

The D'Adamo Institute

44 Bridge Street Portsmouth, New Hampshire 03801

(603) 430-7600

"As a patient for 12 years, Dr. D'Adamo's program has changed my life for the better. I am 57 years old and am feeling and looking better now than I have my entire life." Howard from Canada

"I'm writing this note to reaffirm my appreciation for the dramatic improvement in my health during the year and a half since I've been under your care. The many doctors consulted prior to you had been able to offer only temporary or superficial relief for my twelve-year condition of chronic colitis. Through your diet, instruction, and therapy the condition is now well-controlled." Deanne H.

Join us on Facebook & Twitter

www.DAdamoInstitute.com

Recipes Submitted by Patients for Patients

Grilled Rosemary Salmon Skewers
Adapted from *Eating Well: August/September 2006, Eating Well for a Healthy Heart Cookbook (2008)*

Ingredients:

- 2 tsp. minced fresh rosemary
- 2 tsp. extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tsp. freshly grated lemon zest
- 1 tsp. lemon Juice
- 1/2 tsp. Himalayan salt
- 1 pound center-cut salmon filet, skinned cut into 1-inch cubes
- 1 pint cherry tomatoes (optional – you can use any approved vegetable)

Preparation:

Preheat grill to medium-high. Combine rosemary, oil, garlic, lemon zest, lemon juice, salt in a medium bowl. Add salmon; toss to coat. Alternating the salmon and tomatoes,

divide among eight 12-inch skewers. Oil the grill rack. Grill the skewers, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total. Serve immediately.

Creamy Herb Dressing

This recipe comes from *Vegetarian Times*, June 2001

Ingredients:

- ½ cup soft silken tofu (4 oz.)
- 1/2 cup tightly packed fresh herbs, such as basil, dill, parsley, or cilantro
- 3 tbsp. olive oil
- 1-2 tbsp. water
- 1 tbsp. fresh lemon juice, plus more if needed
- ½ tsp. Himalayan salt

Preparation:

In a blender or food processor, combine all ingredients. Process until very smooth, scraping down sides of bowl once or

twice, about 2 minutes. Use immediately or refrigerate in tightly sealed container for up to 3 days. (The color will change; however, the taste will not be affected.) Stir well before each use. Thin with lemon juice or water if dressing becomes too thick.

This can also be used as a sauce for fish. For instance, the dill dressing goes well over salmon

We are really enjoying your submissions and ask that you keep them coming. We all benefit from your suggestions. Thank you.

THE D'ADAMO
INSTITUTE

ASK US HOW

- Purchase supplements in your pajamas!
- Watch Dr. D on video
- Make your adrenals happy, healthy and repaired
- Just an Ounce of Prevention has gone international!

INSIDE THIS
ISSUE:

Hyperbaric Chamber	2
Mind & Body	2
Try Organic	2
Olive Oil Concerns	3
Barber Shop Practices	3
Testimonials	4
Recipes	4

Summer Newsletter

VOLUME 4

ISSUE 2

SUMMER 2012

Pesticides & Diabetes Link Confirmed



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

While I have been talking for sometime about the dangerous effects of farmed salmon, and these pollutants/toxins in part being responsible for diabetes, my suspicions have been confirmed. An article in *Environmental Medicine*: "The Role of Persistent Organic Pollutants in the Worldwide Epidemic of Type 2 Diabetes Mellitus and the Possible Connection to Farmed Atlantic Salmon (*Salmo salar*)," by Walter J. Crinnion, ND (2011) indicates this is true. It disclosed recently that diabetes mellitus is greatly associated with the presence of several persistent organic pollutants

(POPs) rather than certain lifestyle factors. If the adipose tissue is containing large amount of POPs, then risk for obesity might be high. Chlorinated pesticides especially polychlorinated biphenyls (PCBs) have a strong relation with the metabolic syndrome and Type 2 diabetes mellitus (T2DM).

Metabolic syndrome along with its comorbidities like hypertension, obesity, low HDL levels, insulin resistance, dysglycemia and T2DM are continuing to increase globally. It has been proved that these problems are finally associated with certain amounts of POPs and chlorinated pesticides. Some of these are significant. Some evidence connects lower levels of certain POPs with the greatest risk for blood sugar abnormalities, while higher levels are not as strongly associated. More research work is required to better understand dose-responses to POPs and risk for metabolic syndrome and T2DM. Risk for blood sugar abnormali-

ties have been associated to certain PCB's, while others are occasionally associated, and, still others, do not appear to have any association with risk. It is based on evidence that certain PCBs, especially those with a greater number of chlorine molecules, have the strongest association with increased risk of developing T2DM. Exposure to these agents can increase the risk from two times to four times over a 12-20 year period. Obesity is one of the most well known risks.

Farmed Atlantic salmon consumption is one source of the exposure to the POPs. In comparing the farmed Atlantic salmon from all around the world and the Northeast Pacific, it was advised that no one should consume the farmed salmon frequently, and it is a wiser option to use the wild Alaskan salmon.

