

GENERATIONS

THE NEWSLETTER OF THE CENTER OF EXCELLENCE IN GENERATIVE MEDICINE

Winter 2015

From the COE Staff

Happy New Year from all of us at the COE. We are excited to be back after our holiday break, and we have started the year with two new student shifts as well as private patients visits with Drs. Colicci, Zangara, and Brody. There are lots of ways to incorporate personalized medicine into your life, and all of us are committed to providing the highest quality health care while helping our patients become better at self-care and wellness.

Here are some at-home tips that can make wintertime seasonal illnesses easier to handle:

- Frequent hand washing is one of the best ways to stop germs in their tracks.
- Try to get extra sleep if not every night, a few nights a week.
- Dress in layers—stay warm, but don't over heat.
- Get some fresh air every day, even if it is by a 2 minute walk to the mailbox.
- Follow your diet. Increasing your compliance to 90% supports your body and optimizes your overall health.

Sometimes no matter what you do, you still get hit with a cold or flu. When this happens, increase your intake of Vitamin C and Proberry, drink plenty of fluids, and rest, rest, rest. And here are a couple of home remedies that we love:

Honey/Lemon/Cayenne Pepper

Mix two tablespoons of honey with the juice of one lemon, a pinch of cayenne, and some hot water. Sip throughout the day. This natural expectorant provides soothing relief to the mucus membranes of the respiratory system.

Cold Sock Treatment

If you have a fever, this is a must. It also helps as a gentle at-home hydrotherapy treatment.

What you'll need: 1 pair of cotton white socks, one pair of wool socks

Soak a pair of white cotton socks in ice water, and put them on your feet (brrrrr...). Put your wool socks on top of the wet socks. Wrap your feet in a towel, and lay down for 20 minutes, making sure you have a blanket on you to stay warm. Repeat this process, and then dry your feet, put on a pair of dry socks, and take a nap or go to bed. (There's lots of different ways to do the wet sock therapy, but we've found that this method helps the body to flush out toxins and provides some immediate relief.

Carrot Poultice for Sore Throat Relief

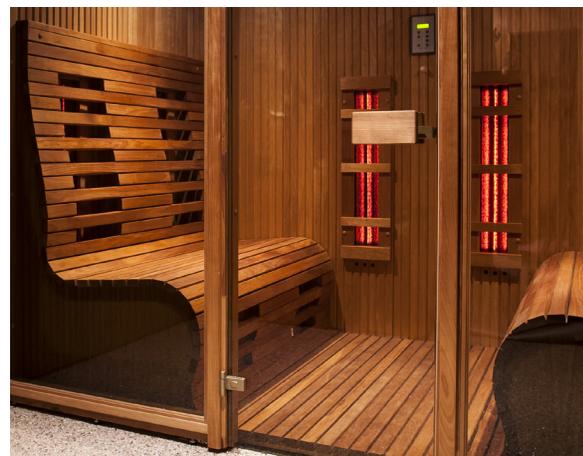
If you have a sore throat/swollen glands, a simple carrot poultice will be quite helpful.

Grate two carrots and wrap in a white linen handkerchief or towel. Wrap around your throat, and secure the fabric with a safety pin or clip. Keep the poultice on for 40 minutes, and then remove. Repeat three times daily.

These are just a few simple naturopathic home treatments you can do to help you through the winter season, and of course, our team of physicians are here if you need extra support.

Here's to a happy and healthy winter!

The COE staff



Sweat It Out: The Benefits of Infrared Sauna

Our body naturally rids itself of toxins in several ways; through our kidneys, bowels, and through our skin when we sweat. Working up a sweat can be done through vigorous exercise or through Bikram-style yoga, but it can also be done in a less taxing way – with a treatment in an infrared sauna. At the COE, we employ this method of detoxification to eliminate environmental chemicals and release heavy metals like mercury and lead. However, the benefits do not end there! Infrared sauna technology can also help you to lose weight, relieve joint discomfort, increase circulation, and purify your skin.

An infrared sauna is different than the traditional dry heat sauna. A traditional sauna uses heat to warm the air, which then warms your body. An infrared sauna uses infrared spectrum light waves to heat your body directly without warming the air around you. The reaction to the infrared heat results in profuse sweating and an increased heart rate, similar to performing moderate exercise – and infrared saunas produce these results at much lower temperatures than a traditional sauna, making it accessible to people who can't tolerate the intense heat of a regular sauna. While it's not a substitute for exercise, an article in the Journal of the American Medical Association, concluded that a 30 minute infrared sauna session could burn approximately 600 calories.

In addition to its detoxifying and calorie-burning benefits, infrared saunas are also helpful for individuals with circulation issues. As the heat from the sauna increases your core body temperature, your circulation levels will also increase. Consistent infrared sauna treatments can stimulate blood flow throughout the body, improve muscle recovery after exercise, and may reduce joint inflammation. As an added benefit, many people report clearer, healthier-looking skin after their infrared sauna therapy.

Find out if infrared sauna treatments are right for you – call the COE today to discuss this treatment option for optimal health.

TO SCHEDULE AN APPOINTMENT, PLEASE CONTACT US AT:

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COE – The Right Place for Me

Dear COE Staff,

Yesterday, I was totally inspired by Dr. D’Adamo’s Center Of Excellence in Generative Medicine clinic. I knew immediately I had come to the right place to start my long sought journey of health restoration. As soon as I walked through the door, I was comforted in an atmosphere of calm, cordial warmth inside.

