

4 For Your Type Journal

NO. 5 FALL 2004

PROVIDING ESSENTIAL TOOLS FOR EATING, COOKING, HEALING, AND LIVING.

Back to School

This is the time of year when back to school brings "back to cold and flu."

Every fall, families stock up with Proberry3 liquid, Proberry capsules, and ARA6 Powder and capsules to protect the entire family during cold and flu season.

Imagine protecting your family during the cold and flu season with a quick and tasty shake every morning before school, or afternoon when they return from school. Simply add ½ tsp of Proberry 3 liquid and ½ tsp of ARA6 powder to juice, fruit and the Protein Blend Right 4 Your Type, and your family has an energy-packed, prevention-fortified drink. Or, for the ultimate in convenience, simply add capsules of Proberry and ARA Plus to each family member's daily vitamin regimen.

Proberry3 and Proberry Capsules

Volumes of research confirm the immune-enhancing properties of the berry family, especially Elderberry, Blueberry and Cherry.

If you've visited a health-food store lately, you've noticed the increasing proliferation of berry-based supplements appearing on the shelves, especially extracts of Elderberry. Elderberry has long been a traditional remedy for the symptoms of flu. In experiments, elderberry was shown to inhibit replication of all strains of human influenza viruses tested. Research has shown is that people using elderberry extract got better much quicker. Cherries and cherry juice have



Every bottle of Proberry3 Liquid contains concentrates of Elderberry, Blueberry, Cherry and Red Raspberry. Blend this delicious liquid into any beverage, any time of the day. Proberry capsules blend extracts of Black Cherry, Elderberry, Rose Hips and ARA6. Add these convenient capsules to your daily supplement regimen.

been used historically to assist with the elimination of excess body acid. Experimental studies indicate these compounds possess significant anti-inflammatory activity. In addition, pigments in blueberry have been shown to have some anti-viral activity.

Also Available: The Healthy Immune Pack

Boost the immune system for the entire family with three formulas: Collinsonia Plus strengthens sinus tissue; Proberry Caps offer the anti-viral properties of elderberry and bioflavonoids; and our new Respiratone formula brings respiratory support and help in eliminating bothersome mucus. All three are packaged together at a substantial savings.



ARA 6 and ARA Plus Capsules

ARA6 is a gentle, safe immune enhancing and digestive enhancing formula. The light, fiber-rich ARA6 powder is easily blended into any liquid, and acts to increase friendly bacteria, while decreasing bad bacteria. ARA6 powder is pure nutraceutical-grade *Larch Arabinogalactan*, while ARA Plus capsules combines ARA6 with the potent antioxidant Quercetin and four different ascorbates of vitamin C.

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N.A.P. News & Events

Sip Right 4 Your Type

Teas for Every Season

"Better to be deprived of food for three days than of tea for one." -Ancient Chinese Saying

Few beverages are as delicious year-round as is tea: summer tea steeped slowly in a large jar on the porch and then iced with a wedge of lemon; and fall or winter tea steeped first thing in the morning-steam rising from a mug fragrant with rich tea aroma as you savor the warmth. Tea is second only to water as the beverage of choice. In the U.S. alone, we consume over 50 billion cups a year. Several years ago the master tea blenders at The Republic of Tea joined with Dr. Peter D'Adamo to create a delicious new line of premium well-being tea blends. These individualized tea blends suit the specific needs of each blood type. Sip Right 4 Your Type teas promote health and herbal nourishment one sip at a time.

Sip Right O

Designed to calm and benefit digestion, this tea combines the gentle, soothing properties of marshmallow root with the harmonious, sweet notes of licorice, accented by a stimulating spicy top note from ginger. Rooibos, with its soothing, healthful properties, gives this tea a deep, red hue. The roasted flavors of dandelion root and chicory, both renowned for their digestive enhancing benefits, provide earthy depths. Rounded off with a fruity, berry flavor. Tin contains 36 rounded, unbleached tea bags.



