



The D'Adamo Institute  
for the Advancement of Natural Therapies®

# MIENU

— B O O K —

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44 BRIDGE STREET  
PORTSMOUTH, NH 03801  
(603) 430-7600

# WELCOME

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Welcome to the world-renowned D'Adamo Institute for the Advancement of Natural Therapies - the most comprehensive natural health care service in North America. Founded over half a century ago by the pioneering naturopath and the originator of The Blood Type Diet®, Dr. James L. D'Adamo, the Institute is the world's first center for blood-type based research.

The Institute is nestled in the historic seacoast town of Portsmouth, New Hampshire, surrounded by art galleries, boutiques, inns, gourmet restaurants and cafes.

Our unique therapies, designed and based on Dr. D'Adamo's groundbreaking Blood Type Diet®, are carried out by a team of multi-disciplinary specialists who continue to relentlessly push the boundaries of blood-type holistic treatment for a new generation of natural healing. Adapted to meet the concerns, preferences and/or special requests of every guest, each customized journey is created under the careful guidance of our Doctors. We hope you will join the more than 60,000 patient's worldwide who have achieved optimum health by following Dr. D'Adamo's Blood Type Diet® program.

As always, should you have any questions, please contact us. 603.430.7600

Give us a call anytime, or talk to one of our specialists during your next visit.

We are here to help you.

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**\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.**

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# BLOOD TYPE

## Diet Exam

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### **Our Most Comprehensive Health Evaluation**

At your arrival at the D'Adamo Institute, you will be greeted by our staff and led to your first initial examination – which usually lasts approximately 3 hours.

During this time we will take a sample of your blood prior to your appointment with one of the doctors. This will determine your blood type factor and sub-blood type. Then you will be given a thorough examination by a licensed doctor which includes checking your heart and blood pressure, blood type analysis, sub-blood group analysis, iris analysis, pulse analysis and muscle assessment.

All Institute doctors were personally trained by the founder, Dr. James L. D'Adamo, and follow the same protocol and standards.

Based on the results of these diagnostics, we create an individualized menu, a personalized exercise program and a prescription of supplements designed to strengthen the areas of weakness in your body. A variety of treatments to assist in detoxifying and balancing your system during the healing process may also be suggested.

Two weeks after the first visit, you'll return to meet with one of the naturopaths to discuss progress and assess progression with the

program and allow for needed adjustments. After your progress check-up, a support counselor will meet with you to address any concerns or questions and provide help and support to maximize the benefits of your individualized program. This can be conducted either in-person or over the phone and is included at no additional charge to help support you on your road to optimal health.

### **Evaluations Provided During your Blood Type Exam**

#### **Blood Type Analysis**

Blood Type analysis determines the best suitable treatment based on the person's blood type. For example, people with blood type O will gain optimum health by maintaining a high-protein diet with vigorous exercise. People with blood type A should follow a vegetarian diet with less strenuous physical activity. The appropriate diet and lifestyle also depends on the body's current state of health.

#### **Sub-blood Group**

Parents pass on a sub-blood type to their child. Sometimes there can also be an influence from the grandparents' blood types. This sub-blood group gives infinitely more information about an individual's needs on a physical, emotional and intellectual level; therefore, providing a deeper understanding of the body's requirements.



Current research at the D'Adamo Institute delves into examining the implications of Rh factors in relationship to nutritional needs.

### **Iris Analysis**

Every cell, tissue and organ connected to the brain transmits information through the nervous system to the iris. Malfunctions are evident in the section of the iris which corresponds to a particular body part. Past illnesses and even inherited weaknesses all leave their marks on an individual's iris. Iridology, therefore, is an important tool in assessing a patient's overall health. The Institute's proprietary proven method allows us to interpret the different indicators and provide a full, accurate assessment.

### **Muscle Assessment**

Our muscle assessment program allows us to determine whether your body's muscles are properly balanced and structurally aligned. Gravitational pull should always be through the center of the body to the feet. Because of poor posture, this may not occur - thus causing structural stress on various organs, muscles, ligaments, etc.

### **Pulse Diagnosis**

Pulse analysis, as practiced at the Institute, is not to be compared to standard conventional allopathic and Chinese pulse taking. Our

uniquely developed method enables us to detect weaknesses in the circulatory system. In addition, the D'Adamo Institute doctors use this unique diagnostic skill to detect the functioning capability of the stomach, kidneys, liver, immune system, digestive system and overall energy in the body.