Then I meet the interns and doctors who enveloped me with professionally enhanced congeniality and my feelings elevated in a subtle manner as I was attended to by very caring human beings. They were very busy in their discovery of who I am and how to deal with my health concerns in a team effort that was never disturbing but rather encouraging to me.

Then Dr. D’Adamo came in and I was taken to a much higher level of how I should proceed toward my journey to strength and restored to my natural born healing gifts. He just seemed to know exactly how to proceed in giving me the tools I need to perform my change of healthful manners. I knew then I should put my trust in his experience to lead me in a natural path I should of always been on.

So I would like to state how very grateful I am to Dr. D’Adamo, Dr. Robert Brody, and interns Sean Foss and Stephanie DeSousa for their performance of excellence.

Sincerely,

Anthony

Boning Up On Calcium

You already know that calcium is essential for bone health – especially for women. However, do you know enough about this essential nutrient? Below we answer common questions about osteoporosis, calcium, and the best way to supplement.

Are certain blood types more prone to osteoporosis?

Blood group AB has the highest incidence of osteoporosis for two reasons. First, evidence suggests that intestinal alkaline phosphatase enzyme, in addition to enhancing fat breakdown, also enhances the absorption of calcium. Groups A and AB are known to have lower levels of intestinal alkaline phosphatase. On the other hand, groups O and B, with higher levels, are less susceptible to osteoporosis. In addition, people with higher stomach acid tend to absorb calcium more efficiently, giving groups A and AB, with naturally low stomach acid levels, a disadvantage.

Is the type of calcium important?

In the early years of supplementation, all calcium was pretty much the same: a ground up inorganic substance (typically oyster shell) packed into hard tablets that early nutritionists hoped the body could absorb. Problem was, the body absorbed very little of this substance-much of it passed through the body untouched and unused. Thus, the search for the perfect calcium began. Other sources and processing techniques have been explored: sulphate, lactate, phosphate, citrate; chelated and “micro,” but not all sources of calcium are ideal for all blood types. Dr. D’Adamo found that natural calcium source: Maerl,

a small red seaweed found only in the isolated areas off the coast of Southwest Ireland. Of all sources of calcium, Maerl has one of the lowest levels of undesirable contaminants - and one of the highest levels of absorption. Using Maerl calcium as a base, Dr. D’Adamo has designed Phytocal, four different mineral formulas using unique co-factors and micro-mineral ratios specific to each blood type. Maerl-based sea calcium is composed of a wide variety of essential nutrients including calcium, magnesium, boron and zinc. Maerl is the only natural source of calcium with a broad enough buffering range to insure a phenomenal rate of bioavailability and utilization. In fact, in studies, Phytocal Maerl-based sea calcium achieved nearly double the buffering capacity of all other sources of calcium.

How much calcium do I need?

The recommended level of calcium for adults age 19 through 50 years is 1000 milligrams per day. An intake of 1200 milligrams of calcium per day is recommended for those age 51 years and older.

Should I take calcium supplements with food?

Yes, Dr. D’Adamo suggests taking calcium with meals, as there is evidence that taking calcium supplements on an empty stomach may increase the risk of kidney stones.

Should I take my calcium all at once, or in doses throughout the day?

Dr. D’Adamo recommends taking no more than 500 milligrams of calcium at once because your body is only able to absorb so much calcium at one time. For instance, if you need 1,000 milligrams, split your dose into 500 milligrams twice a day.

Indican Testing Determines Efficiency of Your Digestive System

By Peter J. D’Adamo, ND

Indican testing can be a useful tool for monitoring degeneration or improvement in digestive efficiency of your system in dealing with protein.

Indican is formed by an abnormal metabolism of tryptophan. Indican is a by-product of putrefaction (protein degradation), usually in the intestine, but possibly in other locations as well. Putrefaction is the anaerobic bacterial decomposition of proteins - not ideally the healthy way for your body to deal with proteins.

When the product of this putrefaction (called indole) is absorbed into the blood stream, an increase in urinary indican is seen. This increase can also be seen if bacterial decomposition of body tissues or fluids occurs, as in gangrene, abscesses, etc.

Among the pathologic conditions in which urinary indican is likely to be elevated are hypochlorhydria (low stomach acid production), inhibited peristaltic movement (the involuntary muscular “waves” that move food through your bowel), and poor production of digestive bile secretions from the gall bladder and liver.

Elevated indican is rather rare in simple constipation, but often high with diarrhea. It is generally a good indicator for the poor breakdown of proteins accompanied by gastrointestinal permeability (the “leaky gut”). A high lectin diet typically increases indican levels.

A few individuals can have high indican without symptoms, and some can have low indican with many symptoms. It is useful to use other complementary methods of testing bowel health simultaneously with indican to get a clear picture of your function.

Indican has been used for some time as a simple test for protein maldigestion. In the past, it has been measured with a color comparison chart, which is graded 1-4. This has obvious drawbacks for accurate monitoring, so most labs will just report it as ‘High’ or ‘Low.’

At the COE, we regularly use indican testing to determine the health and efficiency of the bowels, one of the main pathways for toxin removal in the body.

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