



## Dr. James L. D'Adamo

February 7, 1932 - March 21, 2013

Portsmouth - The originator of the world-famous BLOOD TYPE DIET and founder and director of the D'Adamo Institute for the Advancement of Natural Therapies, Dr. James L. D'Adamo, N.D., D.N.B., 81, passed away on March 21, 2013, peacefully and surrounded by his family and loved ones.

Dr. James L. D'Adamo was born on February 7, 1932 in New York, NY. An educator, author, chiropractor and highly esteemed doctor of naturopathy, Dr. D'Adamo was a naturopath for more than half a century and trained in the United States, Germany and Switzerland and practiced in New York, New Hampshire, Toronto, Montreal and Europe. Creator of the famed BLOOD TYPE DIET and founder of the Portsmouth, NH based clinic, D'Adamo Institute for the Advancement of Natural Therapies, he was a pioneer in the field of naturopathy.

Dr. D'Adamo was instrumental in establishing guidelines for licensing naturopathic practitioners in the U.S. He was a former vice-president of the Naturopathic Association of North America, director of the NH Naturopathic Board, and past president of the NH Board of Examiners. Dr. D'Adamo forged new pathways in the field of naturopathy as an author, teacher, international lecturer and philanthropist. He frequently donated time to a number of charities around the world.

Having designed a wide array of natural therapies for more than 60,000 patients, Dr. D'Adamo devoted a lifetime of work and investigation to further refine his BLOOD TYPE DIET research. He continued to share his latest

discovery on his BLOOD TYPE DIET work and natural healing until the last days of his life.

Dr. D'Adamo first entered the world of natural medicine with his groundbreaking discovery of natural healing based on blood type. His first book *One Man's Food ...is Someone Else's Poison*, detailed his unique, individualized treatment method based on a person's blood type and RH factors with diet and exercise. His second book, *The D'Adamo Diet*, outlined individualized needs for good health determined by blood types and sub-blood types - the relevance to diet, exercise and even personality traits. Dr. D'Adamo became the first naturopath to document sub-blood types and the integral role it plays in determining a person's health. His most recent book, *Just an Ounce of Prevention...is Worth a Pound of Cure*, was a timely insight on preventive healthcare's integral role in averting chronic diseases – published at the height of a national healthcare debate and rising medical costs. The book also launched the discovery of H1's and A1's and their application to health and was translated and published in six countries. While his initial research uncovered how an individual's blood-type predetermines their state of health based on certain types of food, exercise levels and nutritional program, Dr. D'Adamo's new discovery which he worked on until his last days, provides an unprecedented insight into further refinement of the blood-type regimen. This allows for the design of a more exact diet, exercise levels, vitamin regimen, personal temperament, and holistic structure based on genetic make-up.

Dr. D'Adamo is survived by his wife: Christiana M. D'Adamo, his two sons: Peter J. D'Adamo, his wife Martha and their daughters, Claudia and Emily, and James L. D'Adamo, his wife Ann and son Alex, and his daughter: Michele D'Adamo, her husband Scott and sons Vincent and James. He is also survived by his sister, Katherine Magrini.

A celebration of the life of Dr. D'Adamo will be held on Saturday, April 6 from 3PM to 6PM at the Remick-Gendron Funeral Home, 811 Lafayette Road, Hampton, New Hampshire. This will conclude with a short memorial service

and eulogy delivered by Reverend Judith Byrd-Bullock, staff minister of First Church of Religious Science, New York. The event is open to family, friends, colleagues and patients. We respectfully request no flowers to be sent. In lieu of flowers, donations can be made to: The James L. D'Adamo Scholarship Fund, Pathfinder Program, College of Naturopathic Medicine, University of Bridgeport, 126 Park Ave Bridgeport, CT 06604. (203) 576-4000.

# Tribute Wall



“ *Dr. James L. D'Adamo*

September 18, 2022 at 12:49 AM



“ *It saddens me to hear of Dr. D'Adamo's passing. My wife and I would drive from the Rockland area to Portsmouth to be under his care. Thank GOD for the "blood type " diet and all that it embraced. The good Doctor will be missed. Randy Robbins.*

**Randy Robbins** - October 01, 2016 at 08:20 PM



“ *I am deeply saddened to learn of Dr. D'Adamo's passing. It was in 1977 in his Brooklyn, NY clinic that I first came under his remarkable guidance and care. When he had moved from the area, I was still able to seek his guidance by telephone. I will remember his kindness always. I send my condolences to Peter, Martha, and all the D'Adamo family.*

*Laura Haker*

**Laura Elizabeth Haker** - August 12, 2013 at 01:08 PM



“ *My sincere condolences to Dr. D Adamo-s family. And thank you for bringing the Blood Group diet to the world. I hope his work shall be continued by others*

*Dr. Willy Holmes-Spoelder, Master Metaphysician, Dutch citizen, resident Turkey.*

**willyholmesspoelder** - May 30, 2013 at 05:56 PM

IP

“ I was fortunate to get to know Dr. D'adamo through one of his children in Toronto. He opened his home and knowledge to me. He diagnosed me with Epilepsy when I was a teenager, while other doctors said I didn't have it.  
God Bless.

