



# Summer Newsletter

## Genetically Modified Foods



*Dr. James L. D'Adamo Director and founder of the D'Adamo Institute*

GM foods, or GMOs (Genetically Modified Organisms) are laboratory modified crop plants for human or animal consumption enhanced with desired traits such as increased resistance to herbicides, food production or improved nutritional content. While many people favor these modifications, there is mounting controversial research that GMOs are linked to the increased life-threatening allergies among children with direct toxic health effects from gene inser-

tion.

Consumer advocates are calling for proper GMO labeling for informed public decision when food shopping. Whereas the European laws require that all GMOs are properly labeled, U.S. food manufacturers don't have to adhere to such laws.

The US FDA's current position on food labels is governed by the Food, Drug and Cosmetic Act which only requires labels of food additives, not whole foods or food products.

Hence consumers can avoid eating foods that are genetically modified by simply purchasing organic foods which by law are not allowed to be modified.

Here is an example of common products that

are more likely than others to be genetically modified and should be avoided if possible:

- Corn
- Soybeans
- Sugar beets
- Canola oil
- Rice
- Dairy
- Farm-raised salmon

When shopping, select products such as Naysoya Foods and Vitasoy USA, Inc. — these are casein free and non GMO. Always select wild salmon and be sure to be a label reader. Canola oil and rice are often snuck into products where you would least expect it.

## Vitamin Alert

For many years I have emphasized the importance of using supplements that are manufactured by the Institute. I'm concerned that many of the supplements available on the market today do not include what is on the label?

Case in point— as reported recently in MSNBC.com, 38 multivitamins tested by researchers

found that many of the top multivitamins had less than what was described on the ingredients list — at times **73 percent less of a particular mineral**, while others like Centrum Chewables had 173 percent of the vitamin listed on the label. Too much vitamin A can cause health issues.

I follow strict Canadian guidelines for all my supplements

Which are regularly tested, independently screened to ensure the accuracy of the label.

I manufacture single unit pills to address each organ separately providing only what is needed. Furthermore, I have developed a supplement geared specifically for each blood type to address the uniqueness of each body.

## Sugar — By Dr. Fateh Srajeldin, ND

Sugar — the mother of all ailments. Our ancestors, who lived free of this white poison suffered from none of our daily growing list of new diseases.

Nearly all chronically ill patients who are taken off sugar begin to instantly improve in matter of a few days. Sugar's danger stems from the fact that it creeps slowly into our body under the disguise of sweet taste while it fortifies its roots deep in our body especially in the pancreas, liver and the lymphatic system. Eventually, it gains full control of the three organs. Once the organs fall into the sweet trap, the patient struggles with an endless list of diseases without knowing the real cause.

As I tell my patients who ask me about the synthetic sweeteners, these sweeteners are chemicals and worse than regular sugars. I am not talking about natural fruits or their sugars.

Here's an easy correlation to remember. One teaspoon of sugar

depresses our immune system for two hours!!!

One can of soda, containing 12 tea-spoons of sugar, depresses the immune system for 24 hours - a whole day!

During my lectures on digestive tracts, allergies and asthma, I question the audience about the nature of sugar — is it a food or a drug? Almost always there is a 50-50 split among the audience. Some swear that it is a nutritious food. Others question why sugar is sold in the market if it's the cause of sickness. Nothing could be more pathetically untrue.

Since sugar contradicts the very basic principles of natural treatments, all patients are taken off sugar. This is even more true for those who suffering from such ailments as Candida, Eczema, weight problem, recurrent infections, Asthma, ear aches, hyperactivity, Attention Deficit Disorder (ADD) among others.

Here's a list of common foods and drinks and their sugar levels!!!

Products containing sugar	Tea spoons of hidden SUGAR per food item
Chewing gum (one pack)	4
Chocolate bar	7
Chocolate cake, iced 4 Oz.	10
Chocolate milk 8 Oz.	6
Cola drink 16 Oz.	12
Fruit Yogurt 8 Oz.	8
Gelatine dessert (one cup)	8
Glazed donut	6
Ice-cream (one cup)	6
Jelly beans 12 Oz.	8
Kool aid sweetened 8 Oz.	6
Liqueurs & cordials 2 Oz.	4
Orange Soda	12
Peanut Butter & jelly	6
Pecan pie (5 Oz. slice)	12
Pork & beans (one cup)	5
Sweetened cereal 2 Oz.	7
Thick shake 11 Oz.	9

## Employee Spotlight: Kathy Beauchimen

Kathy Beauchimen spends much of her time at D'Adamo Institute helping people with footbaths, ensuring that the staff stay on schedule and that patients are well taken care of.

