



User Manual

SWAMI XP2 Version 1.0

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I.

Introducing SWAMI XP2

Dr. Peter D'Adamo was getting frustrated.

The renowned author of a series of wildly successful nutrition books, including the New York Times bestseller *Eat Right For Your Type*, Dr. D'Adamo was beginning to see the limitations of the traditional static book format when it came to developing his brand of highly personalized diets. Now, books are OK when it comes to one-size-fits-all diets and even individualized diets based on single genes, like blood type. You just turn to one of the four chapters that describes your particular type and away you go. But what happens when we try to incorporate 5, 10 or even 20 different genetic markers? How could he ever capture biochemical individuality inherent in each of us with such an inflexible format?

Computers to the Rescue.

Fortunately, Dr. D'Adamo has had a life-long interest in computer programming and it soon became apparent that his beloved hobby could provide the answer: Why not write a computer program that allowed each individual to develop their own one-of-a-kind diet? So four years ago, Dr. D'Adamo began to write computer code. Lots of it. What resulted is undoubtedly the most sophisticated, yet easy-to-use, dietary software available. First it was only available to physicians, who've used it on thousands of their patients. Now it is available directly to health-conscious consumers. A series of electronically generated diet and recipe books that magically write themselves. He called it SWAMI.

Why SWAMI?

The word SWAMI stands for 'Serotyping With Advanced Modifying Inventories.' Serotyping is the process of using blood groups to generate dietary recommendations. 'Advanced Modifying Inventories' are all the extra things (fingerprint analysis, measurements, etc.) that are used to refine the Blood Type data into the GenoType Diet. No, there is nothing mystical in the program's name, nor is there a little wizard inside your computer figuring out your diet... or is there?

Want to Know More?

SWAMI XP2 features an easy-to-use, well-structured user interface, web-based, so you are always using the latest version of the software without the hassle of installation. Downloadable user guide and online help with information screens make getting your information into SWAMI XP2 a snap.

Rich and Simple.

Imagine walking into your local bookstore, picking up a popular diet book, and watching it miraculously write itself for you in front of your very eyes! That's the power of SWAMI XP2. Unlike static, unchangeable, one-size-fits-all diet books, SWAMI XP2 will use your own health profile to build a dynamic, unique book that is right for your biochemical individuality.

SWAMI XP2 features an attractive, well-structured user interface. Web-based, so you are always using the latest version of the software. Extensive help and information screens make getting your data into SWAMI XP2 a snap.

You tell It, It tells You.

Incorporating blood types, biometric measurements and fingerprint data SWAMI XP2 allows you to add an astounding amount of new detail to your dietary recommendations and supplies you with an incredibly detailed, reader friendly and versatile report. Swami XP2 enables you to generate an estimated 50-page personalized dietary report out of your printer after 12,600,000 individual calculations performed on 225 individual nutrient values found for each of 800 different foods, all matched to the results of your measurements and intake facts.

However, that is not the end of SWAMI's capabilities.

Do you keep a Kosher kitchen? Lean towards a more Paleo lifestyle? You can alert SWAMI to your specific preferences and it will adjust its results to try and accommodate them. You can also tweak SWAMI in specific support directions, such as healthy nervous system function or better hormonal balance.

Nutrient Filters and Genoharmonics.

The Nutrient Filter, a special feature long supported in the professional version of SWAMI, has just been introduced in SWAMI XP. This handy device allows you to select certain nutrients that can be emphasized and de-emphasized in your diet. Need to increase foods with a beneficial ration of omega-3 fatty acids? No problem. Restrict gluten-containing foods? No problem.

Geno-Harmonic food relationships emphasize combinations of superbeneficial foods contain nutrients that enhance the overall epigenetic health of the body. Because maintaining gene fidelity is a major hallmark of healthy aging, using these food combinations will have maximum personalized health-enhancing effects in your body.

Infinitely Expandable.

SWAMI XP2 is designed to grow as your horizons expand. Do you have information on your ancestral DNA haplogroups? New lab results? No problem! Although not required, SWAMI XP2 can incorporate these data, and more!

Because a diet is more than just choosing foods.

If SWAMI XP2 did nothing besides generate state-of-the-art nutrigenomic diets it would still be a landmark piece of nutritional software. But Dr. D'Adamo teaches and maintains a full clinical practice, so he knew from the start that simply giving his patients information about whether a certain food was good or bad would not be enough for many people. Most of us need a context in which to follow a diet: What to cook and how to meal-plan. This type of information is often critical to maintaining the program long enough to allow for the results to set in.

As an added bonus, SWAMI XP2 come bundled with a complete weekly Meal Planning Module and a Cook Book Generator that can call upon a universe of over 2000 recipes that are prescreened for your needs. there is also a unique Cross-Referencer that allows you to list and compare multiple diets!

SWAMI Weekly Mealplanner

So Dr. D'Adamo made sure that SWAMI XP2 included a series of extras, including a full featured drag-and-drop Weekly Mealplanner. In addition to allowing you to plan your weekly meals, the Mealplanner will generate any of the recipes you select for printout and even provide you with a shopping list for all the necessary ingredients!

Recipe/ Cookbook Creator

The SWAMI Recipe Generator that can call upon over 7000 recipes to find those best suited for each individual. You can select any number of recipes, or allow SWAMi to select the 100 highest rated receipes based on the results of your diet report.

Cross-Reference Diets

It is inevitable that family members will have slight or even significant differences in their diet reports. A new feature of SWAMI XP2 allows multiple diet reports to be linked to a single account. SWAMI can then combine these diets into a cross-referenced list to help with meal planning

Extensive Help Screens

And because he also knows that many people need help navigating through computer screens and menus, he included a variety of help screen, tutorial videos, online technical help and web communities to insure your continued success.

Getting Started

Once you have purchased your SWAMI XP2 license, you will receive an account number, user name and password.

SWAMI XP2 is web-based, which has the advantage of guaranteeing that you are always using the most recent implementation. Using SWAMI XP2 is as easy as doing any other function in your internet browser but formatting was worked out for the Mozilla “Firefox” browser. SWAMI XP2 also works well in Safari, Google Chrome and in most versions of Internet Explorer.

You can download Firefox from here:

<http://www.mozilla.com/en-US/firefox/>

You can download Chrome from here:

<https://www.google.com/chrome>

Anyway, type or copy this URL to you browser and we'll get started.

<http://www.swamiXP2.com>

You should see the following welcome screen:



SWAMI XP2 employs a tabbed navigation system. As you move through the program the options presented in these tabs will change. If you look at the top of the screen you will see two of these folder tabs. The active tab is always at the front and tabs that lead to other areas of the program recede a bit towards the back. Most screens in SWAMI XP2 feature HELP tabs. These offer quick and simple assistance to help you get around the program. These usually open up in a small window on top of your current screen.

This is the LOGIN SCREEN, and it is typically where you will begin using SWAMI XP2 . However, before we jump into the program, let's make sure that everything is set properly on your computer and Internet browser.

Click on the tab labeled **Swami Support**. This link will take you to the SWAMI XP2 customer support area.



This screen contains some helpful information about the state of your browser. In order for SWAMI XP2 to work correctly, you must have two critical settings on your browser properly set.

SWAMI Status Report

Cookie Status

SWAMI XP2 uses cookies to keep track of your information as you move from screen to screen. These will need to be enabled on your browser for SWAMI XP2 to work properly. A cookie is a small bit of data that keeps track of your purchases as you move from page to page. If cookies are not enabled on your browser, the program has no way of remembering who you are and what data you've entered.

