

GENERATIONS

THE NEWSLETTER OF THE CENTER OF EXCELLENCE IN GENERATIVE MEDICINE

From the COE Staff

Fall has arrived at the COE, and with it a flurry of events. The second week of October has been designated Naturopathic Awareness Week, and there were a lot of local events on campus as well as throughout the U.S. to raise awareness of what naturopathy is and the important role it plays in people's lives and in the healthcare model.

The week was capped by a weekend event called "The Gathering," a naturopathic student sponsored event which brings together those visionaries and elders of the profession to share their wisdom and experience. (<http://naturopathicgathering.org>) This year, the Gathering was held at the University of Bridgeport College of Naturopathic Medicine, and Dr. Peter D'Adamo was one of the featured speakers. It was a wonderful experience to hear Dr. D. share his wisdom with the naturopathic community. We hope to have an audio file available on the website in the upcoming weeks.

And big news! Dr. D'Adamo will be giving a public lecture at the Westport Y's newly reopened facility on November 6 at 7PM. If you've heard Dr. D'Adamo speak before, you know this is a great opportunity to learn; if you haven't, it is a not-to-be-missed chance to spend the evening with Dr. D'Adamo and other like-minded people.

The COE is your cornerstone for state-of-the-art naturopathic medicine and personalized nutrition. We are committed to serving you on your path to health and well-being, and look forward to bringing more opportunities for learning and self-development, whether it is in the clinical work we provide at the center or the continuing educational opportunities we offer through lectures and events.

Here's to a happy and healthy fall.

The COE Staff

Being A Naturopathic Doctor

An Interview with Dr. Peter J. D'Adamo

In honor of "Naturopathic Medicine Week," Dr. Peter J. D'Adamo discusses his decision to devote his life's work to practicing naturopathic medicine.



NATUROPATHIC
MEDICINE WEEK

Why did you choose naturopathy as a profession?

"My dad was a naturopathic physician, and as I became more aware of the power of what he has doing, it

just looked like the coolest way to spend the rest of my life."

What about your love of bioinformatics and systems biology?

That came later. I started out with an infatuation for biochemistry and immunology. This led to a lifelong study of nutrition. As I began seeing patients in my own practice, my original concept of naturopathic medicine broadened, and I saw the majesty and the promise of weaving my training as a doctor with my love of computer science and the complex interactions between systems. This is where I see the greatest growth not only

in our profession, but also in the potential for creating a new model for health in this world. Living systems are always in motion: changing, learning and adapting. We physicians often slow this down to a still photograph so we can study it, but this is not how life proceeds. We study pathways, but living systems behave as networks. It is only in learning the language of the network that we can re-integrate the innate healing capacity of the body back into the daily work of medicine.

That's a tall order, but if there is anyone who can do that, it is Dr. D'Adamo. We had a few minutes more in our interview, so we got in one last question.

What has the most effective therapeutic modality been for you throughout your career and why?

Without a doubt, personalized nutrition. Everyone can benefit from some good, common sense advice, but drilling-down to the specific needs of the patient changes everything. This is where nutrition can alter the course of disease.

Congratulations & Welcome to our new doctors!

Drs. Robert Brody and Meghan Gonick graduated in May from the University of Bridgeport College of Naturopathic Medicine. Both doctors have worked extensively with Dr. D'Adamo and will continue to assist him in supervising the University of Bridgeport Student Teaching Shift.

Dr. Brody will begin seeing private patients at the Center of Excellence this fall with a focus on general family medicine and natural approaches to health and disease.

Dr. Gonick is a recipient of the Study in China scholarship and the Golden Needle award winner. She plans to begin her acupuncture practice at the Center of Excellence later this fall after a short maternity leave.



Dr. Gonick gave birth to a baby girl on September 26. Calliope Romaine Regan Gonick weighed in at a bouncing 8 lbs. Congratulations Dr. Gonick!



Congratulations also to Dr. Natalie Colicci and her husband, J.P. Favretto. Giancarlo was born July 22nd weighing in at 6lbs 13oz. Dr Colicci is back from her maternity leave and is practicing at the COE on Tuesdays!