An extremely detail orientated person, Kathy keeps the Institute spotless, the doctors' offices well supplied — and has earned her title of master mind of strategy and the nickname "the General."

From handling appointment scheduling and logistics of the

practice, to ensuring the staff run on time and everyone is where they are scheduled to be, Kathy is a great asset. Her advice to our patients: "don't expect instant results, take one day at a time and follow the doctors advice."

"As an employee of 10 years, Kathy ensures that the Institute appointments flow smoothly," says Dr. D'Adamo. "Without her the Institute wouldn't be as sparkling. She does a lot for us,

much more than we all realize and we all appreciate her *can-do* attitude and work ethics.

Thank you Kathy for keeping us all in step."



## Newsletters, Info and much more!

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Interested in past newsletters for articles, recipes or treatments? Now you can obtain them from our website.

Keep up with D'Adamo Institute news and happenings! Follow us on Twitter (@dadamoinstitute)

or Facebook (The D'Adamo Institute) and remain abreast of the latest programs and treatment offerings.

From time to time we like to include an interesting article that we find informative for our pa-

tients. Our front desk also has a variety of samples, product news and new treatment information. Lastly but certainly not least, reach out to our staff! They are a wealth of knowledge and can provide you with the latest information.

## This Moment — By Michele D'Adamo Ph.D., LCMHC

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*"If, before going to bed every night, you will tear a page from the calendar, and remark, 'There goes another day of my life, never to return,' you will become time conscious."* A. B. Zu Tavern

Asking co-workers about their thoughts on what would be a great article for summer edition of the newsletter, conversations drifted towards summer activities, memories of summers past and ideas for our future summers. This led me to think about last summer, how quickly time flies and why they say, 'Time flies when you're having fun.' Just for the record, it flies just as fast when you're too busy to enjoy it too! After all, it's easy to get lost in the power of the moment since we're so rarely in it.

Most of us are always thinking ahead of what will happen in the future or even later that day. While most may think that being present in the moment is an impossible task, the fact remains that we all have experienced being present in the moment and enjoying all that this moment brings us. Don't you remember? Perhaps you can recall being a child, before having to put money aside for mortgage, retirement

and bills, we were very much in the present moment. It is after all, in the present when all great things occur in real time. In one brilliant moment, intuition, creativity and inspiration occur. BOOM! How exciting! So, when you find yourself thinking of the future or the past, bring your awareness into the present. Even if just for a moment. Recapture some of that joy that occurred when you were in the present. If we can treasure each moment a little bit more, our lives will be richer, our cup will be fuller and our shoulders would feel lighter.

### **Psychology of manifesting anxieties.**

So much of our anxiety, fear or unhappiness is a result of focusing our thoughts on the future and forgetting to live the present here in this moment. Many times unhappiness and anxieties are drowned by substance abuse, food or even overscheduling oneself.

Unfortunately, avoidance of those feelings will continue until your body forces you to stop and focus on the present in order to deal with health issues resulting from harboring your feelings. Counseling can be beneficial in helping release those harbored

feelings before they manifest.

So, do yourself a very valuable favor. Stop! Breathe! Take a look around you. Check in with yourself, appreciate your surroundings, take note of what is happening right here, right now .

Enjoy your summer, every second of it!

*Dr. Michele D'Adamo is a licensed Clinical Mental Health Counsellor who works collaboratively with her clients, applying strategies for dealing with such stress, anxiety, depression and their affects on one's physical state. Dr. D'Adamo holds a PH.D in Health Psychology from Capella University, an M.S. from New England College, and a B.S. from Granite State College. Additionally, she is certified in holistic psychology, hypnotherapy, and advanced energy work— Reiki and Shamballa. She completed Harvard Medical School's Intensive Clinical Training in Mind Body Medicine, with Dr. Herbert Benson which included psycho-neuro-immunology the comprehensive review of how mind/body interactions impact physiologic resilience. Dr. Michele D'Adamo is available by phone and in person at the D'Adamo Institute in Portsmouth, NH.*

## Just an Ounce of Prevention...has Gone Global!

While we knew that *Just an Ounce of Prevention is Worth a Pound of Cure* was going to be a successful book, we had no idea how quickly the book's foreign editions will be hitting the bookstores in Europe.

The German edition is currently being sold in Geram bookshops, online distributors, and through the publisher's website ([www.reichel-verlag.de](http://www.reichel-verlag.de)).

