

GENERATIONS

THE NEWSLETTER OF THE CENTER OF EXCELLENCE IN GENERATIVE MEDICINE

Spring 2015

From the COE Staff

Welcome spring! This year more than most, we welcome spring's arrival, having been challenged by a cold and snowy winter on the east coast. Spring is a great time to take stock, become aware of what has crept in or accumulated during the late fall/early winter, and do the proverbial spring-cleaning.

Two areas to focus your attention on are your pantry and your supplement protocol. Springtime foods tend to be a little lighter, with the addition of more in season produce becoming available. Look at your SWAMI protocol, and boost the number of beneficial vegetables and fruits you are eating to take advantage of the seasonal offerings. And consider a spring detox, which you can read about in Dr. Zangara's article.

The second area is your supplement protocol. Take time to evaluate it and see if additional supplements were added in to work through health issues in the winter. Are they still necessary? When was the last time you had a check up/check in at the COE, and does your regimen need a spring-cleaning of its own? If it has been longer than 12-18 months, now is a good time to schedule a follow-up to refine your program and utilize the incredible naturopathic resources that the COE has to offer.

Make sure to stop by our website: www.generativemedicine.org.

Dr. Peter J. D'Adamo has given it a spring-cleaning and a new look. It's easier to navigate, and contains lots of great information about healthy living and the opportunities for health care and support that we offer. And check out the upcoming issue of Connecticut Magazine, where Dr. D'Adamo and the COE staff are featured in a ND high-light of CT's Top Physicians.

Looking forward to seeing you this spring.

The COE Staff

Spring Detox Featuring Harmonia

By Maria Zangara, ND

It's official. Spring Is Here!

Spring flowers breaking through the still-cold earth are powerful evidence of re-birth. Warm sun pushing out the last vestiges of winter's cold and longer days help us forget the season of darkness. Spring is truly a time of transformation and new beginnings.

What better way to aid this transformation than with a healthy detox?

Ancient Ayurveda and Chinese Medicine tells us Spring is the time to detox and reset, the ideal time to lighten our beings, clear out heavy winter foods accumulated over months, and start truly fresh.

What happens to the body during a detox?

Our bodies naturally detox via the skin, lymph, lungs, kidneys and most of all, the liver. Today, our liver is burdened by contaminants from commercially farmed food, processed foods, pharmaceutical medications, what we put on our bodies, and the pollutants in our homes and external environments. Winter's inertia allows toxins to build up, especially in fat stores, and causes the liver to slow down.

During detox, the liver converts these toxins to substances able to be eliminated by water. It's a complex process and takes time. If people detox too quickly they'll produce toxic metabolites far worse than the originals being discarded. This is why arduous fasting is not the best way to detox. The very best way is deceptively simple.

Start by eating only foods beneficial or highly beneficial for your blood type or GenoType®, and take your recommended supplements. Then, add herbal supplements to help the liver in the detoxification process. Our COE favorite for liver support is Harmonia, and here is why:

- Harmonia is abundant in Chlorella, a fresh-water, single-celled algae that benefits the immune system and aids in processing toxins for removal
- Harmonia further supports the liver with Dandelion, Parsley and Larch Arabinogalactans
- Harmonia has anthocyanin, the main fruit phytochemical found in blueberry and tart cherry. Anthocyanin gives them color, and gives us superior antioxidant protection.

Harmonia is best used when you feel flu-like symptoms corresponding to the first few days of detox. What you are feeling are the toxins freed up and beginning to eliminate. Harmonia can help with any discomfort.

Other Recommendations:

- WATER. Start your day with a tall glass of water and a squeeze of fresh lemon juice. Drink water through the day. Water cleanses the body and helps with cell regeneration. Water is crucial for diluting the toxins freed into the bloodstream during detox. Aim for 8-10 glasses per day.
- Purchase organic and whole foods versus processed.
- Walking is the ideal support to a detox.
- Use sauna or hot baths with Epsom salt to draw toxins out.
- Sleep and truly rest as much as you can during detox time.

