

# GENERATIONS

SUMMER 2016

NEWSLETTER OF THE CENTER OF EXCELLENCE IN GENERATIVE MEDICINE

## HAPPY SUMMER!

We are in full summer swing at the COE with Summer Shift I being overseen by Dr. Maria Zangara and Summer Shift II overseen by Dr. Peter D'Adamo. Summer is a lovely time to visit the COE, stroll through historic Seaside Park, and enjoy the natural beauty of the Long Island Sound.

We are pleased to welcome our two incoming residents, Drs. Tara Nayak and Tegan Moore, who have been mentored by Dr. D'Adamo for the past two years. We are featuring bios on each doctor in this newsletter so you can become acquainted with them before you meet them in the office.

As always with summer, watch out for bug bites, too much sun exposure, and dehydration. Summer is a great time to take a break and slow yourself down, get out in nature, dig in the garden, play in the sand, and enjoy the longer days.

Relax, restore, and summer wishes from all of us at the Center of Excellence.



## GETTING OUTDOORS

Robert Brody, ND

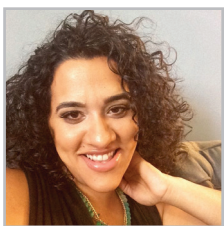
As many of you are aware, naturopaths are in touch with nature no matter the season. From hiking in the woods to mountain biking, we are always enjoying what Mother Nature has to offer. But with the increase in temperature and long hours of daylight, problems can arise during the summer months: from getting lost, to dehydration, loss of energy, and sustaining injuries. So in order to work on preventive medicine, please consider these six steps for your summer outdoor excursions.

- 1. Be a Boy/Girl Scout and Prepare.** Make sure you have a location in mind. Make sure someone (who is not with you) knows where you are going and when you should be returning. Pack a light raincoat, wear sunscreen, and apply natural bug repellent to help with any discomfort and protect you from different diseases such as Lyme.
- 2. Act like a human and be Intelligent.** Try to ride/hike during the cooler times of day (morning and before sunset). Wear the proper clothing so your sweat wicks away.
- 3. Be a camel and Hydrate.** Make sure you are hydrating before, during and after your ride. A simple trick is that you should be drinking enough water so that your urine is clear.
- 4. Eat like you mean it.** Drink a protein shake before your ride/hike and bring Unibars with you on your trip. You will be surprised how much more water, electrolytes, and calories you will be using in the warmer months.
- 5. Enjoy the beautiful weather and be kind to other outdoors enthusiasts.** Make sure you respect the right of way of hikers, runners, horseback riders, and mountain bikers. Also, share a smile and a wave to people in the event of an emergency. They will be your first responders.
- 6. After your ride/hike** stretch, do a tick check, shower, and eat a meal right for your type to fill your energy reserves for tomorrow's adventure. If you do find a tick, remove it properly. If you are concerned with tick borne disease, save the tick by placing it in a plastic bag with a damp cloth and bring the tick into the office for identification.

Take it from me, one who grew up in the outdoors-- please be smart and plan.

From hiking in the forest, kayaking down rivers, and riding up mountains, I have seen many different situations that could have been avoided with proper planning.

## MEET THE RESIDENTS



Tara Nayak, ND

Tara Nayak is a physician with a fascination for understanding the underlying root causes of disease. Combining her background in genetics from Temple University with her training in generative naturopathic medicine under Dr. Peter D'Adamo and UBCNM, she currently serves as faculty at Maryland University of Integrative Health co-teaching nutritional genomics and epigenetics.



Tegan Moore, ND

As a naturopathic physician, Dr. Tegan Moore is guided by the understanding of the body's extraordinary potential to sustain and heal itself.

She graduated from Columbia University, and spent four years working in oncology at Memorial Sloan Kettering Cancer Center and Mt. Sinai Hospital. She was one of the founding employees of CityMD, a successful urgent care practice in the NYC area.

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# MOSQUITOES & BLOOD TYPES

Here's a great reminder about mosquitoes, particularly as we get into the summer season in the US. Research shows that they make their choice of victim by blood type and secretor status. Blood Type O/Secretors had a higher landing rate of mosquitoes (83.3%) than Blood Type A/Secretors (46.5%). B's fell somewhere in the middle of O and A.

## Good general tips for all Blood Types:

- Wear light colored, long pants and sleeves when going into heavily forested areas or when by standing water.
- Dusk and dawn are two particular times that mosquitoes like to graze, so be extra cautious at these times.
- Genetics holds a clue to determining what exactly attracts the mosquitoes to one individual over another, whether it is blood type, body odor, uric acid levels, body smells, so that one day soon we'll each have our own, personalized mosquito repellents.