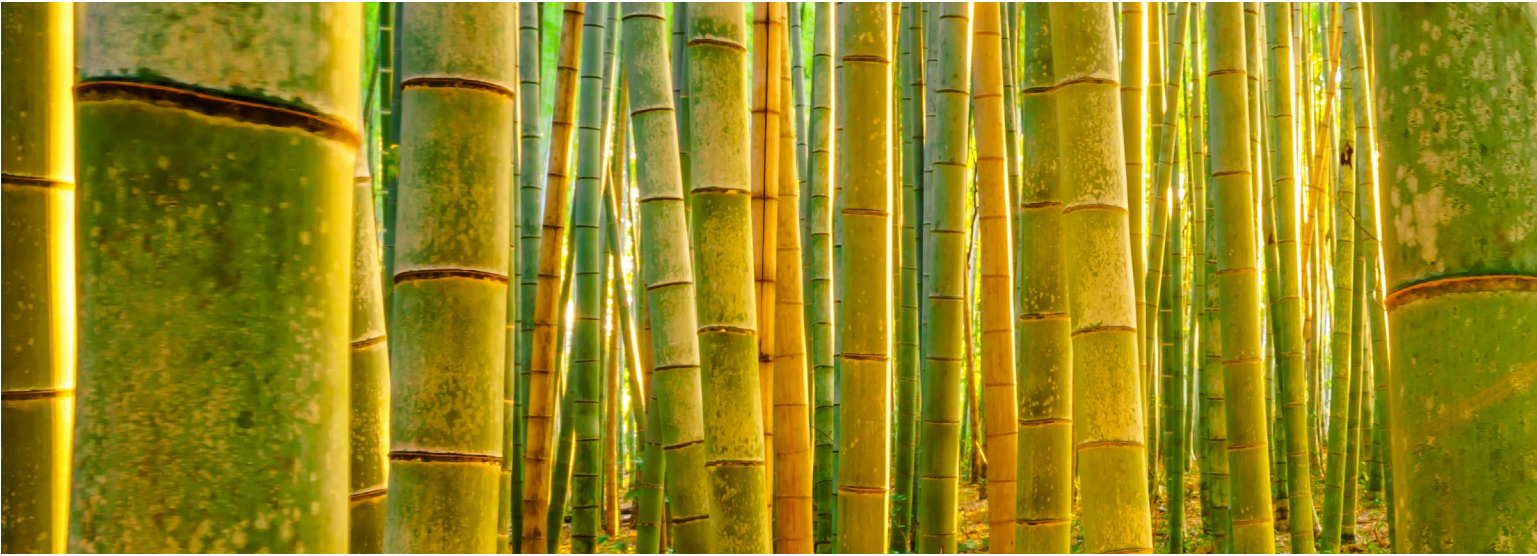
### **Follow-up Re-examinations**

Your re-examinations are scheduled generally within 10-12 weeks of the first appointment. Future re-exams can be booked to discuss the changing needs as your body evolves through the customized program. A re-exam consists of:

- ◇ Thorough examination similar to a new patient examination.
- ◇ Receipt of completely updated therapies, supplements, consultations and a new menu.

Most re-exams are scheduled every three to six months to ensure that the body is progressing on the path to a healthy level, and that the program is updated accordingly to serve optimal health objectives.





# OXYGEN TREATMENTS

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As well as the treatments listed below, we also offer a number of unique treatments to the Institute that are available exclusively, with doctor approval, to Blood Type Exam patients.

## **Multi-Step Oxygen Therapy**

Our staff carefully monitors your condition as you breathe in pure oxygen and gently pedal a specially designed stationary bicycle. This double stimulation brings life-giving oxygen to the brain and circulatory system, promoting proper circulation throughout the body.

## **Infrared Sauna with Oxygen**

Typical saunas heat the body from the outside, concentrating on the skin. Our specialized sauna applies heat to the internal tissues by emitting "far" infrared energy that penetrates the skin and directly heats subcutaneous fat layers. This type of sauna has proven very effective in helping the body eliminate heavy metals and other toxins that lie beneath the skin.

## **Hyperbaric Chamber**

This therapeutic equipment provides a rich, rejuvenating and reviving supply of oxygen to deprived cells. The aim is to speed healing, while increasing overall energy and circulation. Additional benefits include fighting premature aging, destroying abnormal cells and providing oxygen to cells that have been starved due to MS and other neurological disorders. Bring a book, listen to music or just close your eyes while the hyperbaric does all the work.



### **Engler Oxygen Therapy**

A reduced supply of oxygen leads to decreased performance of cell function and an increased formation of radicals. This therapy optimizes the general and physical condition of patients suffering from chronic and degenerative diseases.

