



CENTER FOR PERSONALIZED MEDICINE™

“Since my first visit to the clinic in 1989, my experience has been one of complete satisfaction. The care and attention one receives is unparalleled. Their commitment to resolving health issues persists long after you walk out the door.”

Jeff C. (New York, NY)



Peter J. D'Adamo, ND, MifHI

Founder and Medical Director



The Center for Personalized Medicine reflects the lifelong commitment of Dr. Peter J. D'Adamo to exploring human biochemical individuality. His work in this area reaches from the role that blood type plays in human health to the emerging sciences of epigenetics and nutrigenomics. His first book, *Eat Right 4 Your Type*, a New York Times best-seller, revolutionized the alternative health care system. He is dedicated to exploring the role that

heredity and the environment play in health and well being, and published his initial findings in *Change Your Genetic Destiny – The Revolutionary GenoType Diet*. Dr. D'Adamo takes the concept of personalized nutrition one step further with his ground-breaking proprietary SWAMI software that inventories over 900 pieces of patient information and creates a nutritional profile specifically for each patient based on their unique needs.

Dr. D'Adamo is the Academic Dean of the Institute for Human Individuality (IffHI), and he serves as the Supervising Physician on the Generative Medicine Shift at the University of Bridgeport College of Naturopathic Medicine. He is a graduate of John Bastyr College of Naturopathic Medicine and has been practicing for more than 30 years. Dr. D'Adamo was awarded the prestigious Physician of the Year Award in 1990 from the American Association of Naturopathic Physicians. He was named the “Most Intriguing Health Author” of 1999 by Nutribooks.

In addition to his best-selling books, Dr. D'Adamo has written numerous scientific papers on nutrition and genetics, natural health and wellness, disease-prevention, and longevity.

Ginger Nash, ND, MifHI

Dr. Nash is a 1998 graduate of the National College of Naturopathic Medicine in Portland, Oregon and received additional training in Cranio-Sacral Therapy and European Homeopathic Methods. She has worked in the field of women's medicine and hormonal health. As a Master of the Institute for Human Individuality (MifHI), Dr. Nash studied the emerging science of epigenetics and nutrigenomics to develop highly specialized nutritional profiles which she uses in patient care. She received a grant from the International Lyme and Associated Diseases Foundation to study the effects of tick borne illnesses in patients. In addition to private practice, Dr. Nash also teaches at the University of Bridgeport College of Naturopathic Medicine.



Patient Services

Under the guidance of Dr. D'Adamo, the Center for Personalized Medicine blends time-honored natural healing techniques with state-of-the-art diagnostics. We take pride in our level of follow-up care and support provided to our patients. Our goal is to treat patients as we ourselves would wish to be treated.

- Naturopathic Health Care
- SWAMI GenoType™ Diet Analysis
- Nutritional Therapies
- Naturopathic Dispensary
- Botanical Medicine
- Homeopathy
- Cranio-Sacral Therapy
- Bio-Therapeutic Drainage
- Acupuncture
- Colonic Irrigation
- Hydrotherapy

Frequently Asked Questions

How can I prepare for my visit?

We recommend that you bring copies of laboratory tests from the previous twelve months. Bring a list of your major reasons for coming to the Center. We ask that you arrive 15 minutes early for your appointment. This allows time for the clinic assistants to prep you for your visit.

What can I expect at my visit?

In depth dietary analysis and therapy are performed during the new patient initial visit and the annual or bi-annual re-examination visits. Using highly specialized software written specifically for the Center by Dr. D'Adamo, we are able to develop the most scientifically personalized nutritional plan for you.

Will my insurance cover treatments?

Each policy is different; however, many insurance companies are now covering Naturopathic Medicine and seeing the added benefit of preventive care in establishing health and wellness. You can check with your company to see if your policy includes Naturopathic medical care.

“With The GenoType Diet Peter D’Adamo is taking it one level past where most of us stop. He has a virtually encyclopedic knowledge of this topic.”

Mehmet Oz, MD

“Dr. D’Adamo is the most amazing healer I know. He has the most advanced natural healing methods incorporating age-old techniques in a very thoughtful way. His knowledge on how the body functions is incredible!”

Tommy Hilfiger, Fashion Designer



Center for Personalized Medicine, Wilton, CT

More Information

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To have Dr. D’Adamo or Dr. Nash speak at your organization or club, please contact ann@dadamo.com