

Generations

THE NEWSLETTER OF THE CENTER OF EXCELLENCE IN GENERATIVE MEDICINE

YOU'RE INVITED

D'Adamo Personalized Nutrition, Priority Fitness, and Elm Street Books are excited to announce a book party to celebrate the launch of the four Blood Type Cookbooks O, A, B, & AB!

Please join us on Thursday, September 26, from 7 to 9 pm for a brief lecture and book signing with Dr. Peter J. D'Adamo.

New Canaan Outback Teen Center
71 Main Street, New Canaan, Connecticut

Light bites featuring recipes from the books will be served.



RSVP name and phone number to invite@dadamo.com

Can't make it to Connecticut? Join our Twitter party on the night of the event from 7 to 9 pm. Simply follow us on Twitter and re-Tweet and comment on our posts with hashtag #bloodtypecookbooks.

Follow us on Facebook for photos and posts from the book party!

You may preorder cookbooks at www.4yourtype.com, and they will ship on or about October 1st, 2013.

BACK TO SCHOOL:

5 SUGGESTIONS FOR A HEALTHY FALL

by Vanessa Doyle, ND, M.Ac, MifHI

It is a time of new beginnings!

Fall is in the air, the children have gone back to school, which gives many of us both a bitter and sweet relief (phew!). Parents are busy, getting schedules coordinated for the upcoming sports seasons and preparing to be “more organized” in order to cope with the season and year ahead. Children are figuring out how to make new friends, navigate the hallways and lockers of their workplace, with new homework loads and teachers, it can be an exhausting beginning.



As a mother of three active children, whom between the 3 attend both elementary and middle schools, I am fully aware of the need to keep their immune systems prepared for the obstacles that may be hurled towards them in their new environments.

The top five recommendations I have for keeping my kiddos in optimal health and well being are:

1) Hand washing: I am adamant about having them wash their hands when they walk back into the house,

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ITCHY AND SCRATCHY

by Peter J. D'Adamo, ND, MifHI

Itchy

A while back Martha contracted a severe case of either poison ivy or poison oak. I say 'either' because the rash was so spread out over her legs and arm that we could not distinguish between the two. She had come into contact during a bout of weeding in our yard, but blossomed a few days later while we were on vacation on Cape Cod. Interestingly, her father was completely immune to poison ivy and was the guy other people in the neighborhood would call to pull the plants out of their yards. So much for genetics.



Suffering from excruciating itching, we headed to the pharmacy in search of relief. She tried all the conventional and unconventional methods thought to be effective:

- Antihistamines, externally and internally: generally ineffective
- Cortisone ointment, 1%: slightly lessened the itch, but only temporarily
- Caladryl/Calamine lotion: slightly effective
- Aveno Oat Creme: ineffective

From the health food store:

- Jewelweed: completely ineffective

Clinically, I've long used external applications of tincture of *Grindelia squarrosa* as an antidote for poison ivy. However we could not find it in any of the local health food stores. When we returned home we were able to stop by my clinic and pick up a bottle from the dispensary.

Martha's recovery was immediate and amazing. Within a day the angry red patches began to lighten up and the terrible itching almost disappeared. Two days later the

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MY "TOP 3 WEAPONS" FOR A WEIGHT LOSS JOURNEY

by Maria Zangara, ND, M.Ac, MifHI

Four years of Naturopathic medical school and 2 years of acupuncture classes have resulted in quite a bit of weight around my middle! Ironic, isn't it, that study to help others has resulted in my own difficulties? But such is what a sedentary life with many, many hours spent at the books, and too many meals on the run, can do!

A good number of our patients at the COE come in for weight loss. I always wonder what they might be thinking as I offer diet suggestions, all the while obviously needing to lose a bit of weight myself!

A doctor functions best when he or she is also a model of self-care for patients. Thus, it is time for me to practice what I preach! I have formally started my own post-medical school weight loss journey.

