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THE D'ADAMO INSTITUTE FOR THE ADVANCEMENT OF NATURAL THERAPIES

Summer Newsletter

Staying Healthy in the Summer

By James L. D'Adamo, ND



Dr. James L. D'Adamo

Many people find that the long sunny days of summer bring the healthiest time of year. There are fewer suffering from colds, flu and allergies in the warm season. With the mild weather we tend to feel lighter, the muscles loosen, and even the chronic pain of arthritis may abate.

With all of that said, nature does not issue us a free pass in the summer, and it is still important to take care of overall health. With the heat of the sun comes the danger of dehydra-

tion. If you are outdoors for prolonged periods of time whether at work or play, be sure to carry your trusty bottle of water along. Some people perspire lightly, and may not be aware that they are losing water. Be sure to drink at least eight 12-ounce glasses of water daily. Summer confers no benefit on those who have hypoglycemia, the condition where your blood sugar fluctuates unduly throughout the day. It's just as important to eat your regular protein snacks every one and a half to two hours throughout the day in the summer as it is in the winter. It's easier to forget to do this in the summer, as we feel a little better, and our routine

changes, and we get busy with outdoor activities. Be sure to pack protein snacks to take along with you on your summer adventures. Furthermore, summer is a time of indulgence for many. There are more barbeques, parties and vacations, in short, more opportunities to fall off your diet program. My advice is to do the best you can while away on vacation and at parties. You can usually make the best choices available wherever you are. Always avoid wheat and dairy, lay off the deserts and alcohol, and you won't do yourself any serious harm as long as you jump right back into healthy eating when you return home.

Did you know?

The most popular tincture at the Institute is a combination of Ashwaganda and Eleuthero, designed to support the adrenal system, combating the effects of stress and anxiety. Think this would be helpful? Let us know.

Nantucket Residents!

We are pleased to announce that Dr. James L. D'Adamo will be lecturing in your town! This is sure to be an informative and exciting lecture on blood type and his latest research.

Please help in spreading the word about this free lecture

Saturday August 1st at 1pm

*Nantucket United Methodist Church
2 Centre Street*

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Dr. D'Adamo's third book!

We are very pleased to announce Dr. James L. D'Adamo's third book, *An Ounce of Prevention is Worth a Pound of Cure*, will be released to the public in April 2010. We are especially excited because it will first be printed in hard cover form by Louise Hay Press. That name may be very familiar to those of you with an interest in natural medicine, as Louise Hay has been a national spokesperson for alternative approaches to medicine for a long time.

This book is the culmination of what Dr. D'Adamo has learned over 50+ years of practicing naturopathic medicine on literally tens of thousands of patients from around the world. His research with blood groups, sub-blood groups, Rh factor and A1 and H antigens has continued to evolve over the years. We are very happy to finally bring his latest thinking and revised, up to date food lists into published form.

Recipe Corner

A new spin on tortilla chips

Ingredients: 1 Cup amaranth flour, water (start with 3 tbsp. and adjust accordingly), 1 tbsp. oil, 1/4 tsp. sea salt

How to make it: Preheat oven to 350 F, mix flour with just enough water to form a ball, divide the ball into 4 balls. Roll out each ball while coating it generously in more amaranth flour. Roll it out as thin as possible with a rolling pin -

scrape under it frequently and turn over - sprinkling with flour as you go. Flip it onto a cookie sheet. Brush lightly with oil. Give a tiny sprinkle of sea salt. Cut into desired shapes & bake for 6 minutes or until golden brown and crunchy.

Asparagus fries

Ingredients: Asparagus, however much you like, 1 tbsp. oil per pound of asparagus, and sea salt, to taste.

How to make it: Cut off woody end of asparagus. Line pan with parchment paper and pre-heat broiler. On paper, lay out the asparagus in a line and sprinkle with oil first, then sea salt. Broil for 7-9 minutes, turn the asparagus over and broil for another 3-5 minutes (time depends on thickness of the stalk).

Have a great recipe you would like to share? Please let us know, we would love to share it with other patients.