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Ian P. - May 27, 2013 at 08:55 PM

MA

“ I came to Dr. D'Adamo after an overseas trip made me extremely ill. Traditional medicine couldn't help. After 6 months of his care I felt better than before the trip. He was always accessible. The other doctors, staff, and his daughter are amazing. Words can't express my shock and sadness at his passing. He's left an enormous legacy. Sincerest condolences to family.

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Mary - May 08, 2013 at 09:26 AM

CM

“ I was so sorry to hear about Dr. D'Adamo's passing. Many years ago, I saw Dr. D'Adamo when he had his clinic in Toronto. I had read his books and remember thinking that I'd make an appointment to see this famous naturopath if I ever have a condition that my general practitioner can't cure. That occasion arrived, and I remember sitting across from Dr. D'Adamo asking him if he could do anything for me. I'll never forget how he stared at me from across his desk, burst out laughing, and leaned over and told me that I was "going to look great"! Within a few weeks of his care, my problem had disappeared. When I tried to thank him, he wouldn't take any credit but said that he had simply given me the tools and my body had healed itself. I've told so many people about this brilliant naturopath, and I'm so grateful to him for introducing me to naturopathy. My thoughts and prayers are with his family.

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Carol Moffat - May 08, 2013 at 09:26 AM

TW

“ Dr. D'Adamo the extraordinary man that would pioneer the way for all modalities in the natural field of medicine. I know Dr.D 40 years now and in 1983 when traditional claimed I had 3 months to live; it was Dr,D who challenged the situation and here I am as well as my son, Rich who I was told could not be born. Now Rich & wife & 2 little one; it is trly Dr.Ds legacy that lives on through us & many others. Dr. D'Adamo a brilliant humble humanitarian phycian who always gave credit to Nature for His gift shared globally. With the deepest sympathies to Mrs.D'Adamo, Cryatal, children: Michele, Peter & James. His wonderful sister Kitty & entire family, I know we shall all meet Dr.D in heaven and now He rests after giving All to this world. With a Grand Love Always, Tere Williams

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**Tere Williams** - May 08, 2013 at 09:26 AM

KL

“ As a patient of Dr. D I will truly miss the guidance and wisdom that he so lovingly shared with me for a healthier lifestyle. I will miss him. My heartfelt sympathy go out to his family and the staff of professionals at the Institute in Portsmouth. May you find peace in knowing that he touched so many lives in very positive ways through the blood type diet, exercise and the continued research he was doing in this field. This knowledge that he was given by God will live on forever. May God's love heal your sorrow as you go through this difficult time. My thoughts and prayers are with you.

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**Kathy Lavigne** - May 08, 2013 at 09:25 AM

PR

“ I was Dr. D's patient for about ten years and he played an important role in keeping me healthy. In addition to his care, he was always interested in what I was doing beyond the doctor- patient relationship. Although I did not have to see him often in recent years, he remains an important person in my life. He and his staff were always supportive and caring. I shall miss him as a patient and a friend.

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**Peter Randall** - May 08, 2013 at 09:25 AM

NL

“ I just learned about Dr. D'Adamo's passing a few days ago and I am deeply affected and saddened. I have been his patient for the past 16 years here in New Hampshire. I came to him with severe allergies that are now non-existent. But besides that, he was my friend and I enjoyed our re-exams with chats afterwards. I will miss him dearly.

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**Nancy Limberger** - May 08, 2013 at 09:25 AM

WB

“ We are truly saddened to lose our friend of almost 30 years. Our few statements here cannot adequately convey our feelings, respect, and admiration for this accomplished and compassionate man. Jim was a truly amazing person with more attributes, skills, talents, and achievements than most of us could ever hope for. He was a multifaceted man with a probing and creative mind, boundless energy, and intense focus; and he had the good fortune to find true passion in his life's endeavors. Those whose lives he touched were fortunate, too. On a professional level, the good he did for others is beyond measure, and naturopathy today would not be the same without his immense contributions. Jim loved his work, his family, his friends, and his leisure time pursuits, and had great enthusiasm for life. Despite the rigors of his schedule, he was always a charming, gracious, and engaging companion. He was a great conversationalist and a good listener, too, with a wonderful sense of humor and a warm smile. To Christ'l, the entire family, and other loved ones, we extend our condolences with shared sadness. We will miss Jim greatly, but we have countless fond memories, and we will never forget this wonderful man.