Solution:

The Help portion of the toolbar on most browsers will tell you how to set your browser to accept new cookies, how to have the browser notify you when you receive a new cookie, or how to disable cookies altogether. Additionally, you can modify the settings for similar data used by browser add-ons, such as Flash cookies, by changing the add-on's settings or visiting the website of its manufacture.

JavaScript Status

JavaScript is a web programming language that enhances the function of the browser. SWAMI XP2 uses JavaScript extensively for most of its intake forms and HELP screen pop-up windows.

Cause:

You may have JavaScript disabled on your browser. This website uses JavaScript (a computer language) to communicate with your browser.

Solution:

Below are instructions for enabling JavaScript for browsers we support.

Macintosh Mozilla browser

- From the browser, select the Mozilla menu and select Preferences
- Click the arrow next to Advanced
- Click Scripts & Plug-ins
- Click to check Navigator, beneath Enable JavaScript for
- Click OK

Macintosh Firefox browser

- From the browser, select the Firefox menu and select Preferences
- Depending on your browser version, select the Web Features icon in the left column or select the Content icon in the top row
- Click to check Enable JavaScript
- Click OK

Windows or Linux Mozilla browser

- From the browser, select the Edit menu and select Preferences
- Click the arrow next to Advanced
- Click Scripts & Plug-ins
- Click to check Navigator, beneath Enable JavaScript for
- Click OK

Windows or Linux Firefox browser

- From the browser, select the Tools menu and select Options
- Depending on your browser version, select the Web Features icon in the left column or select the Content icon in the top row
- Click to check Enable JavaScript
- Click OK

Windows Internet Explorer 5.x 6.x 7.x browser

- From the browser, select the Tools menu and select Internet Options
- Select the Security tab
- Click the Custom Level button at the bottom. The Security Settings dialog box will pop up
- Scroll down to the Scripting category and enable Active Scripting, Allow paste operations via script and Scripting of Java applets
- Click OK on the Security Settings dialog box, then on the Internet Options dialog box
- Click YES in response to any confirmation question

Browser Status

The SYSTEM STATUS screen also provides some interesting information on what browser you are using, which operating system your computer is running, etc. This information can be helpful if you are working out a problem with Technical Support and they need to know the environment that SWAMI is running on locally on your machine.

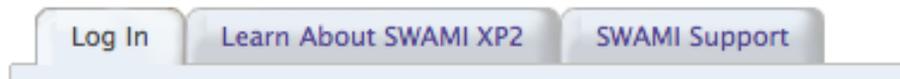
OK, we've insured that your computer meets the basic requirements for running SWAMI XP2. Let's move onto the LOGIN SCREEN and get going. Click the **Log In** tab to login.

Account Number, User Name and Password

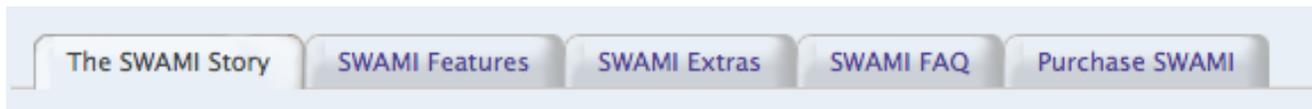
Please enter these values into the proper fields. Press the **Log Into SWAMI XP2 Button** and you are good to go.

Purchasing a SWAMI Account

In order to log in to SWAMI XP2, you must first purchase a User Account. This is easily accomplished via the secure online SWAMI e-store. To access the E-store, click the **Learn More About SWAMI XP2** tab at the top of the log in screen.



This will open up the SWAMI introduction screens. Click on the last tab, labeled **Purchase SWAMI**.



Follow the directions through the four screens. If your information is correct and your credit card information is approved, you will be taken to the **Manage Your Account** dashboard. You will also receive an email continuing your log in information for future use.



Good morning, John D'Adamo
We are editing John D'Adamo

Editing A SWAMI Intake Manage Your Account SWAMI XP2® Support Log Out

https://www.northamericanph...abase/SX2_intake_help.pl?2

Serotypes and Biomarkers

Close Window

This is a help screen for Section 2, 'Serotypes and Biomarkers.' For basic help getting around SWAMI XP2, [Click Here](#). To download the complete SWAMI XP2 User Guide (Adobe Acrobat .pdf file) [Click Here](#)

This section of the SWAMI XP2 intake form deals with a variety of classic genetic markers. D'Adamo Personalized Nutrition (1.203.761.0042 and www.4yourtype.com) has ABO, Rh, PROP and Secretor testing kits available for purchase at reasonable prices. The online Help pop-up windows feature instructional videos on doing home blood type testing.

Your ABO Blood Group (Required)

ABO blood group is a key marker of biochemical individuality and influences every facet of physiology on a cellular level. It is an important influence on many digestive parameters, the chemical response to stress, the efficiency of the immune response. ABO blood group plays a critical role in embryonic development and thus is a major epigenetic and prenatal influence. Select your ABO blood group (A, B, AB, O) from the pull-down menu.

Your A1/ A2 Sub Type (Optional)

A1/A2 subtype information can be added to SWAMI XP2. This refinement applies only to individuals who are blood types AB or A. This distinction exerts a mild influence on aspects of protein selection. Your Rh Blood Group (Required)

Your Secretor Status: Secretor

Your Lewis Blood Group: Optional Field

(time-locked)

(time-locked)

U.S Unit System

Metric Unit System

an/ African)

(time-locked)

(time-locked)

L-3 days/wk)

Optional Field-----

PREMENTS| FINGERPRINTS| OPTIONS| NUTRIENTS| SAVE

(time-locked)

Optional Field-----

(time-locked)

Optional Field-----

SWAMI XP2 Intake Data Screen with help pop-up



II.

Managing Your SWAMI Account

If log in was successful, you will be taken the first basic screen of SWAMI XP2, the **Manage Your Account** screen. This screen contains your personal information and is always available. You can edit this information as needed. Once you've entered your account details, press the **Edit Information** button to save your account. You will then to this screen with your new account data added to the form.

SWAMI XP2

Good morning, John D'Adamo
Managing Your Account

Manage Your Account SWAMI XP2 Support Log Out

Manage Your Account Manage Your Diet Intakes Add a New Diet to Your Account Link Existing Diet to Your Account

Account Information

[Edit Account](#)

NAP SWAMI Account Number: 08001

Your Current Password (minimum 6 letters): xxxxx

Your User Name: johndoe

Your First Name: John

Your Last Name: Doe

Your Complete Name: John Doe

Your Email Address: jdoe@gmail.com

Your Street Address: 123 Main St

Your City: Anytown

Your State or Province: CONNECTICUT

Account ZIP or Postal Code: 00000

Your Country: United States

Your Telephone Number: 123-000-1234

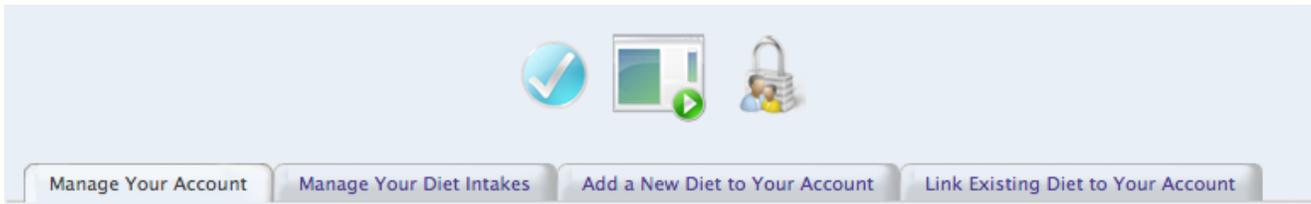
Your FAX Number:

[\[Read and Agree\]](#) to Terms of the EULA:

Preferred Vernacular Default: -----Optional Field-----

How SWAMI XP2 Accounts Work

The *Manage Your Account* screen is essentially your SWAMI dashboard for controlling any of the diet intakes that are linked to your account. You access these from the four lower tabs. *Manage Your Account* brings you back to the account details page. The others allow you to select and work on your diet intakes.