Each treatment offered can be customized to suit the individual health needs of the guest. Our world renown treatments and services have been enjoyed by more than 60,000 patients around the globe for the last half a century – and continues to attract individuals from across the globe who prioritize the need to experience optimal health.

### **CR-10 with Oxygen**

Cells grow abundantly when oxygen is available and generally die without it. In today's toxic laden world, combining oxygen, while increasing circulation, becomes imperative. CR-10 with oxygen penetrates congested tissues and chronically tense muscles to achieve maximum benefit.

### **Salt Bed**

The D'Adamo Institute continues to forge ahead by taking innovative natural therapies to a whole new level – with century-old healing from Europe. European Health Spas have long offered salt caves as therapeutic treatments for respiratory and skin conditions. Our enclosed, dry salt unit uses a higher potency of salt concentration than those in salt rooms or caves which means you would only need a 20 to 30 minute long treatment. Enjoy this treatment today which has both anti-bacterial and anti-inflammatory properties.

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# WATER TREATMENTS

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## **Colon Irrigation**

Our colon irrigation system eliminates wastes and poisons from the body. Therapies are given in immaculately clean surroundings following strict hygienic principles. Our equipment is scrupulously maintained and sterilized. We use Colon Clear Water Hydrotherapy which boasts the “highest safety standards” in the industry. This machine has been hospital evaluated to lower the toxic level of the body 3 times faster than any other colon therapy equipment. The D'Adamo Institute's fastidious attention to cleanliness and serene treatment rooms provide guests with the most unique and ultimate comfort.

## **Physical Therapy Immersion Bath**

Sink into a warm bath, surrounded by silky bubbles, inhale the calming aromas from various plants, flower essences and botanicals designed exclusively to treat your specific ailments, circulation, nervous system or inflammation.

We offer immersion bath to assist with stress, circulation and inflammation depending on your health needs.

While the immersion bath is not exclusive to the D'Adamo Institute, the custom blend of herbs is. Our customized blends are prepared for us at our European apothecaries using tried and true herbs and flowers from centuries old practices. The D'Adamo Institute prides itself on heightening the treatment effects of these herbs like no other clinic in the world.



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*"I don't know what I would have done without the help of the D'Adamo Institute. Thank you."*

**Mary S. -- Boston**

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### **German Footbath**

At the D'Adamo Institute, we work in conjunction with apothecaries in Germany that prepare our proprietary blend that encompasses high quality, efficacy and attention to the ancient ways of preparing this specific medicinal treatment. Some things can't be rushed or be mass produced. The ancient techniques of picking the herbs and preparing this special formula directly correlates with the effectiveness of this treatment. We are happy to report that its effectiveness in our clinic spans over half a century.

To further customize your treatments, we offer two additional medicinal herbal footbaths that specifically target inflammation or detoxification depending on your health goals.

# TOUCH THERAPY

## Ginger Adrenal Therapy

Exclusive to the D'Adamo Institute and created by Dr. James L. D'Adamo and Dr. Robert Medrek, this therapy increases circulation to the legs and lower extremities. In addition, packs of ginger stimulate vitality and reduce congestion – and in combination with acupuncture, helps rest, relax and restore the nervous system and adrenals. This blissful treatment encourages the mind to let go by addressing specific acupressure points allowing stress and tension to melt away.

## Acupuncture

There are many acupuncturists, but very few have their doctorate of acupuncture. Our highly skilled acupuncturist performs acupuncture in a serene treatment room, ensuring your ultimate comfort. Most patients fall into a deep sleep while the accu-points restore, relax and bring the body into wellness. Our staff also utilizes auricular, electric and traditional forms of acupuncture, incorporating techniques practiced for over 5,000 years.

## Auricular Acupuncture

Auricular acupuncture is the stimulation of acupuncture points on the external ear surface for the diagnosis and treatment of health conditions in other parts of the body. The ear has the highest density of acupuncture points on the body.

## Aromatherapy

In this fast-paced world, it is often difficult to slow down and let our mind, body and soul unwind and relax. Allow our staff to provide you with a calming and soothing aromatherapy massage to help restore peace to the mind, reduce muscular tension and nourish the skin. Let our serene treatment rooms, calming music, skilled

nurses and essential oils take you away into total and deep rest and relaxation, calming your nervous system.

## Lymphatic Drainage

Experience a form of touch therapy whose gentleness belies a powerful therapeutic potential. A light relaxing massage drains the lymphatic system of impurities, allowing them to leave the body. Lymph glands act as the filter system for the body's cells. The lymphatic system cleanses out inorganic toxins, cell wastes, excess water, micro-organisms and other components.

