

# GENERATIONS

THE NEWSLETTER OF THE CENTER OF EXCELLENCE IN GENERATIVE MEDICINE



The past two years have seen growth with change for the Center of Excellence. There has been much positive energy flowing into the Center with each new student teaching shift. The excitement of learning how to genotype patients, operating the SWAMI software, understanding product knowledge together with each diagnosis; and Dr. D'Adamo's newest patient software system - SkySaw - which has been received with great reviews from the students and has given a deeper understanding for each individual patient via this personalized visual aid.

As we have settled in, we have had the opportunity to offer several SWAMI trainings for health professionals, begun a newsletter, *Generations*; and commencing in March we will begin monthly lecture series on timely topics in men's health, diabetes and acupuncture, for starters... stay tuned, we've only just begun!

## HERBS, SPICES AND FOODS FOR SPRINGTIME ALLERGIES

by Susan Yarett

Spring is around the corner and that means seasonal allergies are around the corner too! Allergies arise from the body's natural reaction to pollen released from particular trees. The trees most commonly to blame for allergies are oak, olive, elm, birch, ash, hickory, poplar, and sycamore.

Allergies are triggered by the body's own immune system, specifically by mast cells which become unstable and release histamine in response to continual bombardment by allergens in the environment. These histamines are responsible for creating the inflammatory response. As a result, mucus membranes such as those in the eyes, nose, throat and lungs become irritated and swollen. They secrete copious amounts of mucus in an attempt to cleanse the area of allergens.

There are numerous herbs, spices and foods, which can help naturally to prevent and treat unpleasant and annoying springtime allergy symptoms. Just a few will be highlighted below. For best results, wild, organic, non-irradiated herbs, spices and foods should be used to minimize unwanted chemicals and toxins.

**Tumeric** (*Curcuma longa*) is a spice commonly used in Indian curries. Due to its active ingredient Curcumin, it has anti-inflammatory and antioxidant properties. Tumeric supports the mucus membranes of sinuses and lungs and is therefore a wonderful and also delicious choice for springtime allergy prevention and relief. Tumeric can also be taken as a supplement.

**Stinging Nettle Leaf** (*Urtica dioica*) is an herb containing histamine, which is exactly what the body secretes during an allergic reaction. Natural plant-based histamine helps to desensitize the body to allergens that would otherwise have caused the typical sneezing, runny nose, and itchy eyes well known to those who suffer from springtime allergies. Stinging Nettle can be used fresh, as a tea or as a supplement in the form of freeze-dried herb.

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# ACUPUNCTURE AND YOU

by Meghan Gonick

Have you ever considered an acupuncture treatment? Acupuncture is a safe, individualized treatment that has many beneficial effects for the patient, as an added bonus, the effects of acupuncture treatments can be felt immediately. At the COE we offer a full range of acupuncture treatments that compliment your current care. Intrigued? Read on to find out how acupuncture works, what a treatment entails, and how it can benefit you!

## All About Acupuncture

Your acupuncture treatment is designed with two concepts in mind: Bian bing (the type of disease) and Bian zheng (your pattern). By selecting acupuncture points based on your individualized health conditions and complaint, the treatment is specifically tailored to rebalance your body and not simply eliminate symptoms.

The traditional theory of acupuncture states that meridians flowing through the body transport subtle energy (qi) and the essence of blood (xue) to different systems and organs. Anything interfering with this flow can cause imbalances and disease. Some modern researchers have matched the pattern of these meridians to the connective tissue in our body, but there is no single modern theory for what the qi relates to in western medicine. Small studies have linked increases and decreases in certain hormones and neurotransmitters with specific points, but have not explained the overall mechanism at work behind Acupuncture. Larger studies have looked at the effects, but not the mechanisms, behind acupuncture - for instance, the October 2012 JAMA Internal Medicine article entitled "Acupuncture for Chronic Pain" showing strong evidence that Acupuncture successfully treats pain.

Not just anyone can practice this healing method, currently in China and several other Asian countries, Traditional Chinese Medicine (which includes Acupuncture) can be studied as one of the major specialties (like surgery) in medical school. In America it is studied as 3-4 year Masters or Doctoral program.