Until then, keep covered and alert, and use natural repellents that contain citronella, lemon eucalyptus, rosemary, lemongrass, or cedar oil.

## RECIPE: SUMMER SLAWS

### Crunchy Kohlrabi Slaw

Blood Types A and O (Serves 4)

#### Ingredients

- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- 2 teaspoons dry mustard
- 1 teaspoon honey or agave
- Sea salt, to taste
- 3 bulbs kohlrabi, grated
- 2 cups broccoli stems (about 2 bunches)
- ½ cup golden raisins (optional)
- ½ cup chopped parsley

#### Directions

- Whisk lemon juice, olive oil, mustard, honey, and sea salt, to taste, in the bottom of a large bowl. Set aside.
- Cut tough bottoms off the kohlrabi as well as stems coming off the top, and peel outer layer. Grate the peeled bulbs into the bowl with the dressing. Cut bottoms and tops off broccoli stems, and peel and grate into the same bowl with kohlrabi. A food processor can also be used for grating.
- Add raisins and parsley, toss to mix, and coat with dressing. Serve chilled.

**TIP:** Reserve broccoli and kohlrabi tops for later use. Sauté for 8-10 minutes over medium heat with 1 tablespoon olive oil and a dash of sea salt for a delicious side dish any night of the week.

These recipes were adapted from the *Eat Right for Your Type Personalized Cookbooks* series, where you can find delicious, healthy recipes that are right for your blood type.

### Broccoli and Cabbage Slaw

Blood Types B and AB (Serves 4)

#### Ingredients

- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- 2 teaspoons dry mustard
- 1 teaspoon honey or agave
- Sea salt, to taste
- 2 cups red cabbage (about ½ small head)
- 2 cups broccoli stems (about 2 bunches)
- ½ cup golden raisins (optional)
- ¼ cup chopped parsley

#### Directions

- Whisk lemon juice, olive oil, mustard, honey, and sea salt in a large bowl, and set aside.
- Remove tough bottoms from cabbage as well as the outer layers. Using a food processor or a hand grater, grate peeled cabbage, and add to the bowl with dressing. Cut bottoms and tops off broccoli stems, peel, and grate. Add broccoli to bowl.
- Add raisins and parsley, and toss to combine vegetables with dressing. Serve chilled.

## TURN UP THE HEAT

Peter J. D'Adamo, ND

One of the most infuriating aspects of insect bites is the infernal itching. There are many creams available over the counter including low dose cortisone, diphenhydramine, calamine, and pramoxine among others. Most work marginally, at best.

The itch sensation is really a low-grade stimulation of the skin's pain receptors. We scratch itchy rashes and bumps because scratching converts the low-grade pain stimulation into a full-fledged sensation of pain, and ironically the brain can deal with pain better than an itch.

**What I have found through personal experience is that the application of heat was the most effective way of dealing with itchiness from bug bites, although this works for rashes like poison ivy as well.**

Itchiness is usually produced by a cascade of activation of histamine receptors released as part of the body's response to the foreign proteins released by the bug into the bite. Applying heat converts these histamines into different types of transmitters more typical of pain, or inactivates them altogether. Relief is quite prompt and lasts often for hours, rarely requiring more than one or two treatments.

**Applying heat to a bite can be done either of two ways:**

1. A spoon can be heated under hot water until warm and applied to the bite.
2. A hot blast from a home electric hair dryer can be directed to the area.

You will typically feel a sensation as if you were scratching the bite. When this occurs, you've done enough. In either case, be careful not to burn yourself!

## COE SUMMER HOURS

### Monday:

Shift: 10:00 - 2:00  
Dr. Brody: 2:00 - 4:30  
Dr. Gonick: 1:00 - 4:00

### Tuesday:

Dr. Colicci: 9:00 - 1:30  
Dr. Brody: 9:30 - 1:30  
Dr. Gonick: 10:00 - 4:00

### Wednesday:

Dr. Brody: 9:30 - 11:30

### Thursday:

Patti Hartman: 10:00 - 4:00  
Dr. Zangara: 10:00 - 4:00  
Dr. Brody: 10:00 - 4:00

### Friday:

Dr. Brody: 10:00 - 4:00  
Dr. Zangara: 10:00 - 4:00

### Saturday:

Dr. Brody: 9:00 - 1:00

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