Manage Your Diet Intakes

The *Manage Your Diet Intakes* screen allows you to see at a glance all the diet intakes linked to your account. Clicking on the Last Name (blue hyperlink) will load that intake into the editor. This screen also provides access to the SWAMI Cross-Reference function.

Manage Your Account | SWAMI XP2@ Support | Log Out

Manage Your Account | Manage Your Diet Intakes | Add a New Diet to Your Account | Link Existing Diet to Your Account

John Doe
 Intakes for account #08001 (JOHN DOE).
 Click on a name to edit their intake form.

Cross-Reference Selected Diets

Intake Name	Cross-Reference
DOE, John	<input type="checkbox"/> Cross Reference
FINLOW, James	<input type="checkbox"/> Cross Reference
DOE, Edward	Incomplete intake
NEW INTAKE, ID NUMBER:3004	Incomplete intake
NEW INTAKE, ID NUMBER:3005	Incomplete intake
NEW INTAKE, ID NUMBER:3006	Incomplete intake
NEW INTAKE, ID NUMBER:3007	Incomplete intake
NEW INTAKE, ID NUMBER:3008	Incomplete intake
NEW INTAKE, ID NUMBER:3009	Incomplete intake
NEW INTAKE, ID NUMBER:3010	Incomplete intake
NEW INTAKE, ID NUMBER:3011	Incomplete intake
FINLOW, Carl	<input type="checkbox"/> Cross Reference

SWAMI Cross-Referencer

It is inevitable that family members will have slight or even significant differences in their diet reports. This new feature of SWAMI XP2 allows multiple diet reports to be linked to a single account. SWAMI can then combine these diets into a cross-referenced list to help with meal planning. The SWAMI Cross-Referencer allows you to merge individual diets so you can see their food values at a glance.

Only a fully completed diet intake is available for cross-referencing. If available you will see a checkbox in the right most column. Ticking that checkbox will include that result in the cross-reference. A maximum of three diets can be cross-referenced at any on time. Pressing the *Cross-Reference Selected Diets* button will result n SWAMI providing a listing of the cross-reference food values.



Red Meats		
Food	John	James
Bear	<input type="checkbox"/>	<input type="checkbox"/>
Beef	<input type="checkbox"/>	<input type="checkbox"/>
Beef, Heart	<input type="checkbox"/>	<input type="checkbox"/>
Beef, Liver	<input type="checkbox"/>	<input type="checkbox"/>
Beef, Tongue	<input type="checkbox"/>	<input type="checkbox"/>
Bone Soup (allowable meats)	<input type="checkbox"/>	<input type="checkbox"/>
Buffalo, Bison	<input type="checkbox"/>	<input type="checkbox"/>
Calf, Liver	<input type="checkbox"/>	<input type="checkbox"/>
Caribou	<input type="checkbox"/>	<input type="checkbox"/>
Goat	<input type="checkbox"/>	<input type="checkbox"/>
Ham	<input type="checkbox"/>	<input type="checkbox"/>
Horse	<input type="checkbox"/>	<input type="checkbox"/>
Kangaroo	<input type="checkbox"/>	<input type="checkbox"/>
Lamb	<input type="checkbox"/>	<input type="checkbox"/>
Marrow Soup	<input type="checkbox"/>	<input type="checkbox"/>
Moose	<input type="checkbox"/>	<input type="checkbox"/>
Mutton	<input type="checkbox"/>	<input type="checkbox"/>
Opossum	<input type="checkbox"/>	<input type="checkbox"/>
Pork, Bacon	<input type="checkbox"/>	<input type="checkbox"/>
Rabbit	<input type="checkbox"/>	<input type="checkbox"/>
Squirrel	<input type="checkbox"/>	<input type="checkbox"/>
Sweetbreads	<input type="checkbox"/>	<input type="checkbox"/>
Veal	<input type="checkbox"/>	<input type="checkbox"/>
Venison	<input type="checkbox"/>	<input type="checkbox"/>



IV.

SWAMI XP2 Intake Data Screen

SWAMI Diet Intake

The *Intake Data Screen* is the heart of SWAMI XP2 . It is the ‘control tower’ that allows you to set the parameters which will eventually go on to become your diet protocol. It is also the most complex part of the program. Take your time and work through this section slowly and carefully. You will then be rewarded with the ability to use SWAMI XP2 to its full capacity.

Good morning
We are editing John

Editing A SWAMI Intake | Manage Your Account | SWAMI XP2® Support | Log Out

About You | Help

First Name:	John	(time-locked)
Last Name:		(time-locked)
Your Height (in inches):	55	U.S Unit System
Your Weight (in pounds):	167	
Your Height (in meters):	***	Metric Unit System
Your Weight (in kilos):	***	
Your Ethnicity:	Mixed (Caucasian/ African)	
Your Year of Birth:	1927	(time-locked)
Your Gender:	Male	(time-locked)
Your Activity Level:	Lightly Active (1-3 days/wk)	
Your Myers-Briggs Personality Type	-----Optional Field-----	

ABOUT | TYPES | ANCESTRY | SNPS | PERSONAL | GENDER | FAMILY | PREFS | MEASUREMENTS | FINGERPRINTS | OPTIONS | NUTRIENTS | SAVE

Serotypes and Biomarkers | Help

Your ABO Blood Group:	Group AB	(time-locked)
Your A1/ A2 Sub Type (Group A and AB):	-----Optional Field-----	
Your Rh Blood Group:	Rh- negative	(time-locked)
Your Secretor Status:	Secretor	
Your Lewis Blood Group:	-----Optional Field-----	
Your MN Blood Group:	-----Optional Field-----	
Your PRDP Taster Status:	Non Taster	
Are You Caffeine Sensitive:	No	
Are You Lactose Intolerant:	No	

Getting Around

Although it might seem a bit daunting at first, the SWAMI XP2 Intake Data Screen is very straightforward and elegant in its design. You typically move through the form from the top down to the bottom. At the bottom is the SUBMIT button which converts your intake data into a Diet Report.

Since we will be adding intake data for the first time, notice that the tab advises you to ADD YOUR INFORMATION. Later on, when you return to SWAMI XP2 to alter your intake data (perhaps with new information) this tab will instead say EDIT YOUR INFORMATION.

Welcome

SWAMI XP2 will usually welcome you to the program by name. Its salutation (“Good Morning”, “Good Evening”) is relative to Eastern Standard Time. The green ‘power button’ tells you that everything is in order and SWAMI XP2 is ready for your input. If a problem arises this button will change to amber to alert you of the problem and how to correct it.

Jump Table

SWAMI XP2 is organized into sections labeled I-C. You can use the JUMP TABLE at the top of the screen to move around quickly without having to scroll down.

A bit of SWAMI Trivia:

There is no ‘Section 4’ in SWAMI XP2 even though it is listed on the Jump Table. That section is only implemented in SWAMI GenoType®, the professional version of the SWAMI system.

