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THE D'ADAMO INSTITUTE FOR THE ADVANCEMENT OF NATURAL THERAPIES

Winter Newsletter

A new year, a fresh start, renewed energy, growing opportunities.



Dr James L. D'Adamo

I wish you and your families a happy, healthy and successful New Year. I am honored to be part of your continued commitment to yourself to enhance your health and well-being. This is important in giving yourself the ultimate gift, the gift of health.

I trust that you are confident in the knowledge that the Institute and I are wholeheartedly committed to you, our patient. What you and I share is a bond. This bond is permanent, this promise is for always, and our relationship is continuous until you decide otherwise.

In my ongoing effort to support and take care of our patients, it is my pleasure to announce that as of February 2010, Dr. Robert Medrek from our clinic in Toronto will be joining our clinic in Portsmouth. Dr. Medrek has been an Institute doctor at our Toronto clinic for the past 19 years. His resume is impressive, his experience in the field of

naturopathy is extensive, and his knowledge of our particular specialty of blood- type based individual treatment programs is thorough and well established. He is an outstanding clinician, and, more importantly, he is a compassionate and sympathetic human being. He is a well respected member of the naturopathic community, and he is loved by the patients he treats.

At our Portsmouth clinic, Dr. Medrek and myself are, for the immediate future, the Naturopathic Doctors in charge of your health care. As you may have heard, Drs. Savastio and Bier have chosen to resign from Institute employment on December 28th, 2009.

In the meantime, we have begun the process of hiring an additional naturopathic doctor to be trained in the Institute method of health care.

Your health is our number one concern and priority. The Institute will continue to function, as always, under the competent care of Dr. Robert Medrek. Due to an unfortunate accident requiring hip replacement surgery, my physical presence in the office will have to be

limited for the short term. However, I am available for phone consultations to address any of your questions concerning your health care and treatment programs. Modern communication systems allow me access to your files at my home office and give me the opportunity to be completely involved in your health care. While you may not have had the opportunity to meet me personally, you might not be aware that every patient file, and, therefore, every patient case has been reviewed by me on an ongoing basis. Every new patient exam, progress check and subsequent re-examinations have always, as a matter of policy, been given my personal attention. Your supplement and treatment schedules have always been overseen and, when necessary, been modified by me. As a patient of the Institute, you have always been, and will continue to be under my personal care.

Change is part of life. It is said that through change comes opportunity, and I could not agree more.

THE WONDERFUL BENEFITS OF TURMERIC

Those who enjoy Indian food might be familiar with the herb Turmeric, which in India is called Haldi. It is a deep yellow spice that is a member of the ginger family. Turmeric has a distinct bitter and peppery taste that is coupled with a scent similar to ginger. It is commonly used as a food coloring and gives Indian curry its unique flavor and yellow color. It is also used in mustard and to color butter and cheese.

Interestingly, in many North Indian traditional wedding ceremonies, turmeric is applied to the groom and bride, not only to give them fresh glowing skin, but to ward off the evil eye. It is considered by the Hindus as a symbol of prosperity and as a cleansing herb for the whole body. In fact, pieces of crushed roots mixed with seawater are sprinkled to remove the negative influences from places, persons and things during Hindu ceremonies.

Turmeric can be purchased in powder form or as a fresh root for grinding at home. The root is generally peeled to expose its bright yellow flesh, then boiled, dried, and ground into a powder.

Turmeric has long been used in both Ayurvedic and Chinese medicine as an anti-inflammatory to treat digestive and liver problems, skin diseases and wounds. In fact, in India, turmeric is used so often as an antiseptic and antibacterial agent, that Johnson and Johnson markets turmeric Band-Aids in that country.

There are many health properties in using turmeric. Not only can it quicken the healing of wounds by aiding in the regeneration of damaged skin cells, but it can also be used to treat minor burns, keep the liver protected and in proper working order. It also acts as a powerful anti-inflammatory for such ailments



as arthritis and asthma. In Chinese and Indian medicine, they use turmeric to aid in digestion, and even regulate menstruation.

Most typically, people use turmeric to control heartburn and stomach ulcers, and according to the University of Maryland Medical Center, turmeric may also help keep ulcerated colitis in remission.

Another use for turmeric is a yellow fabric dye, as it penetrates fabrics very deeply. When using it, please be careful as it will stain your clothing and hands.

There are many ways to reap the benefits of turmeric, and given our cold winter, we thought a turmeric tea might be just what you are looking for to warm the body while producing some healthy benefits.

Turmeric Tea

2 tbsp. turmeric
¼ cup water
1 cup soy milk
1 tsp almond oil
Use honey to taste.

In a small saucepan, stir the turmeric and water together till it comes to a simmer and stir it until a thick paste is formed. Remove all but ½ to 1 tsp (depending on preference with taste) from your pan and add milk, almond oil and reduce to low heat. Bring the milk to a boil and then remove from heat. Whisk briskly, or if you prefer, use your blender for a frothier drink and enjoy!

Turmeric & Ginger Tea

2 cups water
1/2 tsp. ginger
1/2 tsp. turmeric
1 tbsp. honey
Juice of 1/2 lemon

Place the water in a small pan and heat to a boil. Lower the heat and stir in the ginger and the turmeric. Simmer for ten minutes, then strain the tea. Stir in the honey and lemon and serve.