Safe Detox and Happy Spring!



TO SCHEDULE AN APPOINTMENT, PLEASE CONTACT US AT:

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Dr. Brody Visits Guatemala

In December, COE staff physician Dr. Robert Brody travelled to Panajachel, Guatemala with Naturopathic Medicine for Global Health (NMGH) to provide medical care to people in this poverty stricken area. NMGH is an organization that promotes naturopathic medicine as a feasible and cost-effective means of healthcare in developing countries with a unique, sustainable health care model.

While there, Dr. Brody supervised naturopathic medical and physician assistant students as they treated patients at the main clinic in Pahajachel and made home visits to bedridden individuals. Even the local police and fire department staff were treated to well-care from Dr. Brody and his team.

Dr. Brody learned about Naturopathic Medicine for Global Health while he was a medical student and started a local chapter at his school, eventually being voted student chapter president of 2014. He wanted to participate in this program because he believes everyone should have access to naturopathic health care and wanted to share

his passion for helping people outside of the US.

“It’s humbling to see the socioeconomic state of the Guatemalan people, most living off of only a few dollars a day. The population, however, are some of the most loving and appreciative people I have ever known. They are truly thankful for any and all help they receive. With the donations I collected from Dr. D’Adamo and the Center of Excellence, I was able to help these people with their medical needs.”

Dr. Brody was particularly moved by one woman he treated during his mission. “The most exciting part of this experience would have to be my first and last patient of the mission. She was a diabetic patient who wasn’t taking her insulin regularly and was bed stricken. She was told by her doctors that if she opened her eyes that they would pop out. When I met this patient, she had no vitality. With a combination of vitamins, minerals, herbs, a homeopathic drug, and support from her family, I was able to lower her blood glucose back into normal range and find an insulin regimen that would work for her. A week after I left she was able to get out of bed and is currently walking around.”

While the experience was rewarding, Dr. Brody says that there are many challenges facing poverty-stricken Guatemalans when it comes to health care and diet. “The social economic toll in Guatemala is a hard factor to confront. When it comes to diet and exercise most of the patients I have seen are just trying to survive. They work really hard for the little bit of money they receive and this makes talking about diet a really hard task. Most of the people are eating to survive. Eating what they can when they can. While starvation is a concern in Guatemala most people have just enough to buy rice, corn, and some of the other basics. Most of my work I did down in Guatemala, focused on using blood type as one of my treatment tools. If the patient did know their blood type, I would be able to prescribe the proper supplement in order to activate certain molecular pathways that need to be regulated in certain blood types. For the few patients who had a more affluent income sources I focused on making small changes to their diet (i.e., Blood Type O’s avoiding wheat and Blood Type B’s avoiding chicken, etc.)”

You can learn more about Naturopathic Medicine for Global Health by visiting their website: www.nmghus.org



Rest Easy – Tips to Keep Your Bedroom Allergen Free

By Ann Quasarano

More than 50 million Americans suffer from seasonal allergies and 75% of them report sleep disturbances related to allergies. Frequent waking, increased snoring, and congestion result in diminished sleep quality and make the allergy season even more unbearable.

Although it’s considered a place of relaxation, the bedroom can be a hiding place for allergens; they can thrive in bedding, upholstery, carpeting, draperies, and clothing. Here are a few tips for keeping your bedroom allergen free!

- Clean your bedroom weekly with a damp cloth. In addition to the obvious places, don’t forget to wipe down the tops of tall furniture, window and door frames and sills, and floors.
- Vacuum your carpet and upholstery daily.
- Vacuum your mattress and box spring if you can.
- Try to wash bedding twice a week in hot water to remove pollen and kill dust mites.
- Use a high quality HEPA air filter.
- Use allergen barrier covers for your mattress and pillows.
- Keep pets out of the bedroom.
- Undress in another room to avoid bringing outside allergens into the bedroom.
- If your children have stuffed animal toys, wash them regularly.
- Keep room humidity below 50% to reduce dust mite population and mold growth.

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