Foreign editions of the book are



already in the plans in six countries so far: Germany, France, Canada, Russia, Poland and Estonia.

Finally the world will get to know what D'Adamo Institute patients have known for years — *treat the cause not the symptom and take care of your health now to ensure a healthful future.*

The book is an ideal gift for any occasion. And with advance notice, Dr. D'Adamo can personalize a copy for you it for you.

## The American Red Cross and Dr. D'Adamo Unite!

A recent fundraiser - held in benefit of the American Red Cross relief efforts in Japan on May 13 at the Portsmouth (NH) Harbor Events & Conference Center, featured Dr. James L. D'Adamo, and award-winning chef, Stephen Harding of Marriott Residence Inn, who prepared unique blood type-specific hors d'oeuvres and food tastings. — raised nearly \$3,000. The funds will support the American Red Cross massive relief operations following the deadly earthquake in March.

“We are delighted to have partners like the D'Adamo Institute who understand the importance of supporting emergency response through the Red Cross,” said Maria White, CEO for the American Red Cross in New Hampshire.

The Red Cross remains focused on helping to improve living conditions for many of the 98,000 people remaining in evacuation centers -

throughout the hardest hit areas.

“Acknowledging the relief efforts the American Red Cross provides in assisting humanity worldwide, I am honored to be of assistance with this wonderful endeavor to help earthquake survivors in Japan and share my research on blood type diet.” said Dr. James D'Adamo.

*Unique blood type specific  
hors d'oeuvre*

We would like to thank the business community for providing us with wonderful raffles, The

Harbor Event Center, Chef Harding, BridgeView Marketing and our staff for doing a spectacular job.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood banks; teaches life-saving skills; provides interna-

tional humanitarian aid; and supports military members and their families. For more information, visit [www.redcross.org](http://www.redcross.org).



*The American Red Cross CEO, Maria White presented Dr. James D'Adamo with a plaque of appreciation for his support of the Red Cross. [L-R -Stephanie Couturier, Chief Development Officer, American Red Cross-NH, Dr. James D'Adamo, Maria White, and Dr. Robert Medrek of the D'Adamo Institute.*

## Product Sightings by Peter Caverno

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One of the things I love about my job is learning about new products and advancements in alternative medicine's medicinal field.

We have an impressive array of herbs, tinctures, homeopathic and creams from around the world. We might even be the largest Naturopathic herbal dispensary in New Hampshire! This is something I am extremely proud of. While we have new products on monthly basis, I would like to take this opportunity to inform you of some really unique products we have available.

### All Natural Lip Balm

Much like the Institute's skin cream, we have invested the same research **into a new lip balm**. Made from the finest moisturizing ingredients, our new lip balm is rich with vitamins that condition and soothe. Dr. D'Adamo had me find only the highest quality and medicinal products for this lip balm that will sure to keep your lips hydrated. While it might feel like there are little beads of Shea butter, know that those melt and hydrate with the warmth of your lips thereby providing lasting moisturizing benefits. It's the Shea

butter that gives the additional hydration and smoothness.



### MyNaturalHealthShop.com Launched

The Institute launched its MyNaturalHealthShop.com three months ago. Within the first few days of the website going live, orders were received from California and other parts of the country. Patients seem to enjoy the ease of ordering and the freedom to order any time of the day. The general public is happy to purchase quality supplements too. While the products available to the general public are limited to those our patients purchase, we hope to broaden the product list in the near future. While we are con-

tinually adding more products and learning from feedback how best to enhance the site, we have received wonderful product reviews from our patients and the general public. We want to thank those of you who have shared product reviews and ideas on how we can improve the ordering process.

### Salves

For years Dr. D'Adamo has been making salves for patients with ailments such as eczema, joint pain, rashes, and hemorrhoids. One might be surprised that our most popular salve is the hemorrhoid cream. For sale online and at our herb dispensary, be sure to keep these wonderfully effective products in mind before you reach for Advil, Tucks or cortisol.

I always enjoy learning new things about our products and having feedbacks from patients. If you would like to see a product added to our list, please let me know. I can't guarantee that I can do it, but I would certainly like the opportunity to hear about it.

## Welcome Dr. Medrek!

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The long awaited arrival of Dr. Robert Medrek has finally come. We are all so pleased to welcome him into our Portsmouth, NH practice. Dr. Medrek is the most skilled with Dr. D'Adamo's work having trained with Dr. D'Adamo for over 20 years!

