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- Drop 20 pounds in under a month.!
- Tighten, smooth and even skin tone with our new trinity techniques.
- Regenerate with our most popular treatment, Ginger Adrenal Therapy.
- Put some spring into your step and bathe your cells with a vitamin IV.

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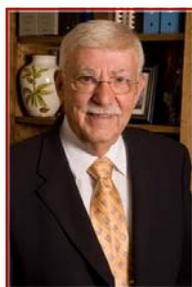
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Spring Newsletter

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Blood Type and Sub-Blood Types: A New Blood Type Might Be Emerging



Dr. James L. D'Adamo

*Director and founder of the
D'Adamo Institute*

All blood donors are of great importance for the saving of lives, but hospitals have considered type O and AB of special significance. For years, type O negative red blood cells and type AB plasma have been considered the universal blood that can be transfused into any patient. That was, until most recently, when a new blood type started to emerge.

It was once thought that a blood type O recipient could accept any blood type O donor. In fact, it was thought everyone could accept a blood type O donor. More recently,

we have discovered one study that has noticed some antibodies in blood type O might interfere with blood transfusions. The article states, "At one time, type O negative blood was considered the universal blood donor type. This implied that anyone—regardless of blood type—could receive type O negative blood without risking a transfusion reaction. However, even type O negative blood may have antibodies that cause serious reactions during a transfusion." Dr. R. Mesa (2010)

A blood type O patient of mine had a similar experience where her body rejected a blood type O infusion, and my thought with her and with the 2010 article is the strong emergence of their sub-blood type, and quite possibly, subsequent sub-blood types. One reason they may be noticing this with blood type O's is because O's have the highest percentage of blood types, and, therefore, a larger pool of subjects.

In my second book, THE D'ADAMO DIET (1989), I

published my discovery of the sub-blood types, and how they play an important role in diet, exercise, mental health etc. At the time, the sub-blood type simply appeared to be secondary to one's primary blood type and did not appear to be a necessary marker for blood transfusions. Blood banks and the medical community did not even recognize sub-blood types until about 15 years after my publication. At the time of their discovery, they were not sure what to do with these so called "sub-blood types." While there are over 40 rare blood types in the world, in addition to the 8 common ones, I am suspecting that a new blood type might be emerging based on a stronger sub-blood type in the blood type O category.

Mesa, R. (2010). Universal blood donor type: Is there such a thing? <http://www.mayoclinic.com/health/universal-blood-donor-type/HQ00949> Accessed November 30, 2011.

Harvard Study Demonstrates the Dangers of BPA

BPA stands for bisphenol A which is an industrial chemical that has been used to make certain plastics and resins since the 1960's. You might have seen them used in containers that store food and beverages. Epoxy resins that contain BPA are used to coat the inside of metal products, such as baby formula cans. BPA is an endocrine-disrupting compound that mimics the body's hor-

mones, and it has been linked to heart disease, diabetes, obesity and problems during development in fetuses and young children. To test the amount of BPA absorbed by the body, volunteer participants in a Harvard study ate a can of vegetarian soup each day for five days, while another group ate soup made from fresh ingredients. Then, BPA levels were measured in each participant's urine. For those

who ate canned soup, their BPA levels were 1,200 percent higher compared to those who ate freshly-made soup!

For many years the D'Adamo Institute has encouraged their patients to purchase fresh organic vegetables, and, while that might not be a viable option for some, we would prefer you purchase frozen over canned for this very reason.

The Popularity of Calming Products

The cause of anxiety is not fully known, but a number of factors -- including genetics, brain chemistry and environmental stresses -- appear to contribute to its development. Regardless of what caused your anxiety, there are a variety of options we can provide you to alleviate your symptoms.

Calming Products: There are several products we carry that have shown significant effectiveness to relieve nervousness and irritability.

These include Calm & Calm ES. These products are Chinese herbs which decrease anxiety and frazzled nerves. Products to heal the adrenals such as Adrenal Support and Isocort are very popular for those who want to repair their exhausted adrenal gland and support its functioning. Our proprietary blend of herbs in our Sleep Tincture assists with racing thoughts which can cause interruptive sleeping.

Therapies: We have a variety of specialized treatments that

help soothe the nervous system such as Ginger Therapy, Aromatherapy, Acupuncture, Manipulation and others.

Diet: Your diet plays a key role in anxiety symptoms. For many, eating too much sugar will trigger anxiety when your blood sugar drops abruptly.

Counseling: Counseling can help with implementing stress management in your life so that your anxiety doesn't control you.

Yelp Help!

Please

Please help us by continuing to spread the good word about your experience on Yelp.com. Yelp.com gives everyone the opportunity to write reviews on everything from restaurants to local businesses. Not only do we

have testimonials on our site, but consumers can feel confident knowing that on Yelp.com they are getting unedited, unbiased testimonials about the services and treatments we offer. We would really appreciate your support!

In the mean time, if you should ever have an unpleasant experience with us, please let us know. We would like an opportunity to address it to ensure continued quality of care. We pride ourselves to have knowledgeable staff and accommodating services and hope that you will let us know when that is not the case.