### Author M from Massachusetts

★★★★★

*"This place will change your life. You'll be in a state of rejuvenated health like you've never seen."*

## Cranial Manipulation

The old concept of the skull as one immovable bone has been revised with the newer scientific understanding that the plates of the skull actually expand and contract rhythmically eight times per minute. When the sutures become fixed, it can result in neurological or physical malfunctioning, while also inhibiting proper circulation of oxygen and spinal fluids around the brain. Cranial manipulation by a professional therapist involves the application of the correct amount of pressure to the plates, thus allowing for proper motion along the sutures. This increases the flow of oxygen and spinal fluid, and allows for better neurological functioning. Come join our sanctuary of stillness and quietude while we'll guide your mind and body back into a harmonious balance.

## Cranial-Sacral Therapy

Everyday stress can often lower your energy levels, leaving you feeling emotionally drained and exhausted. Similar to cranial manipulation, cranial-sacral therapy uses a lighter touch to stimulate the body's natural ability to heal. By balancing the flow of fluid from the cranium to the sacrum at the base of the spine, this gentle adjustment to the nervous system brings healthy energy to the entire body, including the internal organs leading to a balanced state of well-being, helping restore energy levels while promoting a feeling of inner calm.

## Spinal Manipulation and Structural Alignment

Whether you have back pain, been injured through sports, have arthritis or pregnancy related pain, we can customize this treatment to help you regain your alignment while bringing your body back to its optimum state for peak performance. Manual manipulation of the vertebrae and musculature helps to create proper alignment of the spine.

## Back Shu – Bio Light Treatment

A collection of twelve very important acupuncture points called the Back Shu, are located on the Bladder meridian along the spine. They're called, "transporting" points because it is said that they transport, "Qi" to the inner organs and are especially important in the treatment of chronic diseases. To enhance the effects of Back Shu, we've added Bio-Lights specific to the areas being treated. We've combined the best of Back Shu and Bio Lights to offer you a one of a kind treatments tailored to your needs.

# KINSEI MANUAL THERAPY

## Muscular Skeletal Wellness For All Ages

Kinsei Manual Therapy (KMT) was established in 1951 and accredited by the ministry of Japan as a way to decrease pain and increases range of movement. KMT is used widely across Japan as an effective therapy for: Low back pain, joint pain, digestive disorders, headaches, fatigue, stress reduction, fibromyalgia and a host of other conditions.

KMT utilizes analysis of each patient's unique biomechanical body torsion pattern to guide treatment integrating traditional meridian theory and connective tissue manipulation. KMT reduces harmful body torsion patterns while stimulating balance and optimal function within the body. Many of our clients prefer KMT who are sensitive to traditional spinal manipulations



## HEAT TREATMENTS

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### Fango Treatment

Prepared from medicinal clay imported from Germany, fango high-intensity heat packs are applied in order to relax and detoxify the body. Fango applications cover large sections of the body, such as the back, chest, shoulders or legs.

### Clay Therapies – Hot Packs

Applied in cases of muscular spasm, hot packs work to establish proper circulation.

### Infrared Sauna with Oxygen

Studies show the composition of chemicals found in the sweat during an infrared sauna

is quite different from that produced by a steam bath, traditional steam/hot rock sauna or even exercise. The sweat of people using a far infrared sauna will not only contain water but will also contain cholesterol, fat-soluble toxins, heavy metals (such as mercury, aluminum and arsenic), nicotine, sulfuric acid, ammonia and other undesirable elements. An activated oxygen session is one of the most powerful methods to detoxify and oxygenate your body. The moist heat in the steam sauna opens up your pores and dilates your capillaries, helping to “flood your body with oxygen”.

# INJECTION TREATMENTS

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## **Nutritional IV**

We are committed to your health and offer our D'Adamo Institute team of experts, who specialize in the preventative healthcare and can custom blend these IV's for each individual.

Our IV infusion bathes internal cells and tissues with substances that increase overall energy, improve the strength of the immune system and perform actions targeted to various conditions. This is one of our most powerful tools in speeding the healing process. The Institute's IVs are unique in that they contain mixtures of vitamins specifically blended for the individual blood type of the patient.

### **Immune Boost**

Super charged with a vitamin, mineral and homeopathic formula, our IV is most renown to help maintain and restore your body's natural balance, thereby creating a boost to your immune system.

## **Stress Relief**

This is our special formulation for stress relief. Infused with an array of multivitamins, homeopathic remedies and Vitamin C, it's optimized to help your system feel less stressed and more revitalized.