TO SCHEDULE AN APPOINTMENT, PLEASE CONTACT US AT:

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



Seasonal Affective Disorder

By Dr Maria Zangara

Seasonal affective disorder (SAD) is a common disorder that occurs in the winter months, when days are shorter, darker and grayer.

The lack of sunlight is thought to contribute to symptoms of SAD.

People suffering from SAD undergo extreme changes in mood that fluctuate with the seasons, as if they were split between a “summer person” and a “winter person.”

For most who suffer, the syndrome begins gradually in late August or early September, and corresponds with the diminishing light at this time of year. Discomfort continues through March or early April, when the symptoms begin to dissipate as the hours of daylight lengthen.

It is estimated that SAD affects 11 million people in the U.S. each year and that an additional 25 million suffer a milder form of the disorder called the “Winter Blues”. Four

times as many women suffer from SAD as men, and the disorder tends to run in families. We are not sure why women are more vulnerable, but it may be that women’s systems are more sensitive to hormonal shifts.

Geographical location itself plays the largest role in susceptibility to SAD; the nearer one lives to one of the earth’s poles, either the South Pole or the North Pole, the greater the incidence. People in Canada or the northern U.S. are eight times more likely to fall victim to SAD than those living in sunny, more temperate areas like Florida or Mexico.

What are the symptoms?

The following symptoms typically begin in the very late summer and early fall and intensify through winter, then subside as spring progresses:

- Depressed mood, feelings of sadness
- Cravings for sweet or starchy foods
- Overeating
- Significant weight gain or loss
- Lack of energy
- Oversleeping or insomnia
- Fatigue
- Irritability
- Social withdrawal
- Difficulty concentrating
- Decreased sexual desire

Since lack of exposure to light seems to be the main trigger of SAD symptoms, one simple and immediate self-help technique is to increase your exposure to outdoor light by taking daily walks. Research suggests that early morning walks as the sun is coming up, or midday walks when the sun is the highest are best.

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Ways We Treat SAD

Once the daylight is shorter, supplemental light therapy is one of the easiest and natural ways to treat SAD. There are numerous research studies supporting the beneficial effects of light therapy. Special light boxes which provide at between 2500 lux (which is ten times more light than an ordinary light bulb) and 10,000 lux are used to simulate light exposure. The daily goal is thirty minutes of direct facial exposure in the morning. You should face the light as it glows upon you, but you need not look at it. It is most helpful to start your light therapy regime in early autumn, ideally before symptoms begin, and continue until the natural light of happy and sunny days start again in spring.

Research suggests that keeping a dark bedroom at night is as important as getting increased light during the daytime. This helps melatonin - which prompts sleep - to work correctly. To ensure a dark room, it is important to minimize or block the LED light from computers, TVs, clocks or anything else that emits a bright light.

Vitamin D, sometimes called “The Sunshine Vitamin” will also help. Much research supports a connection between low vitamin D levels and SAD. Food sources for Vitamin D include cold water, fatty fish like cod, salmon, sardines, herring.

Other nutrients helpful for people with SAD include our Membrosia Complex and Fluidizer, a tincture of St. Johns’ Wort (Hypericum) L-Tryptophan and amino acids such as 5-HTP and L-tryptophan.

We cannot control the movements of the sun, but we can to a great degree control at least some of the effects of diminishing seasonal light on our bodies and minds.

We are now in early autumn with winter around the corner. This is the best time to take the above recommendations into consideration to keep SAD at bay this year!

Please Join New York Times best-selling author,
Dr. Peter J. D’Adamo, for an evening of information and self-discovery:

THE BLOOD TYPE DIET: THE PROMISE OF PERSONALIZED NUTRITION

Knowing your blood type gives you the nutritional edge in weight loss, helps to resolve health issues, and opens the door to a vital, energetic new you.

Date: November 6, 2014
Time: 7:00PM

Westport/Weston YMCA
14 Allen Raymond Lane
Westport, CT

**Seating is extremely limited,
reserve your seat now!**

Call ALEXI at
203.226.8981