Something Fishy is Going on Here

Omega-3 fatty acids found in fish oil are extremely important to the overall health of our minds and bodies. There is a long and growing body of evidence that most of us are deficient in our intake of the Omega 3 fats. This deficiency is causing or exacerbating a wide range of lifestyle diseases that seem to afflict so many of us in these modern times. It can be helpful with moods, and this

is evidenced by recent studies where prison inmates were given daily doses of Omega-3 capsules, and violence was lessened. A study in the United Kingdom published in 2002, found that when 231 prisoners were given fish oil supplements, researchers observed a one-third drop in violent incidents. There is evidence from multiple studies supporting the intake of recommended amounts of

DHA and EPA in the form of dietary fish or fish oil supplements. The studies reveal they help lower triglycerides, reduce the risk of death, heart attack, dangerous, abnormal heart rhythm, and strokes in people with known cardiovascular disease. They do this while slowing the buildup of arteriosclerosis plaques ("hardening of the arteries") and lowering blood pressure slightly.



"...sugar supply was withdrawn, they became anxious, their teeth chattered ..."

Sugar and Cocaine...Is There a Link?

Most of us would quickly turn down cocaine and other harmful drugs, knowing the health risks imposed, but would you do the same for sugar?

Researchers at Princeton University studied rats drinking large amounts of sugar water to determine behav-

ioral and brain changes. Bart Hoebel, the lead researcher, found that the sugar binging released excess dopamine neurotransmitters in the brain, which is a similar response to those who abuse drugs and alcohol. After the rats' sugar supply was withdrawn, they became anxious,

their teeth chattered and they grew unwilling to venture; thereby, isolating themselves. Deprived of their sugar, the rats displayed signs of withdrawal similar to the symptoms seen in people when they stop smoking, drinking alcohol or are in drug rehab.

Employee Spotlight: Diane Moore

Behind the scenes with Diane Moore is a little like watching a person juggle several balls in the air with a smile on her face. Diane joined us as our part-time bookkeeper in July, 1999. Soon after we recognized her considerable ability, her job expanded to fulltime including supervising the front desk, and many of our

other daily administrative duties. You might find her at the front desk registering you or in the herb room filling an order.

Dr. D'Adamo says, "Diane has a wonderful sense of humor that can make the most challenging situation turn right around. She is loyal, dependable, and most of all, she is sup-

portive of her co-workers and patients. She's a gem." We are thankful to have her as a member of our team.



Testimonials

The D'Adamo Institute

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Join us on FaceBook & Twitter
www.DAdamoInstitute.com

"I was tired, congested, bloated...and the breakthrough has been incredible. I feel empowered. Dr. D'Adamo has cured me of some really challenging health concerns, and I'm happy and grateful. I have recommended Dr. D'Adamo to friends, and they have told me that it was the greatest gift I could have given them. I just wish we could clone him!"

Janet Jenkins— Toronto, Ontario

"I've been a patient of Dr. James D'Adamo for approximately 40 years...taking his vitamins and minerals and have enjoyed good health in spite of suffering from muscular degeneration which Dr. D'Adamo took care of."

Ann Sharp— Las Vegas, Nevada

Recipes Submitted by Patients for Patients

Sautéed Brussels Sprouts with Lemon and Pistachios

Bon Appétit | February 2008

Dan Barber

1 tablespoon grapeseed oil
1 tablespoon minced shallot
12 large Brussels sprouts (about 1 1/2 pounds), trimmed, leaves separated from cores (about 8 cups), cores discarded
3/4 cup shelled unsalted, natural pistachios (if you can have them)
2 tablespoons fresh lemon juice

Heat oil in large nonstick skillet over medium-high heat. Add the minced shallot and stir 20 seconds. Add Brussels sprout leaves and pistachios, and sauté until leaves begin to soften but are still bright

green, about 3 minutes. Drizzle lemon juice over them. Season to taste with salt and pepper. Transfer to bowl and serve.

Sweet Potato & Kale Soup

1 quart chicken or vegetable broth
3 cups water
1/2 tsp. Himalayan salt
1 1/2 pound sweet potatoes or yams, peeled and cut into 1-inch cubes
1 clove garlic, minced
pinch of cayenne
1 large bunch kale, washed and chopped into 1-inch pieces
salt and fresh ground black pepper to taste
fresh lemon wedges

In a 4 quart saucepan, over high

heat, bring the broth, water, salt, garlic, cayenne and sweet potatoes to a simmer. Reduce heat to low and simmer for 15-20 minutes, until the sweet potatoes are fork tender. Using a potato masher or a whisk, mash about 1/2 of the cubed sweet potatoes into the broth to thicken. The more you mash, the thicker the texture.

Add the kale and push down into the hot soup. Once the kale all wilts, simmer on low for 15-20 minutes, or until the kale is tender and tasty. Undercooked kale can have a slightly bitter flavor that mellows with cooking.

Season with salt and serve hot with a squeeze of fresh lemon. The lemon is optional, but really brings out the flavor of the kale and sweet potato.

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