## What Is An Acupuncture Treatment Like?

Acupuncture uses the insertion of sterile needles into specific body points to modulate a variety of nervous system signals. The patient usually comfortably rests for 15-30 minutes during treatment. In Acupuncture there is nothing injected so the needle can be very small. Compared to hypodermic the gauge or width of the needle is two times smaller. In fact 3-5 Acupuncture needles can fit inside a small hypodermic. Often the patient will feel the pressure on their skin more than the insertion of the needle. Once the needle is inserted the Acupuncturist may stimulate the point to causing the pa-

tient to feel a heavy, full or moving sensation. This is referred to as Duqi (arrival of qi) and indicates the body has been stimulated enough to have a significant reaction to the point.

## How Can Acupuncture Benefit Me?

Acupuncture has traditionally been used to treat most medical and psychological conditions. Americans most commonly get acupuncture to treat pain, relieve trigger points in the muscles, relieve stress, reduce pain and severity of arthritis and autoimmune disease, treat menstrual problems, and aid in fertility. Acupuncture is also used to treat digestive disorders, respiratory complaints, and restore mental emotional balance.

At the COE we routinely incorporate acupuncture into treatment protocols. Call us to find out if acupuncture can help you.

## ACUPRESSURE AT HOME

by Meghan Gonick

While only a trained acupuncturist should treat you with acupuncture needles, you can use massage (acupressure) and some common points for self treatment at home. To treat yourself with acupressure, locate the desired point and use the tip of your thumb to apply sustained pressure to that area. Some commonly used points include:

- LI 4 (Hegu) is located between the thumb and second finger where the muscle rises when you make a fist. This point can be used to help reduce headaches and alleviate pain in general. It has been linked with oxytocin release so should not be used by pregnant women.
- P 6 (Neiguan) is located between the central tendons of the wrist, 3 finger widths up the forearm from the wrist. Pressure on this point can be used to help alleviate an upset stomach whether from food, sea sickness, or morning sickness. There are commercial wrist bands know as SeaBand designed to stimulate this point.
- Sp 6 (Sanyinjiao) is located on the inside of the calf, 4 finger widths above the malleolus (boney prominence) just behind the tibia. This point has been shown to reduce menstrual and delivery pain by stimulation of uterine contraction. This point should also be avoided by pregnant women.
- St 36 (Zhusanli) is located 1 finger width lateral to the boney prominence on the tibia. This point can be used to help alleviate leg and foot pain or heaviness. It can also help with problems in the lower abdomen.

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- Yintang is located between the eyebrows. This point helps calm the mind and spirit.

Your acupuncturist can both provide treatment during your visit and teach you to use massage or adhesive seeds to stimulate specific points at home to enhance the effectiveness of your treatment.

## SKYSAW – LAYING A FOUNDATION FOR HEALTH

by Robert Brody

As Dr. D’Adamo famously said, “If you want to build a bridge over a canyon, you can’t simply toss bricks into it and expect something to happen. First, you need to come up with a blueprint and lay a foundation.”

At the COE, we are building a rock-solid foundation for our patients based on the latest technically advanced approaches to health care. SkySaw is a computer program that is on the cutting edge of “bioinformatics” technology being developed by Dr. Peter J. D’Adamo as part of the Bioinformatics Initiative at the Center of Excellence in Generative Medicine that allows us to create a blueprint and build your foundation in health.

Completely unique to the COE, the SkySaw program is currently being integrated into our patient’s clinical experience. SkySaw allows physicians to better analyze complex patterns and relationships across many aspects of healthcare, and seamlessly integrate various protocols within minutes.

If you haven’t already mapped your health plan using SkySaw, below are five reasons why you should:

- All relevant information for your visit and GenoType are listed for easy access - everything your physicians need is at their fingertips.
- Provides an in-depth analysis of your existing chief complaints and history ensuring that nothing is overlooked
- Suggests supplements based on your chief complaints and provides information on specific pathways targeted for enhanced effectiveness
- Merges your allopathic treatment plans with naturopathic treatments
- Further individualizes your program

To book an appointment and have your individualized treatment protocol mapped by SkySaw, contact Barbara at the front desk today!



**Parsley** inhibits the secretion of allergy-inducing histamines. It is a rich source of anti-inflammatory phytonutrients such as apigenin and carotenoids. Parsley also raises levels of antioxidant enzymes in the bloodstream.

**Onions, Garlic, and Apples** all contain high levels of quercetin, which helps fight allergens due to its antihistamine-like action.

**Broccoli** has high levels of vitamin C and it is known for clearing up blocked sinuses.

**Citrus Fruits** such as oranges, lemons, lime, and grapefruit also contain large content of vitamin C. Vitamin C is a natural antihistamine and therefore a vitamin C rich diet helps in fighting conditions like seasonal allergies.