A weight loss journey can make for an especially daunting trip! For many of us, there are repeated failures over the years, and with these memories and so much else to consider, we can easily set ourselves up to think that it's "impossible" to finally succeed. After all, one needs to figure out how to exercise, then commit to it; how to manage food intake, how to manage time, how to manage temptations, how to choose supplements, how to get the best, not to mention what form of diet to use, of which there are about a million, right? And on and on.

Can't it be simpler than that? I mean, we pretty much know already what we need to do...but we also know that willpower and determination can only get us so far. So where to begin? How do we put it all together?

Though newly on my own journey, I offer here my "Top 3 Weapons" in the battle of the bulge!

1. Diet: "Eat clean," we're told. But what does that mean? Truth is, it's different for everyone, and so a truly personalized diet is the only way to go. The Genotype Diet is specifically, and in a most fascinating way, tailored to you, the individual. It takes questions like "What do I eat?," "What can't I eat?," "How many carbs am I allowed to have?," "What is a good fat?," "How much protein should I eat?," and many others off the table...so to speak!

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TOP 3 WEAPONS (continued from page 2)

A student on SHIFT at the COE helped me discover my genotype using SWAMI software. Turns out I am a Warrior, which is one of the “thrifty” genotypes, and that means I tend to hold on to my calories. SWAMI GenoType calculations incorporate standard measurements (such as height, weight, BMI, fat mass, lean body mass) with some very unusual ones (fingerprint patterns, anyone??) in compiling your unique pattern, and assigning it to a major group, such as my Warrior status. This doesn't mean I'm just one of millions similarly grouped! Rather, my grouping outlines baseline concerns formed by generations of genetic and environmental interaction which, when properly attended to, result in far better health. SWAMI GenoType provides a vast printed explanation of one's grouping, and a diet that is literally “one in a million,” just for as it is fine-tuned and tailored to the patient's very unique self by the medical practitioner one works with. I now know what foods are beneficial for me, which I should avoid, and which are neutral. Guess-work about what to eat is gone, as are worries about much and how often I should incorporate specific foods into my diet. Brilliant!!

SWAMI GenoType also advises optimum exercise routines, intensity and duration. As a Warrior, intense exercise actually works against me. Rather, I need to alternate moderately intense days with low impact days. Thus, alternating brisk walking or weights with yoga or Pilates seems to work for me.

2. Supplements: The following are best for me. When you have your own SWAMI GenoType analysis, you'll learn what's best for you:

* **Trehalose** helps my cells clean themselves of accumulated debris, enabling them to burn fat more efficiently.

* **Glycoscia** helps my body to NOT digest all the carbohydrates in my diet, something “thrifty” genotypes do all too well!

* **Phloxicin** helps my body recover from the exercise routine I have implemented.

3. The pen is mightier than the sword! My final weapon—and here's the proof—it's most helpful to track your food and exercise in some kind of journal. I know, I know...time!!! Who has enough? But really, it helps, so much! It keeps you accountable, it slows you down, and

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BACK TO SCHOOL (continued from page 1)

especially when returning home from school and before a meal. Simple enough, yet it takes some reminding.

2) Use your elbow: Remind them to sneeze and/or cough into their elbows, if a tissue is not available. Avoid sneezing or coughing into hands as this can spread germs very quickly. Have them teach this to their pals as well.

3) Exercise and rest: My children are incredibly active, but as the weather changes it's easy to fall short on exercise. It's really important for kids to get at least 45 minutes to an hour of exercising per day. It helps them to unwind, focus better, and maintain a healthy attitude, and it keeps their immune systems happy.

Having said they need some form of activity, they also need adequate rest. A good evening routine and consistent bedtime is really important for their rest and repair stage of healing and growing that occurs whilst they catch some zzzz's. It also allows their hormones to continue with the correct circadian rhythm. All this affects behavior, energy, growth, and the immune system.

4) Adequate nutrition and hydration: Make sure that they are mostly eating whole foods with a steady intake of clean protein, staying hydrated with water predominantly, avoiding artificial colors and flavors when possible, and keeping sugar to a minimum.