Sections

Each section of the SWAMI XP2 Intake Data Screen collects specific types of information about you. These are organized into the following groupings

- About You
- Blood Groups and Related Genes
- Ancestral DNA Genetics
- Your Health History
- Gender Specifics
- Your Family History
- Your Laboratory Data
- Anthropometry (Body Measurements)
- Left Dermatoglyphics (Fingerprints)
- Right Dermatoglyphics (Fingerprints)

First Name:	John	(time-locked)
Last Name:		(time-locked)
Your Height (in inches):	55	U.S Unit System
Your Weight (in pounds):	167	
Your Height (in meters):	***	Metric Unit System
Your Weight (in kilos):	***	
Your Ethnicity:	Mixed (Caucasian/ African)	
Your Year of Birth:	1927	(time-locked)
Your Gender:	Male	(time-locked)
Your Activity Level:	Lightly Active (1-3 days/wk)	
Your Myers-Briggs Personality Type	-----Optional Field-----	

ABOUT | TYPES | ANCESTRY | SNPS | PERSONAL | GENDER | FAMILY | PREFS | MEASUREMENTS | FINGERPRINTS | OPTIONS | NUTRIENTS | SAVE

Required Fields

SWAMI XP2 will only run correctly if certain key information is provided. You can always tell if key information is required by the fact that the question being asked is on a yellow background and on a lilac background if the question is optional. Don't fret if you forget to answer a required question; SWAMI XP2 will alert you to the problem and tell you exactly which question needs to be answered.

Some entry fields require numeric (number) data. If by mistake you entry text data, SWAMI XP2 will alert you to the problem and tell you exactly which question needs to be given a number value.

Timed Fields

SWAMI XP2 users will be able to refine their diets on an ongoing basis, adding data as it happens or they develop it.

When you first begin to add information to the SWAMI Data Intake Screen, all data entry fields are 'unlocked' and available for your input. Some 'unchangeable' fields, (such as your blood type, year of birth and gender) will 'lock' a few hours after the initial form is completed. This is to prevent someone from using one license to run diets on all their friends and family members.

The locked field option will not start until you have supplied all the required information and tell SWAMI XP2 to generate a Diet Report. Rest assured, you can take your time getting your information together over several days and multiple sessions if needed.

Having had to do that, we feel that everyone else should have the ability to further develop their SWAMI XP2 intake data as their bodies and/or health histories evolve. So we left a lot of the intake form unlocked. These unlocked parts let you continue to add additional or new data, then print out a fresh dietary appropriate for those new circumstances.

Once you license SWAMI XP2 you can pretty much continue run as many diets on yourself as information, circumstances and paper supplies permit.

Most locked fields contain data which would be difficult to 'get wrong' such as the year of your birth. If on the slim chance that you've entered the wrong data in a field which has been time-locked, jucyt contact Technical Support and we'll change the field for you.

If somewhere in the future we continue to develop the software to the point of another 'major release' we might request folks to buy a new license, but that would be optional.

Let's take a look at each individual section of the Intake Data Form and introduce you to the logic behind why we've included it.

About You

This section of the SWAMI XP2 form deals with a variety of general information about yourself.

The screenshot shows a web form titled "About You" with a "Help" button. The form contains the following fields:

- First Name:
- Last Name:
- Your Height (in inches): U.S. Unit System
- Your Weight (in pounds):
- Your Height (in meters): Metric Unit System
- Your Weight (in kilos):
- Your Ethnicity: (dropdown)
- Your Year of Birth: (dropdown)
- Your Gender: (dropdown)
- Your Activity Level: (dropdown)
- Your Myers-Briggs Personality Type: (dropdown)

Your Height and Weight (Required)

Enter the your height in inches and weight in pounds or your height in meters and weight in kilos. Whichever one you choose to use, just leave the other empty.

Your Ethnicity

Select from the pull-down menu the possible geographic and ethnic criteria (ethnicity) that is closest to you.

Your Year of Birth (Required, Timed)

Select your year of birth from the pull-down menu. This field is time locked since we assume most people will enter the year of their birth correctly within the first three hours of using the program!

Gender (Required, Timed)

Select you gender (male, female) from the pull-down menu.

Activity Multiplier (Required)

Activity Multiplier is a pull-down that tells SWAMI XP2 how active you are. With BMI ('Body Mass Index') and BMR ('Basal Metabolic Rate') it is used to calculate the your 'Total Daily Energy

Expenditure' (TDEE). The TDEE is used to set portion sizes and frequencies and help determine caloric requirements.

Myer-Briggs Typology (Optional)

The Myer-Briggs Indicator allows you to include the Basic Myers-Briggs personality inventories in your GenoType calculations. An abbreviated 'quick and dirty' Myers-Briggs typology test is available online; the link can be accessed via the pop up help screen for this section.

Serotypes and Biomarkers

This section of the SWAMI XP2 intake form deals with a variety of classic genetic markers. Fields marked in red font color are required. North American Pharmacal (1.203.761.0042 and www.4yourtype.com) has ABO, Rh, PROP and Secretor testing kits available for purchase at reasonable prices. The online Help pop-up windows feature instructional videos on doing home blood type testing.

The screenshot shows a web form titled "Serotypes and Biomarkers" with a "Help" button. The form contains the following fields:

- Your ABO Blood Group: Required Field (dropdown menu)
- Your A1/ A2 Sub Type (Group A and AB): Optional Field (dropdown menu)
- Your Rh Blood Group: Required Field (dropdown menu)
- Your Secretor Status: Optional Field (dropdown menu)
- Your Lewis Blood Group: Optional Field (dropdown menu)
- Your MN Blood Group: Optional Field (dropdown menu)
- Your PROP Taster Status: Optional Field (dropdown menu)
- Are You Caffeine Sensitive: Required Field (dropdown menu)
- Are You Lactose Intolerant: Required Field (dropdown menu)

At the bottom of the form, there is a navigation bar with links: ABOUT | TYPES | ANCESTRY | SNPS | PERSONAL | GENDER | FAMILY | PREFS | MEASUREMENTS | FINGERPRINTS | OPTIONS | NUTRIENTS | SAVE

Your ABO Blood Group (Required, Timed)

ABO blood group is a key marker of biochemical individuality and influences every facet of physiology on a cellular level. It is an important influence on many digestive parameters, the chemical response to stress, the efficiency of the immune response. ABO blood group plays a critical role in embryonic development and thus is a major epigenetic and prenatal influence. Select your ABO blood group (A, B, AB, O) from the pull-down menu.

Your A1/ A2 Sub Type (Optional)

A1/A2 subtype information can be added to SWAMI XP2 . This refinement applies only to individuals who are blood types AB or A. This distinction exerts a mild influence on aspects of protein selection.

Your Rh Blood Group (Required, Timed)

Many testing cards and the blood banks also test for The Rhesus or Rh blood type, which is common factor in certain types of problems between a mother and her fetus. Select your Rhesus blood group (Rh positive, Rh negative) from the pull-down menu.

Your Secretor Status (Optional)

Think of secretor status as a volume control on your ABO blood type; secretors have their blood type all over the place, non-secretors don't. For example, a blood group A 'secretor' has their blood type A marker in their saliva, sweat, semen, etc. About fifteen percent of the population are 'non-secretors' does not carry the gene to allow for this; their blood type is found only in some cells of the digestive tract and in their blood. The non-secretor state is significantly associated with celiac disease, metabolic conditions, including obesity, heart disease and insulin resistance and ulcers. Although SWAMI XP2 will run without you knowing your secretor status it is highly recommended that you include this data.