## **Energy Recharge**

Ideal for professional athletes to tired moms when you need a boost to help tackle your week.

## **Detox**

Supporting your liver during detoxification is the most important step in the detox process. Provide it the nutritional support it needs to function optimally.

## **Joint Support**

Our IV provides a combination of the most powerful homeopathic ingredients for joint, tendon and ligament health, including B complex to get you back in the game.



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*“Be selfish with your time. This is your opportunity to do something just for yourself. You’re giving yourself a gift that will benefit your body, mind and spirit. Don’t let anything or anyone take it away from you.”*

**Dr. James L. D’Adamo**

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### **Upper respiratory**

Receive a beneficial formula of vitamins, minerals and homeopathic remedies to aid in supporting the upper respiratory system.

### **Inflammation**

A generous combination of B vitamins, 3 homeopathic remedies and Vitamin C, designed to support people with inflammation in their body.

### **Platinum**

Created just for you, one of our doctors will create a custom blend based on your current symptoms and needs.

### **B12 Injections**

Everyone complains about feeling tired and low on energy. Despite drinking multiple cups of coffee in the morning, most of us end up exhausted and drained midway through the afternoon. A single B12 shot is the perfect, natural solution to have you feeling well rested and refreshed.

### **RE- 5**

Another D’Adamo Institute exclusive treatment, created by Dr. Robert Medrek in conjunction with Dr. James L. D’Adamo’s philosophies, is the Revitalization 5 (RE-5). It combines century-old healing powers of homeopathy applied to specific acupuncture points. In keeping with the D’Adamo Institute’s philosophy, each treatment is customized to your specific needs and designed to support your individual self.

### **3 to 5 Packs**

Vitamins and homeopathics are responsible for important functions including contributing to nerve health, heart and blood health, skin and eye health, reducing inflammation, hormonal function and are used to maintain a healthy metabolism and digestive system. We offer 3 to 5 quick and painless injections for those who need the boost but do not have the time to have an IV.

## ADD ON TREATMENTS TO EXISTING TREATMENTS

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### **Diapulse**

Designed to create negative ions, this unique machine is a valuable tool in bringing increased blood supply to damaged or diseased areas, thereby stimulating repair.

### **Ultrasound Therapy**

The ultrasound device emits sound waves beyond the range of human hearing. These waves readily penetrate the body, stimulating and massaging the cells and tissues below the skin in such a way as to generate heat and increase circulation. Ultrasound therapy is ideal for joint pain and inflammation, as well as for most soft tissue injuries.

### **Tens Cam**

TENS Units are used to reduce and eliminate pain by sending tiny electrical impulses to the treatment area experiencing pain. The TENS Unit "tricks" our brain by interrupting or "turning off" the pain signal. An excellent treatment that garnishes pain relieving results.

### **G-5 Vibration Therapy**

Designed to relax tense and strained muscles, this treatment also improves circulation.

### **Myosynchrone**

Gentle energy pulses are used to increase circulation and relax the musculature. This treatment is often used in conjunction with hydrotherapy.

### **Magnetic Field Therapy**

When your body is placed in the center of a magnetic field, the hydrogen and oxygen molecules are caused to join in the cell. Metabolism is increased, stimulating the cell to eliminate carbon dioxide and replace it with oxygen. This helps to rid the body of cells that have been damaged by degenerative diseases.

### **Firard Therapy**

The Firard Machine offers yet another option when deep, penetrating heat is desired. It generates "far" infrared light waves that are not stopped at the body's surface as are conventional infrared waves. This machine is often used to stimulate acupuncture needles in the treatment of lower back pain or to increase "yang" energy in the body.

### **Light Therapy**

NASA research has shown that light therapy – also called LED photon therapy – decreases wound healing time. Light therapy is used to treat injuries, reduce pain, inflammation and to reinforce the energy generated during acupuncture.

### **Ionphoresus Therapy**

This painless, non-intrusive treatment uses a galvanic current on the skin to encourage the penetration of an assortment of topical applications, thereby helping to relieve pain.

**Laser Therapy**

This sophisticated light therapy is used to improve circulation in areas of congestion or inflammation of bone or tissue.

**Tests****IgG & IgA**

A simple finger prick at our clinic can tell us much more about what foods are best for you. This panel will check for both IgG and IgA antibodies to 96 of the most common foods, including gluten and dairy products.

**Hair Tissue Mineral Analysis**

Hair tissue mineral analysis is an analytical test which measures the mineral content of the hair. The hair sample obtained is tested using highly sophisticated detection equipment and methods to achieve the most accurate and precise results. Hair is used as one of the tissues of choice by the Environmental Protection Agency in determining toxic metal exposure.