We offer turmeric in tincture form, and it is typically used in conjunction with other herbs to improve digestive and circulatory systems etc. However, some people prefer to use turmeric solely without other botanicals mixed in. Speak with one of our naturopaths if you think adding turmeric to your food or to your daily supplement regime would be helpful to you.

COMING SOON: DR. D'ADAMO'S NEW BOOK!

There is much excitement in the world of blood-type with the upcoming publishing of Dr. James L. D'Adamo's new book, "Just an Ounce of Prevention . . . is Worth a Pound of Cure" in March 2010. The new book is special for several reasons. First, it is the culmination of Dr. D'Adamo's 50 years research and work--with a focus on using blood-type and diet to prevent

disease. It's also special because Louise Hay's publishing company, Hay House, is publishing it. But more, Louise Hay, who was Dr. D'Adamo's patient over 35 years ago, wrote the very touching foreword to the new book. It was her way of publicly saying, "Thank you." As you probably know, Louise Hay wrote, "You Can Heal Your Life," which today has over 35 million copies in print around the

world. An article in the New York Times on May 4, 2008, described Louise Hay as one of the best-selling authors in history who changed the spiritual landscape in America.

"Just an Ounce of Prevention . . . is Worth a Pound of Cure" will be available in bookstores worldwide and through the D'Adamo Institute.

THE NEW ENGLER OXYGEN ION THERAPY

The aim of this therapy is to re-establish the natural body immunity as quickly as possible. Natural immunity is only reached when all regulatory circuits in the body are in perfect tune with one another. It is important to remove any blockages in the intermediate and cellular metabolism and to gain an optimum via the physiological oxygen utilization, energy increase.

Reduced oxygen supply to the cells leads to a decrease in energy gain and, thus, to various complaints or illnesses.

Without oxygen, humans die in about 6 minutes, so one can see how vital oxygen is to the body and the cells.

The Oxygen-Ion Therapy from Austria can be helpful with:

- Oxygen deficiency and other oxygen related illnesses.
- Hepatitis or liver cirrhosis.
- All rheumatic illnesses.
- Allergies.
- Poor circulation.
- Respiratory problems.

- Extra therapy for cancer illnesses, reduction in the side effects of chemotherapy and radiation therapy.
- Burns, wounds, pressure areas, open wounds .

Just to name a few!

The D'Adamo Institute has been very happy with the results this new treatment has provided, and it might be an available option for you. Ask if this would be helpful. This 12 minutes treatment is available in the annex. Any questions? Feel free to call.

TURMERIC TIPS

- Avoid touching your clothing when working with turmeric. It is a powerful yellow dye
- Although a pinch of turmeric may be used as a substitute for saffron to achieve that golden yellow color, the flavor does not compare.
- Turmeric is extremely pungent and actually gets stronger when cooked. A little goes a long way, so use it sparingly when experimenting.
- The color of turmeric can vary from deep yellow-orange to bright yellow. This is simply due to different varieties.
- Pets may also benefit from the healing properties of Turmeric.

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“Sweet Tooth” Got You Worried? By Peter Caverno

One of our most effective ways to combat the candy craving is Gymnema. Gymnema is an herb native to the tropical forests of southern and central India where it has been used as a naturopathic treatment for diabetes for nearly two millennia.

Gymnema has been shown to reduce blood sugar levels when used for an extended period of time. Additionally, Gymnema reduces the taste of sugar when it is placed in the mouth, thus it is used to fight sugar cravings. From the extract of leaves is isolated glycosides known as Gymnema acids, which exhibit anti-sweet activity. Extract of Gymnema is not only claimed to curb a “sweet tooth,” but also used for the treatment of hypoglycemia, obesity, high cholesterol, anemia and digestion.

If you struggle, like many of us, with the sweetness winter has to offer, I would highly recommend that you speak with one of our doctors to determine if Gymnema is right for you.

Recipe Corner

Broiled Haddock

- 1 piece of haddock
- Olive oil
- Thyme
- Sea salt

Rub the haddock with olive oil.
Sprinkle with sea salt and thyme.
Broil until fish is flaky.

Lemon Herb Lamb Chops

- 1/4 cup olive oil
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- 1 teaspoon grated lemon peel
- 1/4 teaspoon salt
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried rosemary, crushed
- 1/4 teaspoon pepper (optional)
- 2 (6 ounce) lamb loin chops

Combine all the ingredients, coat the lamb and marinate in the refrigerator overnight. Drain and discard marinade. Broil lamb 3-4 in. from the heat for 4-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Garlic Ginger Tofu

- 3 tablespoons oil
- 2 teaspoons minced garlic
- 2 teaspoons minced fresh ginger root
- 1 lime
- 1 tablespoon wheat-free tamari, or to taste
- 2 pounds firm tofu

Heat oil in a wok or skillet over medium heat. Stir in garlic and ginger, and cook for 1 minute. Add tofu to the pan with tamari, and stir to coat. Cover, and continue cooking for 20 to 30 minutes. Squeeze lime juice over tofu before serving

Garlic Infused Oil

Roughly chop the garlic or use a garlic press. Add garlic to a glass container and immerse with oil enough to cover the garlic about 3 times. Cover and refrigerate. Use within a few days.

Thank you to all who submitted these recipes. Please continue to share them as the feedback has been helpful for many.