Testing involves testing saliva for the presence or absence of blood type antigens. You can purchase a commercially available test, but unlike the at-home ABO test, it requires sending a saliva swab to a laboratory to be read. Epigenic Research can supply you with secretor kits that test for secretor status from saliva.

Your PROP Taster Status (Required)

This is a very useful and inexpensive test that checks to see if you have the gene to taste either phenylthiocarbamide (PTC) or a related substance called propylthiouracil (PROP). PROP outcome is critical to GenoType determination. There are three possible results:

- 'Non-tasters' taste nothing from the strip
- 'Tasters' can taste the bitter substance
- 'Super-tasters' have an extremely strong reaction to the bitter substance

You'll need to purchase two types of testing strips: a PROP-containing strip and an untreated strip, called a control. Use PROP testing strips rather than PTC strips. PROP strips yield the same results and are less toxic. A control strip is important, since people can easily imagine a taste, even if it is not there. PROP testing is explained in The GenoType Diet.

Lewis, MN Blood Groups

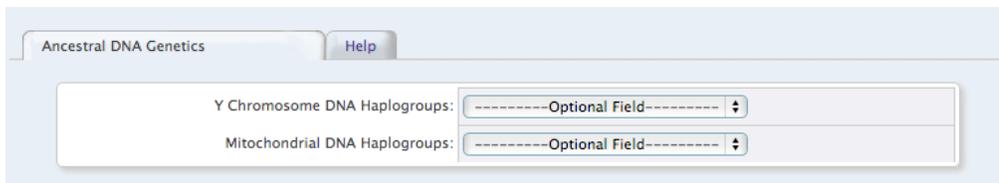
You can include these data if you have the information.

Caffeine Sensitivity and Lactose Intolerance (Required, Timed)

Your responses to these questions are used to help determine your GenoType. Select from the options in the corresponding pull-down menus.

Ancestral DNA Genetics (Optional)

SWAMI XP2 will accept information that you may have discovered about your ‘Ancestral DNA’, commonly offered by such services are National Geographic’s ‘Genographic Project.’



<https://genographic.nationalgeographic.com/>

This data is in the form of particular DNA ‘haplogroups’ traceable to your ancestors. In human genetics, the haplogroups most commonly studied are Y-chromosome (Y-DNA) haplogroups and mitochondrial DNA (mtDNA) haplogroups, both of which can be used to define genetic populations. Ancestral DNA haplogroups are used (when available) for GenoType determination and, to a limited degree, certain food selections.

Y Chromosome DNA Haplogroups (Optional)

Select your Y chromosome haplogroups (men only) from the pull-down menu.

Mitochondrial DNA Haplogroups (Optional)

Select your Mitochondrial DNA haplogroups (men and women) from the pull-down menu.

For more information, Wikipedia has extensive entries on Ancestral DNA.

Your Health History (Optional)

Tick the 'Yes' bullet for any of the health problems you have or have had. These switches drive the therapeutic focus of the program, a series of decisions made about specific foods after the effects of GenoType and blood group have been calculated.

The screenshot shows a window titled "Your Health History" with a "Help" button. It contains a list of 14 health conditions, each followed by an unchecked checkbox:

- History of cancer or neoplasia:
- History of heart or artery problems:
- History of bowel or digestive problems:
- History of urinary or renal problems:
- History of skin problems:
- History of allergy or autoimmune problems:
- History of chronic fatigue:
- History of low grade infections:
- History of depression mood problems:
- History of liver problems:
- History of thyroid problems:
- History of blood sugar problems:
- History of joint problems:
- History of environmental sensitivities:

These switches also drive aspects of the GenoType determination and activate a secondary-level food evaluation algorithm determining susceptibility strengths conveyed by other genes and/or measurements.

Gender Specifics (Optional)

Again, tick the 'Yes' bullet for any of the gender specific health problems that the client has or has had. Light lavender boxes are for girls, purple for boys. None of these results are critical, but they help shape some of the SWAMI XP2 food choices. These switches help drive the therapeutic focus of the program and help shape the 'symmetry to gender' decisions within the program.

The screenshot shows a window titled "Gender Specifics" with a "Help" button. It contains a list of 5 gender-specific health conditions, each followed by an unchecked checkbox:

- History of heavy menses/ menorrhagia:
- History of premenstrual syndrome:
- Are you in peri-menopause/ menopause:
- History of prostatic enlargement:
- History of erectile dysfunction:

Family History (Optional)

Tick the ‘Yes’ bullet for any of the health problems relatives (siblings, parents and grandparents) of the client have or have had. None of these results are critical, but they help shape some of the SWAMI XP2 choices.

Health Condition	Siblings	Parents	Grandparents
Family history of cancer or neoplasia:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family history of arthritis/ joint disease:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family history of allergy or autoimmunity:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family history of dementia:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family history of depression or mental illness:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family history of diabetes:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family history of hypertension:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family history of heart disease:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family history of thyroid/ endocrine disease:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family history of kidney disease:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tick the ‘Yes’ bullet for any of the health problems family members may have or have had. These switches drive secondary aspects of the GenoType determination. Family history also have an effect on determining and amplifying susceptibility strengths conveyed by other genes and/or measurements.

Anthropometry (Body Measurements)

This is an important set of inputs, and if values can be supplied here, they can exert major effects on SWAMI XP2 food choices and GenoType determination. The online Help pop-up windows feature instructional videos on doing home the basic measurements. Dr. D’Adamo’s book *The GenoType Diet* also features extensive descriptions of the procedures and measurements needed.

Your Handedness:	<input type="radio"/> Left Handed <input type="radio"/> Right Handed
Waist measurement:	<input type="text"/> (inches or cm)
Hip measurement:	<input type="text"/> (inches or cm)
Cranial measurement, Width:	<input type="text"/> (inches or cm)
Cranial measurement, Length:	<input type="text"/> (inches or cm)
Do you have a Carabelli Cusp:	-----Required Field-----
Do you have Incisor Shoveling:	-----Required Field-----
What is your Jaw Angle:	-----Required Field-----
How would you categorize your Upper Leg Space:	-----Required Field-----
What is your Somatotype:	-----Required Field-----
What is your Trunk to Leg Ratio:	-----Required Field-----
What is your Upper to Lower Leg Ratio:	-----Required Field-----
Is your Wrist Tendon Visibility:	-----Required Field-----
Is your Wrist Encirclement:	-----Required Field-----

The Home GenoTyping Kit (TE011) from North American Pharmal provides the tools you'll need to determine your GenoType.

The Kit Includes

- Easy-Typing Guide
- Biometric protractor/ruler
- Fingerprinting Tools
- Taster strips

Handedness (Required)

Like dermatoglyphic (fingerprint) patterns, handedness is more likely a reflection of outside disturbance during the prenatal period.

Waist and Hip Measurements (Required)

These measurements determine Waist to Hip Ratio, a general reflection of overall health. Numbers can be entered in either inches or centimeters.

Cranial Measurements (Optional)

The Cephalic Index is the ratio of the width of the head to its length. EXP2 ed as a percent number, it provides the simplest description of the geometric relation of two dimensions. The pop-up inline help has an extensive section on cranial measurements.

Do You Have a Carabelli Cusp or Incisor Shoveling (Optional)

Like head shape, these dental landmarks help determine long lasting effects of diet on your family's epigenome (the record of epigenetic changes passed down through your family). The pop-up inline help has an extensive section on dental landmarks and they are also discussed in Dr. D'Adamo's book *The GenoType Diet*

What Is Your Jaw Angle (Optional)

Jaw angle appear to also have some relevance to the record of epigenetic changes passed down through your family. The options are:

- Wide (oval jaw shape)
- Narrow (square jaw shape)
- Neutral (a blend of both)

The significance of jaw shape is also discussed in Dr. D'Adamo's book *The GenoType Diet*.