The Hyperbaric Chamber Advantage

At present, hyperbaric chambers are used to treat a wide spectrum of diseases including wounds, injuries and infections by increasing oxygen levels in the blood. Hyperbaric oxygen therapy is commonly used to treat injuries caused by increased or decreased atmospheric pressure such as decompression sickness (caisson disease) which is common in deep sea diving, high altitude aviation, mining and even tunnel construction.

Hyperbaric chambers work by counteracting the effects of hypoxia or decreased oxygen blood supply. They also provide efficient delivery of oxygen to the cells and tissues of the entire body from head to toe. Hyperbaric oxygen therapy also enhances the activity of leukocytes, thus improving the patient's immune response.

At the D'Adamo Institute, we use the hyperbaric chamber if a patient has low oxygen, a low immune system, neuro-

logical, circulatory, cardiovascular, respiratory or other conditions. This is a comfortable, pain free treatment, and most patients take a nap, read a book or listen to music for the 50 minutes of this therapy. If you feel that the hyperbaric chamber would be helpful, please call us at (603) 430-7600.

Mind & Body

Studies show that between 60% and 90% of all physician visits are for stress-related complaints. More than 50% of adults in the U.S. report high stress on a daily basis. Untreated stress can seriously affect performance, health and well-being. "It's clear that stresses produce abnormal changes in the immune system," said Ronald Glaser, director of Ohio State University's Institute for Behavioral Medicine

Research. Glaser studied the mind-body connection and found that chronic stress and psychological stress can impede wounds from healing, may impair the effectiveness of vaccines and can weaken the immune system of caregivers.

So, while it is important for us to maintain a positive attitude, we must recognize that life doesn't always prepare us to make lemonade from lemons.

To combat the effects of stress and to endure, we need to keep our immune system in perfect working order. This will most likely benefit you whether you are having a good or bad day. Even if you're super busy, make sure you take your supplements. This is an added armor of sorts and important in protecting your immune system.

Are you familiar with organic certification? It's a tough process that ensures all organic food has been untouched by toxins and chemicals from the ground to the grocery store.

Organic products have been certified by Quality Assurance International

(QAI), which will be visible on the label. Choose organic, and your body will thank you for it!

Recent studies have confirmed that fruits and vegetables that are organic tend to be juicier or sweeter.

Have you ever considered

that organic farms conserve water? No pesticides are used in organic farming which eliminates the chance of toxins mixing with local water sources.

Organic farms are more environmentally friendly than non-organic farms. Furthermore, it's much healthier for you.

Try
Organic

Olive Oil Concerns



This fruit and compression extracted oil has a wide range of therapeutic applications. In addition to being a natural, hypoallergenic way to moisturize skin, extra virgin olive oil has the added advantage of providing strong antioxidants like Vitamins A and E that help repair and renew skin that has been damaged from overexposure to sun, air pollution and other environmental hazards.

However, at high temperatures there is a breaking of the bond between the glycerol and fatty acids. When olive oil is heated to its smoke temperature, certain hydrocarbons such as polycyclic aromatic hydrocarbons (PAHs) are produced. These substances cause DNA damage and may ultimately lead to cancer. In fact, heating any oil to its "smoke point" can damage the oil; thereby, re-

placing healthy antioxidants with free radicals that can cause premature aging and damage your cells. Overheating olive oil can multiply the number of PAHs that naturally occur in the oil. According to the Centers for Disease Control and Prevention, "Some PAHs may reasonably be expected to be carcinogenic."

"Bleeding was popular in ancient days and a "go to" remedy as aspirin is for many today."

Barber Shop Practices

Bloodletting was practiced as a treatment historically spanning more than 3000 years from the early Egyptians until well into the 19th century. According to Hippocrates (460-370 BC), blood was one of the four humors in the body. It was widely thought that if there were an imbalance in the humors, this created sickness. Then, it was felt that a "balance could be achieved by letting blood out of the body. Removing the excess blood was thought to remove the disease. From pneumonia and fevers, back pain, stomach pains, even to treat bone fractures, bloodletting was performed."

Bleeding was popular in an-

cient days and a "go to" remedy as aspirin is for many today. Barber-surgeons did this procedure and created their own guilds competing for respectability with physicians. They advertised with a symbol that endures to this day -- a red and white striped pole.



The pole represents the stick patients would grab while being phlebotomized, the

white stripes represent the bandages and the red stripes, the blood.

In the 19th century, scientists such as Louis Pasteur showed that germs, not humors, were responsible for disease and the practice faded. Now bloodletting is moved into the hands of Phlebotomy and is used rarely. The treatment is still used today for hemochromatosis, a genetic condition affecting 600,000 to 1,000,000 Americans in which the body stores too much iron. One way to treat this is to periodically drain some of their iron-rich blood, and this restores the mineral's proper balance.