A Doctor of Naturopathy and a Acupuncture, Dr. Medrek brings to the Institute a wealth of knowledge and education unsurpassed by any doctor trained by



Dr. D'Adamo.

Dr. Medrek is spear heading Dr. D'Adamo's weight loss program using HCG injections, along with Blood Type Specific Diet plans and specialized treatments individualized to maximize success and increase energy! Lose 20+ pounds in under a month!

Be sure to introduce yourself and say hello. Welcome Dr. Medrek!

# Fibromyalgia & the Great Imposter—By Dr. Medrek, ND., LAc

Symptoms of fibromyalgia were first termed “rheumatism” in 1730 to describe muscle aches with rheumatic fever. The term “fibrositis” was used in 1904 and changed in 1976 to “fibromyalgia”. In 1981 a scientific study validated and defined this condition as widespread pain and stiffness lasting more than 3 months with a presence of 11 to 18 tender points and a variety of symptoms that include: un-refreshing sleep and fatigue; low body temperature and cold hands and feet—suggesting low thyroid function; low blood pressure; fatigue and swollen lymph glands—suggesting poor adrenal function; irritable bowel and bladder; TMJ; Irregular periods of endometriosis; chronic candida, viral, bacterial and mycoplasmic infection.

Fibromyalgia is different from Chronic Fatigue Syndrome where extreme fatigue lasting for at least

six months is the number one symptom.

The D’Adamo Institute evaluates symptoms of fibromyalgia as they appear in each individual. Most often, we need to support adrenal function; we often use DHEA, an adrenal hormone that the body uses to make estrogen, testosterone and other hormones. We also use adrenal gland concentrate to normalize cortisol levels, as low levels of this adrenal stress hormone cause increased inflammation, weakened resistance, low blood sugar, low blood pressure and poor digestion.

Most fibromyalgia patients respond well to thyroid medication either natural or synthetic, showing increased energy; decreased pain and depression. Sometimes the depression lifts HTP by raising serotonin (a neurotransmitter necessary for sleep) with 5-HTP or St. John’s Wort. Oxygen therapies are often useful to control microbial infections. Additionally, we find that most patients should strictly adhere to their blood type diet to decrease the level of inflammation and tissue damage. Also, issues of intestinal permeability, low hydrochloric acid and digestive enzyme, viral, fungal and bacterial overgrowth; liver toxic load, antioxidant deficiency, and Mercury toxicity have been found. Fibromyalgia is a complex condition, with patience and time we see its symptoms gradually subside.

Lyme Disease is the most common tick borne illness in North America and Europe. It is called a “Great Imposter” because it can be misdiagnosed for fibromyalgia, chronic fatigue syndrome, multi-

ple sclerosis, ALS, and other debilitating diseases. Hallmark of Lyme disease is unrelenting pain and fatigue unrelieved by rest.

To differentiate, look for distinctive “bulls-eye” (ring-like) rash at the site of the tick or insect bite which can appear right after the bite or months later; and lasts from one week to several months. However, as 50% of adults don’t develop the rash, lab tests and clinical evaluation are necessary.

The CDC suggests extra vigilance



during warmer months (April-September) when ticks are most active. Avoid wooded and bushy areas with high grass and leaf litter. Walk in the center of trails. Bathe or shower soon after coming indoors and do a full-body tick check on all parts of your body. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair. Examine gear and pets.

Ticks often ride home on clothing and pets - carefully examine pets, coats, and day packs and tumble clothes in a dryer on high heat for an hour to kill remaining ticks.

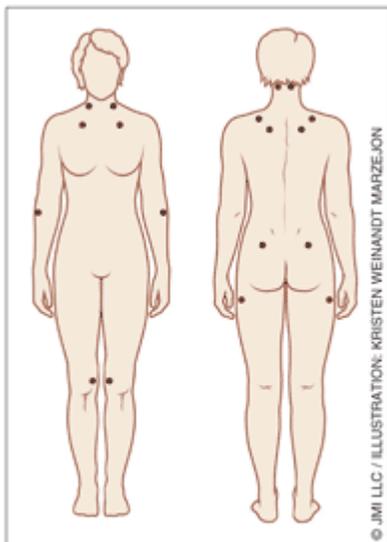


Figure 1. The 18 tender point sites identified for fibromyalgia aid diagnosis.

## Ice Tea Recipes

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Nothing says summer like a tall refreshing glass of chilled iced tea. Try a few of these and let us know what you think!