How would you categorize your Upper Leg Space (Optional)

Without pants or other confining clothing, look at the space that is created between the thighs when your feet are placed together and gently touching at the ankles. The options are:

- Gynic (closed silhouette)
- Andric (open silhouette)
- Neutral (a blend of both)

What is your Somatotype (Required)

Is your Wrist Encirclement (Required)

Is your Wrist Tendon Visibility (Optional)

These body shape measurements reflect relative amounts of embryonic germ layer tissue, which is an important epigenetic determinant. The pop-up inline help has an extensive section on body shape (with instructional videos) and they are also discussed in Dr. D'Adamo's book *The GenoType Diet*.

What is your Trunk to Leg Ratio (Required)

What is your Upper to Lower Leg Ratio (Required)

Leg and torso ratios reflect the levels of the growth factor hormones (in particular Insulin-Like Growth Factors 1 and 2) that were encountered in the womb and early childhood. Insulin-like Growth Factors is especially significant because it's strongly associated with growth and height. These are critical to GenoType determination. The pop-up inline help has an extensive section on leg-torso measurements (with instructional videos) and they are also discussed in Dr. D'Adamo's book *The GenoType Diet*.

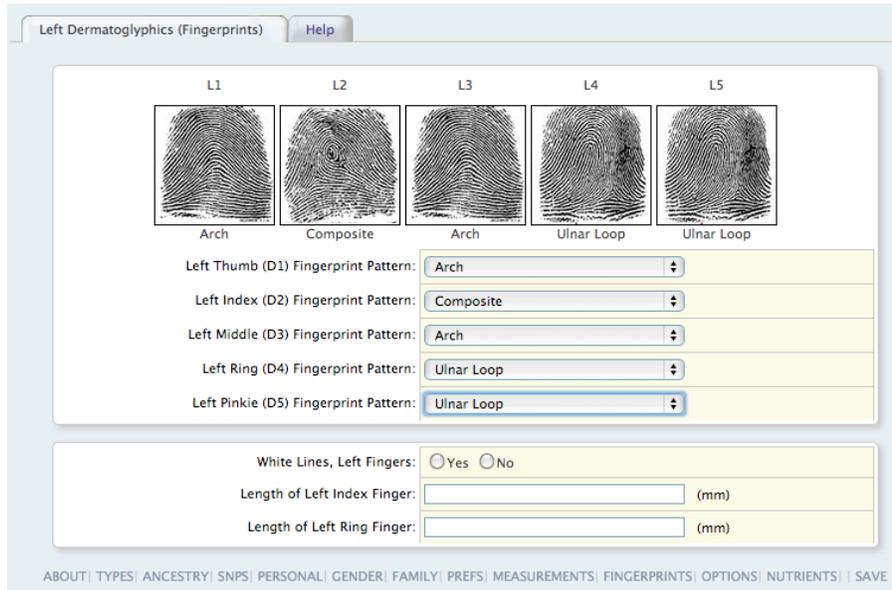
Left and Right Dermatoglyphics

This is an important set of inputs, and if values can be supplied here, they can exert major effects on SWAMI food choices.

The Home GenoTyping Kit (TE01 I) from North American Pharmacal provides the tools you'll need to determine your GenoType.

The Kit Includes

- Easy-Typing Guide
- Biometric protractor/ruler
- Fingerprinting Tools
- Taster strips



You must supply pattern data for each finger of both hands

- Thumb/ D1 Ridge Pattern, both hands (Required, Timed)
- Index/ D2 Ridge Pattern, both hands (Required, Timed)
- Middle/ D3 Ridge Pattern, both hands (Required, Timed)
- Ring/ D4 Ridge Pattern, both hands (Required, Timed)
- Pinkie/ D5 Ridge Pattern, both hands (Required, Timed)

The basic fingerprint pattern options that SWAMI XP2 accepts are

- Arch
- Composite
- Radial Loop
- Ulnar Loop
- Tented Arch
- Composite

The pop-up inline help has an extensive section on fingerprint analysis (with instructional videos) and they are also discussed in Dr. D'Adamo's book *The GenoType Diet*.

White Lines, both hands (Required)

White lines are disturbances in the appearance of the fingerprint ridges such as to produce what appears to be white line through the fingerprint pattern. The pop-up inline help has an extensive section on fingerprint measures (with instructional videos) and they are also discussed in Dr. D’Adamo’s book The GenoType Diet.

D2/ D4 Ratio: D2/ Index, both hands (Required)

D2/ D4 Ratio: D4/ Ring, both hands (Required)

The length ratio between the Index Finger (D2) and the ring finger (D4) can supply important information about the hormone balance you’ve experienced in early life. D2/D4 ratios are critical to GenoType determination. The pop-up inline help has an extensive section on D2/D4 measures (with instructional videos) and they are also discussed in Dr. D’Adamo’s book The GenoType Diet.

Extra Options

This section of the SWAMI XP2 intake form provides a variety of ways that you can prioritize and individualize your diet intake.

This section also contains a variety of system settings that allow you to further personalize your Diet Report Printout.

Geno Harmonic Food Clusters:	Broad Benefit
Category Portion Size and Frequency:	Optional Field
Special Preferences:	Optional Field
Special Emphasis:	Optional Field
Supplement Recommendations:	Optional Field
Supplement Detail:	Optional Field
Print Abbreviated Diet Report:	Optional Field
Report Style:	Optional Field

ABOUT | TYPES | ANCESTRY | SNPS | PERSONAL | GENDER | FAMILY | PREFS | MEASUREMENTS | FINGERPRINTS | OPTIONS | NUTRIENTS | SAVE

GenoHarmonic Food Clusters (Optional)

This option allows you to set a preference for the generation of the GenoHarmonic food clustering. GenoHarmonic Foods are unique combinations of certain foods that SWAMI XP2 has determined

will yield the maximum epigenetic enhancement. These will show up toward the back of the diet report printout. The epigenetic value of the food is indicated by its star value, from exceptional (5 stars) to very good (3 stars).

The following choices are available:

- **Broad Benefit:** This setting does a low level blend of all the following parameters.
- **Gene Fidelity (methylation):** This setting will emphasize food combinations that enhance methylation reactions, typically via DNA methyltransferase or by serving as a source of methyl donors. Good for inflammatory conditions and anti-aging strategies
- **Gene Control (histones):** This setting will emphasize food combinations that enhance histone deacetylase. Good for oncology management.
- **Glycation Removal (sugar):** This setting will emphasize food combinations which enhance glycation end-product removal. Useful for metabolic syndrome, anti-aging and diabetic management.
- **Ubiquitylation (cell detox):** This setting will emphasize food combinations which enhance removal of cellular debris ubiquitin pathway and the Golgi apparatus. This enhances many cellular functions (membrane trafficking, cell signaling, cell cycle control, X chromosome inactivation, and the maintenance of chromosome structure)

Category Portion Size and Frequency (Optional)

This tool allows you to adjust the portion sizes and frequencies for the food categories. The 'base' values are the portion sizes and frequencies listed for that GenoType in The GenoType Diet book. From there, portions are adjusted a bit for the gender of the client. At that point additional refinements can be included.