**Adrenal-DHEA Test**

The adrenal profile is a powerful and precise noninvasive salivary assay that evaluates levels of the body's important stress hormones, cortisol and DHEA. This profile serves as a critical tool for uncovering biochemical imbalances underlying anxiety, depression, chronic fatigue, obesity and a host of other clinical conditions.

**Misc.****Foot Levelers**

Over-the-counter orthotics and shoe inserts are generic and are not made specifically for the patient. Foot Levelers are!

**Colon Guard**

It's an easy to use, noninvasive colon cancer screening test developed with researchers at the Mayo Clinic and is now available at the D'Adamo Institute FOR PATIENTS 50 YEARS AND OLDER. It identifies blood in stool, which may be associated with the possibility of colon cancer or precancer.

In a clinical study of 10,000 participants of average risk for colon cancer, Cologuard found 92% of cancer. Cologuard was negative in 87% of participants without cancer or advanced precancerous lesions.

The test does not guarantee results. Patients should continue with their regular screening as it is not a replacement for a diagnostic colonoscopy or surveillance colonoscopy for high risk individuals.

This test requires a prescription and must be ordered prior to arrival. Please let us know if you would like Dr. Medrek to consider this test during your next visit.

**COVID-19 IgG + IgM Antibody**

Serological COVID-19 Antibody Testing can identify individuals who have been exposed to the SARS-CoV-2 virus, whether they have presented symptoms or not. We offer comprehensive testing for IgM and IgG antibodies. Each test is performed using enzyme-amplified chemiluminescence technology, which features higher sensitivity than conventional ELISA or rapid lateral flow tests.

## HERBAL THERAPIES – HERBS, VITAMINS AND SUPPLEMENTS

The D'Adamo Institute offers Dr. James L. D'Adamo's exclusive line of proprietary supplements offered nowhere else in the world. Our exclusive mix of vitamin and mineral combinations are based on Dr. James L. D'Adamo's formularies. We offer exclusive Blood Type specific vitamins to time tested botanical formulas that Dr. D'Adamo created in forms of topical creams and tinctures over half a century ago.

Since the dawn of civilization, herbs have been used to soothe and to heal. Even Hippocrates, the father of medicine, wrote about the extraordinary powers of herbs in restoring health. Through extensive research, the Institute has developed vitamin supplements formulated for each blood type. In addition, single-unit vitamins are prescribed for exactly customized and controlled supplementation – allowing the body to receive exactly what it needs at a particular time, without receiving what it does not need.




### **Himalayan Footbaths**

High up in a remote area of the Himalayan mountains, these herbs are grown and hand-picked for their peak medicinal properties. If you choose to do these foot soaks, you will receive a box of 12 personally, doctor-prescribed treatments to do in the privacy of your home, preferably in an electric foot spa that will maintain a 105-112 degree temperature.





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*"We are all here for a purpose, and we can only aspire to our physical and spiritual fulfillment when the body is healthy and the mind clear. Blood types are a Truth of nature and, if followed, will provide the physical and spiritual health that nature has intended for us."*

**Dr. James L. D'Adamo**

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# INTENSIVE CARE STAY — TOTAL WELLNESS EXPERIENCE

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## **Our Total Wellness SPA Program**

Intensive Care Stay — For visiting, out of town patients, our Intensive Care Stay allows out of town patients to enjoy from two to five-day stays during which they receive various therapy treatments. Patients are booked for an entire day to undergo prescribed therapies and are pampered with comfortable clothing as they spend a relaxing and rejuvenating day at the Institute. Our naturopathic team customizes a special itinerary for each individual patient with programs tailored especially for your needs. We also provide patients with a lunch menu based on their eating program, as well as trusted references to nearby hotels, B&Bs and rentals for accommodations.

**Week Or Month-Long Visitations** — On occasion, we accommodate longer stays of up to three months. During these visits, schedules are adjusted on a weekly basis to ensure that as the body detoxifies and strengthens the chronic needs dissipate. Patients in the Month-Long Visitation program are offered daily lunch and herbal tea selections along with the above mentioned amenities offered to Intensive care stays.

The D'Adamo Institute has been treating patients for over half a century. While our 5000 sq. ft facility is most known for the Blood Type Diet, we offer other services to accommodate interests and alternative healing opportunities. Try one or all! For the most comprehensive eval we still recommend the Blood Type examination.

