, his friends. Every member of the Team stands ready to continue the passion for healing, the enthusiasm for perfection and the dedication to

one purpose.....your health and well-being.

While we will all miss Dr. D'Adamo, we feel honored to have been entrusted with the privilege to continue his work, his research and his love and dedication for every one of the Institute patients. Thereby, we will continue the legacy Dr. D'Adamo spent the greater part of his life to establish.

For those who have been to our clinic, we have an emblem in the waiting room with the acronym, I.A.N.T., which translates to "Institute for the Advancement of Natural Therapies". Have you noticed that it does not say, "D'Adamo Institute for the Advancement of Natural Therapies"? My father never wanted it to be the "D'Adamo Institute", because he felt that it was not "his" Institute, but that it belonged to all his patients as "their" Institute. We will always be YOUR Institute for healing. Thank you for your ongoing trust, and be assured that we continue to be available to serve your health care needs.

Most Sincerely,

Dr. Michele D'Adamo

GINGER

Ginger has been used as a medicine and a cooking spice in Asian, Indian and Arabic herbal traditions since ancient times. At the D'Adamo Institute, we use ginger products that are made from fresh ginger root or from steam distillation of the oil in the root. The herb is available in extracts, tinctures, capsules and oils. We also use it in some of our treatments.

Research has evidenced that ginger may help prevent or treat nausea and vomiting from motion sickness, pregnancy and cancer chemotherapy. It is also used as a digestive aid for mild stomach upset, to reduce pain and osteoarthritis, and may even be used in heart disease or cancer. Many studies document the effectiveness of this powerful root in decreasing inflammation, lowering cholesterol to treating heart disease. Laboratory studies have also found that some substances in ginger may kill cancer cells in test tubes. More research is needed to see if this applies to humans, and the D'Adamo Institute is vigorously researching the effectiveness and the type of beneficial modalities for this herb.



Interested in hearing how ginger may benefit you? Speak with one of our doctors today. We're only a phone call away. 603-430-7600 x101

Ginger may alter the effects of some prescription and non prescription medications.

Did you know that we offer complimentary spinal examinations to all our patients?

You can have misalignment of your vertebrae and not even know it. Like the early stages of tooth decay or cancer, subluxations can be present before the warning signs appear. The results of a thorough examination can show the location and severity of subluxations you may have. Dr. Lufkin is offering complimentary spinal screening, so call today for your personal evaluation.



Recipes

Lettuce Wraps

This is a fun meal to make and a nice light way to replace bread. A's might prefer to use all vegetables, while O's might want to add beef options.

Ingredients:

1 lb. lean ground round
1/2 cup finely chopped fresh mint leaves
1/3 cup finely chopped fresh cilantro,
1/2 finely chopped red onion
1 tsp. crushed red pepper (optional)
3 tbsp. fresh lime juice
2 tbsp. Asian fish sauce
1 head romaine lettuce, leaves separated
Lime wedges (optional)

Directions:

Sauté beef in a large skillet over medium

heat 5-10 minutes or until meat crumbles and is no longer pink; drain. Add remaining ingredients and stir until heated. Spoon mix-



ture into center of cabbage or lettuce leaves and roll up. Other ideas could be fresh julienne vegetables cooked in vegetable stock and added to wrap. For a quick lunch, use turkey or chicken with sprouts,

vegetables and a touch of pesto without cheese. The options are endless. We would love to hear how you use your wrap.

Garlic dressing

Ingredients:

1 cup olive oil
1/2 cup fresh lemon juice
3 garlic cloves
2 tsp. dried Italian or Greek herbs
1/2 teaspoon sea salt

Directions:

Blend in food processor until thoroughly mixed. Use right away or refrigerate.