- **Compute Best Combination:** This allows SWAMI XP2 to compute the best Frequency/Portion combination for the client. This is done by computing the client's BMI and Total Energy Expenditure (TEE)
- **More Frequent/Larger Portion:** This setting is good for greatly underweight clients or clients with cachexia or wasting disorders.
- **Normal Frequency/Larger Portion:** This setting is good for clients who are athletes or who otherwise need to maintain their weight.
- **Normal Frequency/Normal Portion:** This is the normal setting for clients with an ideal BMI
- **Normal Frequency/Smaller Portion:** This is the normal setting for clients who are marginally overweight, who may just need a slight bit of calorie restriction.
- **Less Frequent/Normal Portion:** This is the setting for overweight clients typically interested in weight loss.
- **Less Frequent/Smaller Portion:** This is the setting for excessively overweight or otherwise obese clients.

Special Preferences (Optional)

This option allows you to superimpose some basic preferences on top of SWAMI XP2 calculations. Note that not every preference is available for every blood group. Options are:

- Lacto-ovo Vegetarian (A B AB O)
- Lacto Vegetarian (A AB)
- Pescetarian (A B AB O)
- Semi Vegetarian (A B AB O)
- Paleolithic (B O)
- Kosher (A B AB O)

Special Emphasis (Optional)

This option allows you select a high-level area of support. Once selected SWAMI XP2 will try to emphasize/deemphasize foods that contain ingredients known to influence this function. Options are:

- Enhance Allergy Support
- Enhance Joint Support
- Enhance Detoxification
- Enhance Hormonal Support
- Enhance Nerve Support
- Enhance Immune Support
- Enhance Circulatory Support
- Enhance Metabolic Support
- Enhance Skin Support

Supplement Recommendations (Optional)

This field allows you to instruct SWAMI XP2 to recommend D'Adamo Personalized Nutrition supplements based up aspect of your profile: The options are:

- Don't recommend supplements: SWAMI XP2 will skip this section of the report
- Show top indicated products only: This will recommend only the supplements that received the highest ratings count. This setting is useful for filtering 'information overload'
- Show all well indicated products: A balance of the best-indicated products. We recommend that you use this setting
- Show everything indicated: Will display any products that have accumulated a minimum number of ratings points. This will display a lot of products! However it is often the only setting that will uncover more one-of-a-kind products with more specific indications.

Supplement Detail (Optional)

If you choose to have SWAMI XP2; recommend supplements, this field determines how much detail to render in the report:

- Just the Summary (Just name and key details): Use this setting if you are also requesting that SWAMI show all indicated products
- Full Report (Product details and descriptions): Use this setting if you've decided that you need more information about the products that have been recommended

Print Abbreviated Diet Report (Optional)

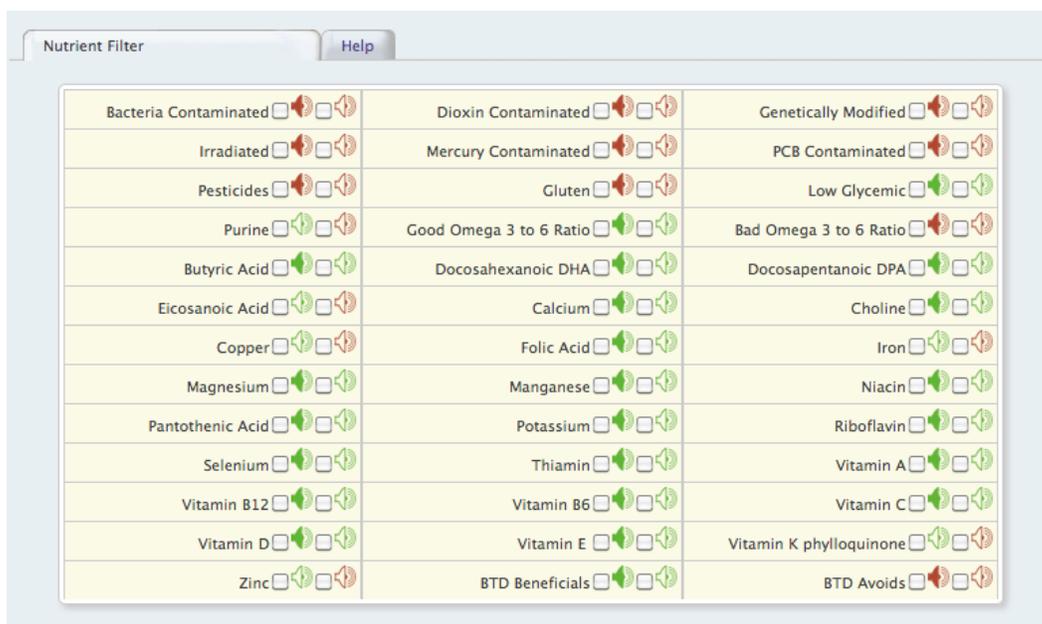
You can now print a highly abbreviated diet report, only containing the title sheet, a short description of the category, the category food values, Genoharmonics, and the wallet card. If you elect to show supplement recommendations, they will also print out.

Report Style (Optional)

You can now print in color or grey scale.

Nutrient Filter

This subsection is may take a little getting used to, but will be well worth the study. The Food Nutrient Matrix is a series of switches that allow the specific nutrient content of foods to influence their final resting values. Although very powerful, the Nutrient Filter is quite simple to use. As you can see from the illustration below:



Each nutrient is arrayed with two checkboxes.

- Nutrients or constituents of foods which are universally deemed to be have a negative effect on the body have two red colored icons.
- Checking the box next to the larger red icon () will tell SWAMI GenoType to severely demote any food that is high in this constituent. In many instances this will in effect simply relegate the food to the avoid column.
- Checking the box next to the smaller red icon () will tell SWAMI GenoType to moderately demote any food that is high in this constituent.
- Nutrients or constituents of foods that are universally deemed to be have a positive effect on the body have two green colored icons.
- Checking the box next to the larger green icon () will tell SWAMI GenoType to strongly promote any food that is high in this constituent. In many instances this will in effect promote the food to the super-food column.
- Checking the box next to the smaller green icon () will tell SWAMI GenoType to moderately promote any food that is high in this constituent.
- Nutrients or constituents of foods that are may have positive or negative effects in the body (depending on the clinical circumstances) have both a moderate demote () and a moderate promote () checkbox.

Although you can tick as many boxes as you desire, avoid programming more than 4-5 nutrients into the food matrix, since with each constituent you are increasing the chances that they will simply wind up cancelling each other out.

Activate SWAMI

Press the *Submit* button to save your SWAMI XP2 diet intake. If the form is complete you will then be taken to the options area, where you can print the diet report, recipes or use the meal planner. If the form is incomplete it will be saved and you will be alerted as to which fields are still in need of completion.

Save SWAMI Profile Help

By pressing the button below, you agree to The SWAMI XP2® [End User Licensing Agreement \(EULA\)](#), namely that you indemnify and hold harmless North American Pharmacal Inc.®, D'Adamo Personalized Nutrition® and Dr. Peter D'Adamo® from any and all consequences associated with the use of this software.