**Supplements** are another valuable addition to your repertoire in dealing with spring allergies. *Quercetin Plus* is a product which blends two ingredients, quercetin and bromelain. Together, they are anti-inflammatory and may inhibit histamine release by stabilizing mast cells. Another supplement, *Collinsonia Plus* combines the herb *Collinsonia Canadensis* with Larch Arabinogalactan. This combination is especially good for soothing the inflamed or congested linings of the sinuses during allergy season.

It is best to start consuming these fruits, vegetables, spices and herbs and supplements at least one month prior to the beginning of springtime allergy season, and to continue as well throughout the entire season.

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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  
[frontdesk@generativemedicine.org](mailto:frontdesk@generativemedicine.org)

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# SICILIAN ALMOND COOKIES

Makes 25 to 30 cookies

\*Please read "Notes" before making this recipe.

## Cookie dough

- 2 cups (290g) blanched or unblanched almond meal
- 2 tablespoons of agave
- 2 tablespoons of honey (I found a lemon honey that worked rather well.)
- 2 small egg whites, at room temperature
- Pinch of salt
- 1 tablespoons smooth apricot jam or any beneficial jam
- ¼ teaspoon of pure almond extract
- ½ teaspoon of vanilla extract or lemon rind if vanilla not allowable

## Topping

- 1½ - 2 cups (120-160g) sliced almonds, blanched or unblanched or pignoli nuts.

## Recipe guide:

1. In a large bowl, mix the almond powder and agave and honey.
2. In a separate bowl, whip the egg whites with a pinch of salt until they start to mound and form soft peaks. They should not be stiff, but the consistency of softly whipped cream.
3. Fold the beaten whites into the almond mixture (they'll lose volume, which is fine), then fold in the apricot jam and almond/vanilla extract. Mix the dough until it comes together in the smooth ball. You may need to get into it with your clean hands to help knead it together.

**Storage:** Once cool, the cookies can be stored in a container at room temperature for up to one week. I would not recommend freezing them, as it will change their toothsome texture.

## Notes

- Almond powder often goes by the name almond meal, almond powder, or almond flour. It's simply ground up almonds. If in doubt, check the ingredients; the only one should be almonds. If you can't find it, you can pulverize the equivalent amount of sliced, blanched almond (by weight) in a food processor. I like the taste of whole almonds but the color will be darker. For a twist, you can try another powdered nut, such as pistachio or hazelnut or one of your beneficial.
- If you don't have apricot jam, you can also use any beneficial jam in place of the apricot jam, (If your jam isn't smooth, use a food processor to smooth it out).
- If you want to keep them extra-simple, you can also skip rolling them in sliced almonds and simply bake them "nudi" which means naked in Sicilian. They're excellent like that way as well.
- This recipe is usually made with 1 cup of sugar so the substitutions will make dough stickier.
- You may have to drop the cookies from a teaspoon and press the almonds.
- Traditional Sicilian cookies often have bitter almonds added, which are very hard to find. Most almond extract is made from bitter almonds.
- Do go easy on the almond extract; it's a flavor that can quickly become overpowering. A few drops should do it.

4. Preheat the oven to 325°F (163°C.) Line two baking sheets with parchment paper or silicone baking mats. This is an important step as they are very sticky due to the agave/honey sweeteners.
5. Pinch of pieces of dough about 1¼-inch (4cm) in diameter and roll each into a ball, then roll them in your hands to make them into ovals, setting them on a dinner plate as you go. (You can also bake them in rounds, if you wish.)
6. Put the sliced almonds on a plate. Working with 3 or 4 at a time, roll each piece of rolled cookie dough in the egg white and place it in the dish containing the sliced almonds or pignoli nuts.
7. Roll and press the ovals of dough into the almonds or pignoli, nuts being extremely generous coating when coating with the nuts. If dough is very sticky wet your hands with water to roll or just drop from a spoon by pass the rolling into the egg white and then press almonds/ pignoli nuts into dough.
8. After coating each batch of cookies with the almonds, put them on a baking sheet, evenly spaced apart. (You may need to press the almonds well into the cookies to get a lot of them to stick, and the cookies may lose their perfect oval shape - which is fine, the cookies should be a bit rustic.)
9. Bake the cookies for 25 to 30 minutes, rotating the baking sheets in the oven, turning them around so the cookies bake evenly, until the cookies and nuts are light golden brown. Let cool before serving. **IMPORTANT:** If you are using a convection oven, you may need to cut down baking time to 12 to 15 minutes.

