

GENERATIONS

THE NEWSLETTER OF THE CENTER OF EXCELLENCE IN GENERATIVE MEDICINE

Happy December from all of us at the COE!

It's hard to believe the year has come and gone and we are preparing to welcome in 2016.

On behalf of Dr. Peter D'Adamo, Drs. Robert Brody, Maria Zangara, Meghan Gohnick and Natalie Colicci, and the staff at the COE, our deep thanks for the commitment to your health and well-being. At the heart of any effective therapy is an interpersonal relationship. We consider it a great privilege to be your health care provider and look forward to ever-deepening that relationship with new programs and treatment offerings that support your health and well-being.

Our warmest holiday wishes to you and your loved ones. We look forward to continuing the support of your health and wellness goals in the New Year.

The COE Staff

Our Doctors:

Peter J. D'Adamo, ND
UB Teaching Shift Director:

Monday/Tuesday

Focus: General Health and Family Medicine. The Teaching Shifts are an excellent choice for prospective patients who enjoy working in a group environment and participating in the education of tomorrow's doctors.

Maria Zangara, ND, LAc

Practice: Thursday/Friday

Focus: General Health, Parkinson's Disease, Cancer, Digestive Imbalance, Acupuncture, Facial Rejuvenation

Natalie Colicci, ND, MS, CNS

Practice: Tuesday

Focus: Auto Immune Diseases, Hormonal Diseases

Meghan Gonick, ND, LAc

Practice: Tuesday, Wednesday, Thursday, Saturday

Focus: Acupuncture, Chinese Medicine, Facial Rejuvenation

Robert Brody, ND, MS

Practice: Monday, Tuesday, Wednesday, Friday, Saturday

Focus: Family Medicine, Digestive Disease, Metabolic Disorders, Lyme Disease

Acupuncture Self Treatment

Meghan Gonick, ND, LAc

If you are not able to get to the COE for an acupuncture session, here are some home care treatment suggestions that help to alleviate discomfort and pain.

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:

	<p>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>
	<p>P 6 (Neiguan) is located between the central tendons of the wrist, three finger widths up the forearm from the wrist. Pressure on this point can be used to help alleviate an upset stomach whether from food, seasickness, or morning sickness. There are commercial wrist bands know as SeaBand designed to stimulate this point.</p>
	<p>St 36 (Zusanli) is located one finger width lateral to the bony 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.</p>
	<p>Yintang is located between the eyebrows. This point helps calm the mind and spirit.</p>

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.

Natural Treatments for the Common Cold

Robert Brody, ND, MS

As the leaves fall off the trees and we enter the season of wearing long coats and warm boots, we must stop and prepare for cold and flu season. With colder temperatures, our immune systems begin to use a lot of energy in trying to keep our bodies warm. Many people think they have a great immune system because they never get sick, believing they don't need to prepare themselves for becoming sick. However, if we look at chronically ill people such as those with cancer, diabetes, or chronic fatigue, we see that these populations do not usually suffer from colds, but that doesn't necessarily mean they are healthy. It may be a peculiar thing to say, but I want you to be healthy enough to get the common cold.

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TO SCHEDULE AN APPOINTMENT, PLEASE CONTACT US AT:

203.366.0526 | frontdesk@generativemedicine.org | 115 Broad Street, Bridgeport CT 06604

Opus 23—A Revolutionary Software Genetic Analysis Program – Available only at the Center Excellence in Generative Medicine



Opus 23 is a proprietary software program that allows us to analyze raw genomic information (such as 23andMe data) to determine genetic mutations in Single Nucleotide Polymorphisms (SNPs). SNPs

(pronounced Snips) have gained publicity over the last three years with the discovery of methylation mutations that can cause a whole host of medical problems. One of the large methylation mutations (MTHFR) requires patients to take an activated form of folic acid. This is just one example of 635 genes that Opus 23 analyzes and could possibly affect your health.

We'll be able to predict and prevent certain types of diseases based on your own unique DNA. We can do this with a combination of dietary recommendations and natural product supplementations, and currently, we have over 343 natural medicines that can modulate 784 genes.

We'll also be able to determine more about your ABO Blood type (pedigree) and discover your other blood types (Duffy, MN, Lewis B, etc), which have a tremendous impact on your health outcomes. With an Opus23 report, you will discover how you detox, regulate inflammation, how your brain functions, how you turn on and off genes, and how your metabolism works.

“ I am very grateful to Dr. D'Adamo, the staff and students at the COE for all of their help. Everyone was attentive, caring and knowledgeable. Using the modalities, diet and supplements they prescribed, I was able to overcome all of my obstacles. I highly recommend the COE.

— Colleen, New Canaan, CT



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It's a good thing

Nothing in this world will stop you from getting the cold, but when your body is distracted fighting off cancer, diabetes, irritable bowel disease, or any other chronic medical condition, it will not mount a proper immune response to the common cold. When the body can't fight a cold, it still becomes infected but the symptoms are suppressed. It can cause a longer, chronic low-grade infection causing fatigue, malaise, sluggishness, and an overall lack of vitality. Most of the symptoms of a cold have to do with removing waste or cleaning up the battlefield, if you will. Removing waste and restoring vitality are key components to my treatment philosophy of giving the body what it needs. Therefore, the stuffy nose, sore throat, cough, sinus congestion, headaches, sneezing and watery eyes is a good thing. It is your body's way of removing the dead cells and viral particles after the immune battle.

Elderberry and Colds

There is new research out of Australia that shows “elderberry reduces the duration and severity of the cold, but not the rate of cold occurrence” (1). This has to do with its antioxidant compounds, namely its anthocyanins. In addition, “evidence suggests that chemicals in the elderflower and berries may help reduce swelling in mucous membranes, such as the sinuses, and help relieve nasal congestion” (2). This research is just starting to catch up to what naturopathic physicians have been saying for years—elderberry supplements are good for the common cold. If you have a cold or the flu, there are some simple things you can do to help your body fight off the infection, clean up from the infections, and increase some lost vitality from the infection.

What I do

My normal go-to when I feel the first symptoms of a cold or the flu is Elderberry along with an Andrographis spp. supplement, which acts as an antibacterial/antiviral. I then follow up with some Carob when I am no longer sick but my energy is still low. I have found that with this combination, I am able to heal faster and get back to work sooner. The above approach paired with an individualized diet that reduces inflammation and lectins will give your immune system a much-needed boost in the cold months.

1. http://blog.naturalpartners.com/elderberry-reduces-cold-severity-in-air-travelers/?utm_campaign=NPNewsletter_110515&utm_medium=email&utm_source=Eloqua
2. <https://umm.edu/health/medical/altmed/herb/elderberry>

Natural Cough Remedy by Megan Lawrence

- ¼ tsp Ginger freshly grated or powdered
- 1 tbsp Organic Apple Cider Vinegar (A, AB, & O non-secretors should avoid)
- 2 tbsp Water
- 1 tbsp raw, local Honey (AB & O non-secretors should avoid)
- ¼ tsp Cayenne (A & AB should avoid)

In a bowl, dissolve or mix cayenne and ginger in the apple cider vinegar and water. Add honey and mix well. Pour into a jar, seal with a lid and refrigerate.

Take 1 tablespoon as needed for cough.

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