# THERA-DETOX

No Time? Enjoy 3 of Our Most Popular Detox Treatments

Some people would prefer to utilize some of our most popular treatments on an as needed basis, without being a blood type patient. Now you can! With approval from one of our doctors, after a short complimentary consultation, the doctors will determine if any of our treatments (German footbath, salt-bed or colon irrigation) would be of benefit to you.

## ORIENTAL MEDICINE EVALUATION

East Meets West Utilizing Ancient Oriental Evaluations and Acupuncture Techniques

The time-tested modality of Traditional Chinese Medicine is now supported by modern research, scientifically proving its success in enhancing the body's natural ability to heal.

Your first visit includes a comprehensive evaluation and formation of a comprehensive treatment plan. Subsequent visits may include acupuncture, herbal therapy, auricular therapy or other complementary therapies. Our treatments are highly individualized and comprehensive, addressing multiple health concerns.

Traditional Chinese Medicine is appropriate for those seeking gentle alternative care as well as for those seeking to enhance an existing treatment plan with a medical doctor.







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**Jackie A. from Maine ★★★★★**

*“The D'Adamo Institute is unlike any other wellness institute or clinic I've been in. The minute I enter the D'Adamo Institute I feel a sense of serenity - the welcoming staff pamper you and start the healing process immediately...”*

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# PSYCHOTHERAPY

## **Mind/Body/Spirit Wellness**

A licensed master's level clinician provides support, encouragement and coaching to assist patients in maintaining focus during the process of gaining optimum health levels. A free, 30-minute session is included with the first visit to explore and find ways to balance work, school, home life and the new program of lifestyle change. Cognitive behavioral techniques as well as guided imagery may be used to maximize success.

Phone support is also available, as the Institute recognizes that added motivation and support may be needed to ensure success on the path to health, balance and well-being.

To address specific health issues, The Institute will recommend a balanced regime of therapies.

The Institute's licensed and highly experienced professionals are well-versed in these treatments. Dedicated naturopaths, therapists and nurses work closely together for the total benefit of our patients.

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# 21 DAY CLEANSE

## **A Healthier You in 21 Days - Rid Your Body of Environmental Toxins**

Did you know that toxic chemicals in our environment as well as in our foods and drinking water are the major cause of fatigue and illnesses?

A recent report indicates, "Some 15 million Americans across 27 states are drinking water that could be contaminated with potentially carcinogenic, man-made chemicals without even realizing it."

That lip balm, sunscreen lotion, even fragrance you are using could be contaminating your body with toxins. Are your five detox organs -- skin, lungs, kidneys, liver & intestines -- in optimum shape to rid your body of these killer toxins?

Are you feeling fatigued, gaining weight, suffering from constipation, bad breath, muscle aches or skin reactions? Wouldn't you love to know your body's toxicity levels so you can reverse all these ailments?

Now you can!!

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# TESTIMONIALS

**Beverly, R. from Canada ★★★★★**

*"While I was on The Blood Type Diet® my body felt really wonderful – light. I had an overall feeling of lightness!"*

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**Marie B from New Jersey ★★★★★**

*"For years I suffered with headaches and thought Tylenol was part of my diet. After a one-year cleanse, I have rid the toxins that were causing the headaches by eating for my blood type".*

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**Katrina M from California ★★★★★**

*"My weight was out of control and wasn't slowing down regardless of what I ate...I lost 24 pounds quickly, reduced my blood pressure medicine, fit back into my clothes and have lots of energy. Thank you! "*

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**Margaret S, from Georgia ★★★★★**

*"...As a 33 year old female diagnosed with a serious digestive disorder, I had exhausted all possible avenues for healing. I truly feel that I am healthier in mind, body and spirit than I have ever been. So much gratitude!"*

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**Maria G. from Mexico ★★★★★**

*"The BEST wellness institute/clinic... The professionalism, the technology, space, everything is wonderful ..."*

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**Kim G. from Texas ★★★★★**

*"...I wish everyone could experience the health and vitality I experienced as a direct result of your help."*

**Steven W. ★★★★★**

*"... lot of my symptoms disappeared over a course of a few years and I feel healthier than ever – have more energy and clarity of thought. Thank you."*

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**Brendan S. ★★★★★**

*"You not only helped me fully understand what was happening in my body, you also, by looking in my eyes, opened my eyes to a part of me that I have been losing touch with over the years - my creative soul. "*

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**Carolina G New York ★★★★★**

*"When I first came to you, my health had much to ask for... it is with deep felt gratitude and happily I might add, that I can say that I no longer have headaches nor am I victimized by other pains and aches."*