### Jazzed up Jasmine

Take 2 Jasmine tea bags add 1 liter of water and let set for a few hours, then enjoy. To add a twist, add frozen berries/fruit and crushed ice.

### Calming Chamomile

Use chamomile tea bags or 1/4 cup of loose chamomile flowers. Bring 8 cups of water to a boil and let the tea steep for 10 minutes. Remove tea and add 1/4 cup honey, 1/4 teaspoon vanilla extract. Let the tea chill for several hours, then transfer to a pitcher and keep in the fridge.

### Luscious Lemon

Use 2 lemons — with a vegetable peeler, peel each lemon in continuous spiral, removing only outer colored layer of peel. (Save the lemon for your morning lemon water!). Pour 4 cups of boiling water over the lemon peel, add six herbal tea bags (peppermint and spearmint blend or ginger flavored). Cover and steep for 10 minutes. Remove tea bags and chill with the lemon peel in the refrigerator. Add honey to taste (optional).

### Ruby Tea

*Phillymag.com* - Jenna Beran '09

1 cup lemon balm  
2 tablespoons dried hibiscus flowers

1/2 cup spearmint leaves  
Juice from one fresh lemon  
One dollop organic maple syrup, or to taste (optional)  
Lemon slices, for garnish

Place the herbs, lemon juice, maple syrup and herbs into a gallon jar. Fill with boiling water and let steep 10 minutes. Strain and discard herbs. Serve hot or over ice garnished with lemon slices.

### Floral

Fill a cheesecloth with 1/2 cup fresh organic rose petals, 1/2 teaspoon dried chamomile blossoms, and 1/2 teaspoon fresh orange zest. Tie it up and immerse in boiled water alongside a cinnamon stick, steep for 5 minutes. Sweeten with honey if desired.

## HCG Weight Loss Program

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For anyone who has stubborn pounds that won't melt away, The D'Adamo Institute offers the HCG weight loss program, which can reset your metabolism. In less than one month you can easily lose at least 20 pounds of unwanted fat as HCG mobilizes unnecessary weight by using a natural hormone.

**This tremendous service is offered to both patients and non patients.**

The 26 day program consists of:

- ◇ A weekly meeting with a doctor to monitor the results.
- ◇ A food-scale to make food preparation effortless.
- ◇ An easy to follow food plan, tailored to your blood type.
- ◇ A food journal to help you keep on track.
- ◇ Weekly B12 injections to assist with energy and vitality.
- ◇ Small (the needle is the size of an eye lash) pre-filled injections for you to take home. A doctor will teach you on how to safely administer the treatment.
- ◇



**It really is that easy! Ask the front desk or one of our doctors for more information.**

## Dear Dr. D

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**Dear Dr. D.**

**You listed numbers next to my fish based on their toxicity level for me. How can I find more information about this?**

For years I have been rating fish based on your blood type and the toxicity level. I am thankful for the age of the internet to give us more up to date information on toxicity levels. I have been told that Blue Ocean Institute ([blueocean.org](http://blueocean.org)) studies how the ocean is changing and how everything humans do—both on land and at sea—affects the waters, wildlife, and people of our world. This organization rates the toxicity, of fish. Simply, text the word “fish” followed by the species, to 30644. You will receive a text with the level of mercury and other containments.

Yours in good health,

*Dr. D'Adamo*

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## Testimonial



Louise L. Hay, the author of the international bestseller, *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. Founder of Hay House Publishing and foremost respected positive thought movement leader.

“...You can imagine my surprise and delight when I received a letter from Dr. D’Adamo in the spring of 2009. I was smiling with joy as I opened it. Positive memories flooded back to me as I remembered the man who had taught me so much about health...As I mentioned, I was diagnosed with cancer three decades ago. ...Life somehow brought me to Dr. James D’Adamo. The most important part of my healing journey had arrived. I learned several things from this experience. First: Trust Life. No matter how dire the circumstances seem to be, there is always a solution, a way out. The foods we choose to eat and the thoughts we choose to think have everything to do with our health. Junk foods and negative thoughts simply destroy our health. The body knows how to heal itself; we just need to supply it with the nutrition it needs.

**You can watch Louise Hay’s video testimonial on our website: [www.DadamoInstitute.com](http://www.DadamoInstitute.com)**

Today I am in my 80s, am blessed with energy, and still maintain the beneficial practices that Dr. James D’Adamo recommended to me so many years ago. I give enormous thanks to him for all he has taught me about how to bring my body back to vibrant health. It worked for me, and it can work for you.”

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