Sip Right A

Designed to boost the immune system and stimulate digestion, this tea combines the tart yet fruity flavor of Hawthorne berries, with the subtle lemony accent of rosehips, rich in Vitamin C. Green tea's characteristic astringency is balanced by soothing licorice. Siberian ginseng, heralded for its immune building properties, is met by spicy notes of ginger with a fresh tropical pineapple finish. Tin contains 36 rounded, unbleached tea bags.

Sip Right B

Designed to strengthen the nervous system and support normal blood sugar metabolism, this tea blends the sweetness of licorice with Siberian ginseng to enhance endurance and protect against stress. Exciting flavor accents feature sage, cool peppermint, and the heat of ginger to speed digestion. Topped off with the juiciness of fresh peaches. Tin contains 36 rounded, unbleached tea bags.



Sip Right AB

Designed to boost the immune system and promote normal cardiovascular health, this tea is fragrant with Hawthorne berries, leaves and flowers, renowned for healthful properties. The delicate flavor of apples and honey from chamomile flowers combined with the creamy tones of Echinacea and a base of green tea help to fortify the immune system. With a waft of lemon and a hint of sweet licorice, this tea will soothe your body and spirit. Tin contains 36 rounded, unbleached tea bags.



Also Available:
Mr. Itaru's Green Tea Blend
A Premium Tea 4 All Types

Grown and produced in Japan, we are delighted to offer this exceptional Green tea blend. Deriving great health benefits from green tea comes down to a simple concept: begin with the highest quality green tea leaves in order to maximize the health promoting compounds. Green tea is a traditional favorite in Japan and combines toasted brown rice with the finest premium green tea leaves. Numerous scientific studies now document the tremendous benefits of drinking green tea. Loose-leaf green tea, 200 grams per bag.

New from the Clinic Laboratory of Dr. Peter D'Adamo



Connectivar Strengthens Veins and Connective Tissue

Connectivar was designed by Dr. D'Adamo to help strengthen blood vessels, lessen capillary fragility, sustain healthy circulation, support ligament strength, and help stimulate collagen synthesis. This exclusive formula is friendly for all four blood types, and the formulation includes:

- Manganese supports ligament strength and helps stabilize joints.
- Butchers Broom Root Extract, (Standardized) appears to benefit capillaries and smooth muscle. Its flavonoid content appears to help strengthen blood vessels, lessen capillary fragility, and sustain healthy circulation.
- Rutin, a bioflavanoid, serves as an antioxidant, a free radical scavenger, and an iron-chelator. Rutin helps to decrease capillary fragility and permeability.
- Hesperidin appears to work by improving venous tone, reducing stasis, restoring normal capillary permeability, and improving lymphatic drainage.
- Gotu Kola Leaf Extract (Standardized) appears to promote wound healing and to decrease venous pressure. Gotu kola has anti-inflammatory activity.



Philoxicin Provides anti-inflammatory activity and pain relief

Philoxicin was designed by Dr. D'Adamo to provide antioxidant, anti-inflammatory, and anti-arthritis effects, as well as to promote the growth and repair of tissues, help protect nerve cells, and provide analgesic activity. This exclusive formula is friendly for all four blood types, and this formulation includes:

- Boswellia serrata Resin Extract serves as an antioxidant, and demonstrates anti-inflammatory and anti-arthritis effects.
- L-Histidine is an important amino acid usually found to be deficient in cases of arthritis. L-Histidine may prove beneficial in reducing inflammation associated with joint disease or injury. L-Histidine promotes growth and repair of tissues, helps protect nerve cells, and aids in the production of blood cells.
- Ginger Oil helps to reduce inflammatory conditions such as rheumatoid arthritis.
- Polygonum cuspidatum Root, a member of the buckwheat family, contains Resveratrol, which has been shown to demonstrate antioxidant, anti-inflammatory, and analgesic activity.