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**Walter and Eva Berlin** - May 08, 2013 at 09:25 AM

JG

“ *"Se aquilo que nunca existiu foi trazido a existência, certamente algo que já existiu virá a existir!"*. Obrigado Dr. D'Adamo... Você sempre vai existir. Minhas condolências a toda família. *"If that ever existed was brought to existence, certainly something that already existed will come to exist."* Thank you Dr. D'Adamo ... You will always exist. My condolences to the entire family.

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**Josemary Gonçalves** - May 08, 2013 at 09:24 AM

LM

“ Dr. D'Adamo's warmth and enthusiasm will be truly missed by all who knew him. My heartfelt condolences go out to his family, as well as the staff at the Institute.

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**Linda Morrison** - May 08, 2013 at 09:24 AM

PK

“ A very talented and warm friend for many years. Dr. D'Adamo will be greatly missed. My sincere condolences to his family.

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**Peter Kasnet** - May 08, 2013 at 09:24 AM

SS

“ We were deeply saddened to hear of Dr. D's passing. We first met Dr. D in 1987 for infertility issues. With his knowledge and guidance we were able to have three children; one of which is studying to become a naturopath. It was our hope that our daughter would one day be able to learn from him. Instead we will continue to share with her, and our other children, the memory of a remarkable man. Thank you Dr. D.

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**Sue and Randy Sumner** - May 08, 2013 at 09:24 AM

AM

“ Dr. D, You were the greatest single influence in my life - My Guiding Light. A true Master in the Artistry of Natural Healing. Your essence will live deep within me until we meet again. My heartfelt thoughts and prayers to family, staff & friends. Alan S. Maltz

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**Alan S. MALTZ** - May 08, 2013 at 09:23 AM

SM

“ I was saddened, so deeply, by the loss of Dr. D. How wonderful and privileged to have amongst us this great man, doctor and dear friend. He will be missed by many, but let there be peace knowing that because of his enduring care and love, he leaves a part of him with each of us. How grateful I am to have been introduced to him by my dear friend Alan who was guided by Dr. D for 40+ years. My condolences to his family and to the Staff at The D'Adamo Institute. The world is better for us all--- because he lived, loved, learned and shared with us all.

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**Stacey Mironov** - May 08, 2013 at 09:23 AM

RN

“ A human life is a story told by God. -Hans Christian Andersen. I love the story of Dr. D'Adamo. To me he wasn't just a smart Dr. but a truly gifted person who I was lucky to have met. He gave me more than a diet plan...he changed my way of life. I will miss you, your potent words of wisdom and your effortless beautiful smile. My heartfelt condolences to the D'Adamo family, friends and staff. Heaven just became a lot healthier.

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**Rita Nydam** - May 08, 2013 at 09:23 AM

TK

“ Dr. D'Adamo was a remarkable person, a pioneer in his field and a true healer. I always felt privileged to be a patient of Dr. D's and am hugely grateful for the time I spent with him at the Institute ; it was life-changing. My thoughts and prayers go out to Dr. D'Adamo, his family and staff.

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**Tasha Kostantacos** - May 08, 2013 at 09:22 AM

ST

“ Please accept our sincere sorry for the Great loss you are experiencing

Stuart&Christine Thorne - May 08, 2013 at 09:21 AM

GG

“ Meeting Dr. D was a turning point in our lives. We shall always be thankful for the many levels of guidance he shared with us. We send our love to his family.

gail and norman goldman - May 08, 2013 at 09:20 AM

WR

“ I traveled to Toronto as a patient of Dr. D's in 1994-1995 and will never forget my experiences there. Dr. D was an incredible man and healer. I wish I could have gone to him regularly. The world has lost a true pioneer in natural healing. My heartfelt condolences to his family and many friends.

Wanda Rabb - May 08, 2013 at 09:20 AM

DG

“ Sincerely loved and respected We will truly miss you

Dan & Maria Gibson - May 08, 2013 at 09:19 AM

EV

“ I want to express my sincere gratitude for having met Dr. D. and the difference he made in my life. My condolences to his family, and may his memory be a blessing to us all. Eva Valentine

Eva Valentine - May 08, 2013 at 09:19 AM

BP

“ *My heartfelt sympathy to Peter, Martha, and all of the D'Adamo family. Dr. D'Adamo was a giant in the field of naturopathic medicine and a mentor to so many students and practitioners. He will be sorely missed.*

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**Beth Pimentel** - May 08, 2013 at 09:19 AM

CM

“ *It was an event where God choose to remain anonymous when Dr. D came into my life over 18 yrs. ago and every visit with him was like a visit in Heaven ... he was a man guided by a power greater than himself and every member of his family has helped my military family live better lives; as a AB patient, and a Vietnam Veteran with PTSD I knew every word he spoke was the truth with love to me. I am sure I will see him at the next doctor's office in the big clinic in the sky.*

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**CECELIA MARVIN** - May 08, 2013 at 09:19 AM