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**Deanne H. ★★★★★**

*"I'm writing this note to reaffirm my appreciation for the dramatic improvement in my health during the year and a half since I've been under your care... Through you diet instruction and therapy the condition is now well controlled."*

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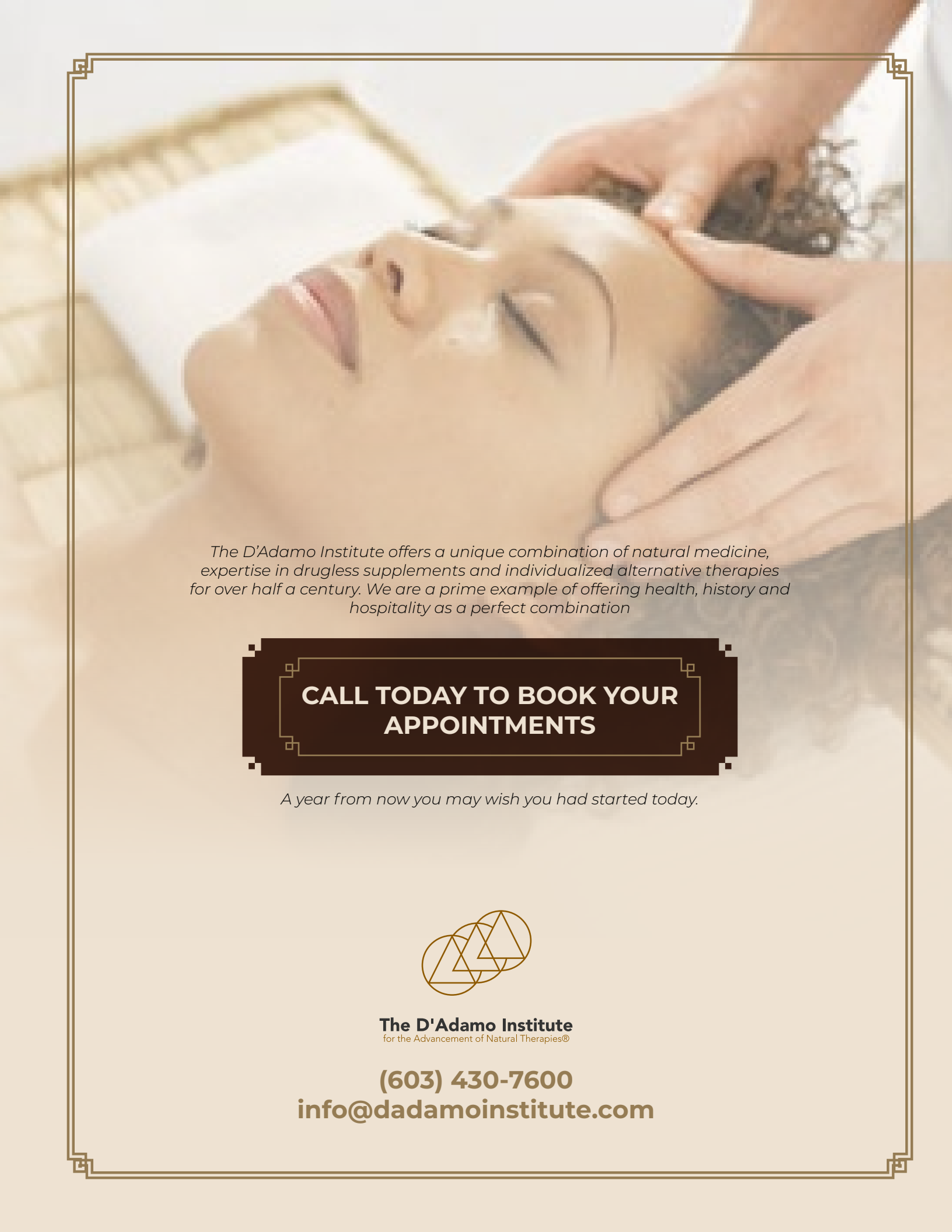
**Marcus K. Norway ★★★★★**

*Unlike any clinic I have ever visited. I am most appreciative of the time, energy and exceptional care provided during my visit."*

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**Pat from Canada ★★★★★**

*"It has been a marvelous change – I've lost weight, decreased my blood pressure, perfected my digestion and have a general feeling of wellbeing."*



*The D'Adamo Institute offers a unique combination of natural medicine, expertise in drugless supplements and individualized alternative therapies for over half a century. We are a prime example of offering health, history and hospitality as a perfect combination*

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*A year from now you may wish you had started today.*



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