Tranquility Base Enhance Relaxation and Restorative Sleep

Tranquility Base was designed by Dr. D'Adamo to help produce mental and physical relaxation while decreasing stress and anxiety at the cellular level. This exclusive formula is friendly for all four blood types, and the formulation includes:

- GABA (Gamma Amino butyric Acid) is the primary inhibitory neurotransmitter and exerts anti-convulsant and sedative effects, and relieves anxiety at the cellular level.
- L-Theanine is the major amino acid found in green tea. L-Theanine appears to be a relaxant that increases alpha waves, producing mental and physical relaxation decreasing stress and anxiety, without inducing drowsiness.
- Lemon Balm Leaf appears to have a sedative effect. Clinical research suggests that lemon balm induces a calming effect and reduces alertness.
- Chamomile Leaf (Standardized Extract) can exert sedative action through its active constituent by binding to GABA receptors.

NEWS & EVENTS

We Thought You'd Like to Know...

Books Three & Four of the D'Adamo Health Library now Available

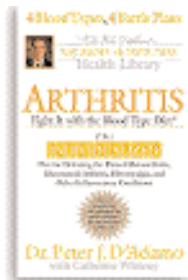
Dr. D'Adamo's New Books Available in stores Sept 9, 2004

The eight books of the new D'Adamo Health Library are being published over a two-year period. The first two in the series, Cancer and Diabetes, were released early this year. Arthritis and Cardiovascular Health, the second two in the series, are available now.

In these books readers will find new information individualized for their blood type and illness. In addition to the categories Beneficial, Neutral, and Avoid, Dr. D'Adamo introduces a new food category - Superbeneficial - for helping your body fight disease. He also introduces self-assessment tests to determine status and measure progress. Supplement, lifestyle, and exercise protocols are tailored to each blood type and condition. There has never been a better arsenal for fighting disease, and never an easier or clearer tool.

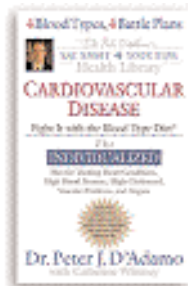
Arthritis

The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, and other Inflammatory Conditions.



Cardiovascular Disease

The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High Cholesterol, Vascular Problems, and Angina.

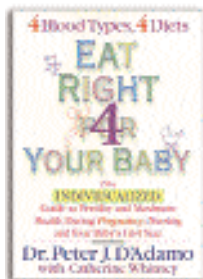


Now Available in paperback:

Help your baby get the best possible start in life with Dr. D'Adamo's best-selling book now available in paperback, *Eat Right 4 Your Baby*. Four individualized plans for overcoming obstacles to having a healthy pregnancy and child. *Eat Right 4 Your Baby* provides blood-type specific diet, exercise, and supplement prescriptions for fertility, prenatal care, pregnancy, nursing, postpartum, and the vital first year of a child's life.

Eat Right 4 Your Baby

The Ultimate Resource for Expecting and New Parents and Their Babies



2005 International Blood Type Conference and Certification

Register Now Online...
Save this date: April 15-17, 2005

Last year's event was a huge success. In 2005, join our distinguished panel of master class presenters, whose hands-on clinical experience and combined resumes read like a Who's-Who in the fields of Naturopathic medicine and Nutrigenomics: Dr. Peter D'Adamo, Dr. Jeffrey S. Bland, Dr. Joseph E. Pizzorno, Jr, and Dr. Walter Crinnion.



Make your plans now to join us, and please register early, as space is limited. Registrations are now being accepted online at www.dadamo.com.

New 2005 Catalog now Available!

The brand new North American Pharmacal Catalog is now available, and updated with new products, new information on your favorite products, and expanded blood type resources. If you want to download your own copy now, visit www.4yourtype.com, or call the NAP office and request your copy.



It's All Online:

www.dadamo.com

Visit Dr. D'Adamo's website for a constantly updated selection of articles, links and tools for all levels of interest. Included on the site are Blood Type Diet® columnists and daily bloggers, protocols, recipes, answers to frequently asked questions, links to past journals, and much more.

www.4yourtype.com

Conveniently shop for your favorite D'Adamo products on the North American Pharmacal website, "The Blood Type Store." Contains the full catalog of Dr. D'Adamo products and books, blood type testing supplies, and more.

For secure online ordering and the latest updates and extended product offerings, please visit our website: www.4yourtype.com or call our toll free order number: 1-877-ABO-TYPE (226-8973)
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