The other part of this is about engaging them in their own healthcare—encouraging them to make healthy choices when we are not around. This is not an easy task when they are constantly being presented with temptations such as color and fizz, as well as sweets and greasy foods. We work on this part daily.

It may shock you to find out that your child can go all day at school without a sip of water.

5) Immune support: For some extra immune support, I give my kiddos 1 teaspoon daily of both ARA 6 larch powder and yummy Proberry 3 liquid antioxidants.

These 2 combined give them the immune boost they need to tackle long soccer & lacrosse practices/tournaments, as well as the minefield of going back to school.

Here's to a happy and healthy fall!

By the way, ARA and Proberry can be used by the whole family—parents and grandparents included. Enjoy!

ITCHY AND SCRATCHY (continued from page 2)

lesions began to get smaller and the swelling went completely down. By the weekend only a few late-blooming blisters remained.

Scratchy

Later on that week, back home, I was working in my home office, which is a room behind our garage. All of a sudden I started to feel a series of tiny 'pinches' on my legs (I was wearing shorts at the time.) However I could see no visible insects and made little of it. Within ten minutes my knees and legs were aflame with a multitude of itchy hard bumps. These were the hard sort of bumps that signal that the culprit was not a mosquito, rather a gnat, horsefly, spider or chigger. We live in the suburbs and have teenagers, so doors always seem to be open, so who knows what got in there. Unlike mosquito bites which itch for a while but usually go away after 24 hours, these bites often take weeks to abate. For all their nastiness, mosquitoes have a certain injection like quality to their bite, which is why they can go through clothing.

Again doing some basic research, I concluded that the culprit was probably chiggers or tiny spiders. Again I tried the variety of remedies, all to no great benefit. Grindelia helped somewhat, but I found that compresses of white vinegar worked the best and often would bring relief for hours.

The vinegar allowed me to go to the clinic and work in some degree of peace, but by the evening of the third day the itching came again and was worse than ever. I discovered an interesting fact; some dermatologists actually recommend that you scratch these bug bites enough to open them up. This then allows the skin to flush out the foreign proteins and remove the allergy. This is especially true of these hard bumpy type bites, because they result from the insect chewing into the skin. SO, I washed my hands very carefully and proceeded to scratch the bites, removing the top layer of skin. The skin on this area of the bite is necrotic (dying) anyway, so it comes off easy. As soon as I did the the itch was replaced by a moment of pain and then complete relief. As a precaution I daubed the area with some Neosporin/Bacitracin ointment so that the bites would not get infected. Within 24 hours the bumps had diminished in size, and I was itch free, although my legs look a bit like I was caught in a buckshot crossfire.

TOP 3 WEAPONS (continued from page 3)

over time you'll see patterns develop which reveal what works for you and what doesn't. Logging helped me see how sensitive I am to grain carbohydrates and simple sugars. My weight loss stops immediately if I have too many of either! I've also learned how important water is in weight loss. Fat loss causes toxins to also be released into the blood stream, and dietary water helps flush them out. Insufficient intake causes the body to draw water out of its own cells to do the job. This causes dehydration, a big problem. Logging has also helped me discover that 5 small meals a day rather than 3 big ones suit me best. This helps me avoid temptation, as I don't get ravenous between meals and therefore am able to stay with the right portions.

Since you are unique, you need to find out what best practices work for you! There is no better way than to keep track of your experience, and analyze the data. Make of yourself your own research project! Who better to learn about, for then you can turn your new-found health out to helping and serving others, which always makes for personal happiness.

I've logged four weeks on my new program to date. I have not lost much weight on the scale yet, but that's alright. We've only just begun! I do feel more energetic, and my clothes are looser. I think I'm off to a good start. Come, join me!! Call the COE for your own genotype analysis and start your own weight loss journey, only this time, to success!

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at the University of Bridgeport
115 Broad Street
Bridgeport CT 06604

To schedule an appointment, please contact
our staff at 203 366-0526 or
frontdesk@generativemedicine.org

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