Save SWAMI XP2® Intake and Continue

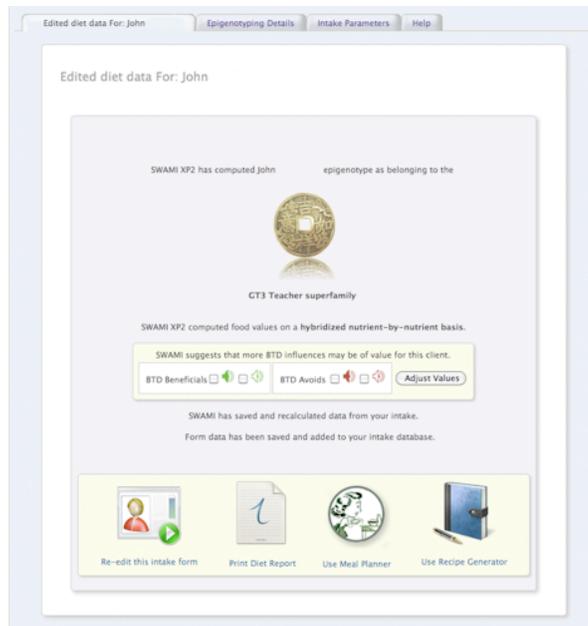


v.

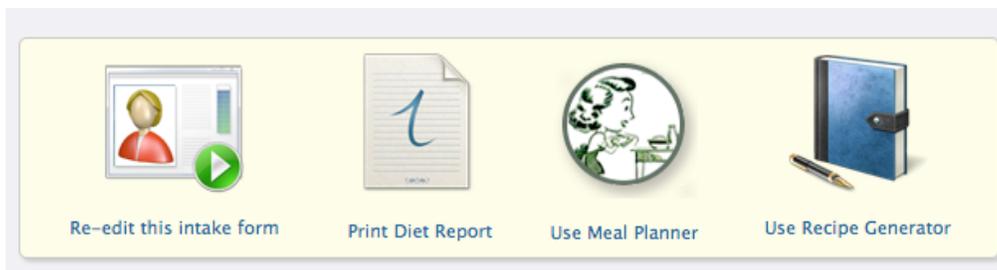
SWAMI XP2 Diet Report

Getting Ready to Print Your Diet Report

When you press the *Save SWAMI XP2 Intake and Continue* button from the Intake Data Screen and have included all the required data, you will be taken to *Intake Options* menu where you will have the following options:



- Re-edit This Intake Form
- Print Diet Report
- Use Meal Planner
- Use Recipe Generator



Go ahead and click on 'Print Diet Report'. After a few seconds, The Diet Report should soon appear on the screen.

Optimizing Your Diet Report

The SWAMI XP2 report is already formatted and optimized for printout directly from your browser. From the browser's File Menu, just select 'Print.' However, we should insure that your browser is configured to print out the SWAMI XP2 report with the best possible settings.

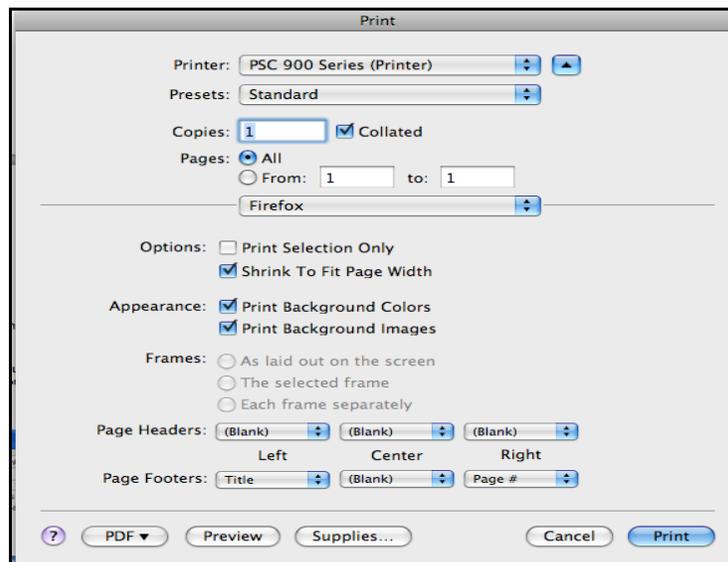
Of these, the most important is to insure that the browser knows to print out 'background' colors, such as the green, yellow and orange columns of the food categories. SWAMI XP2 is easily readable in black and white, but it is much more user-friendly if printed in color.

How to Insure that Background Colors Are Printed

Macintosh

Firefox 3.x: From the File Menu, select Print, then tick the boxes to 'Print Background Colors' and 'Print Background Images'

Safari 3.x-4.x: From the File Menu, select Print, then tick the boxes to 'Print Background Colors' and 'Print Background Images'

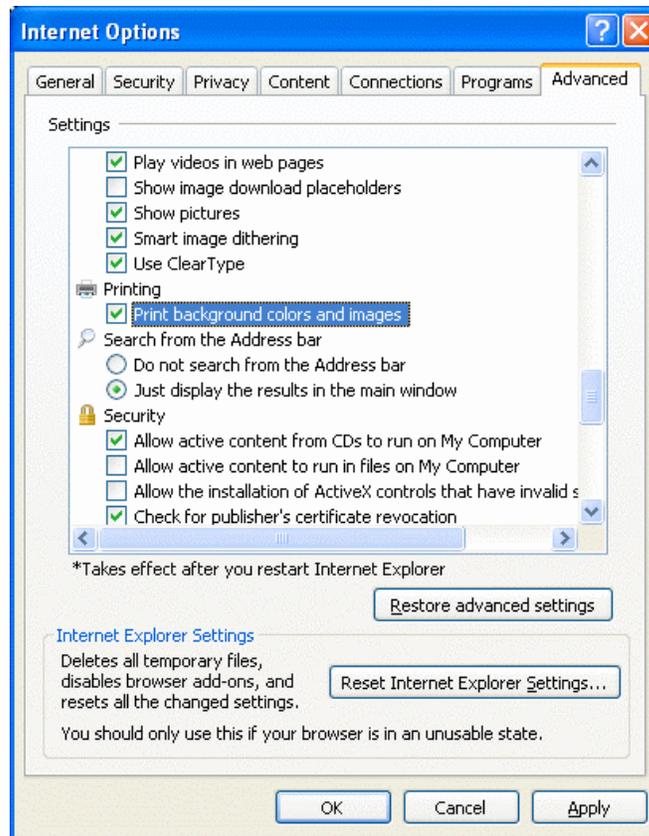


Print Window in Firefox for the Mac.

Windows

Firefox 2.x-3.x: From the File Menu, select Print, then tick the boxes to 'Print Background Colors' and 'Print Background Images'

Internet Explorer 6.x-7.x: From the Tools Menu, Select 'Internet Options', Click on the 'Advanced' tab, on the 'Printing' section check 'Print Background Colors and Images'



Internet Options Window in IE for Windows

Setting Page Margins

Re-setting Page Margins is normally not required as most browsers default to between ½ and ¾ inch margins on all four sides of the page, which works fine with SWAMI XP2

Internet Explorer 6.x-7.x: From the **Tools** Menu, Select 'Internet Options', Click on the 'Advanced' tab, on the 'Printing' section check 'Print Background Colors and Images'

Firefox:

Re-setting Page Margins is normally not required as most Firefox browsers default to a ½ inch margin all around, which works fine with SWAMI XP2 .

However, if you need to reset margins in Firefox, from **File** Menu then go to 'Page setup.' Then click on the second tab that is called 'Margins & Header / Footer.' From there adjust the margin numbers to a smaller setting

Internet Explorer 7:

Internet Explorer Browsers default to a ¾ inch margin all around, which usually works fine with SWAMI XP2 but occasionally needs to be adjusted to ½ inch.

By default there's a small image of a printer in the toolbar near the top right hand side of the browser, click that and go to 'Page Setup.' You will need to choose Paper Size: Letter Borderless from the drop down list and then set the margins to ½ inch.

Internet Explorer 6:

Same as above for IE 7, except to get to the settings, go to **File** Menu, then 'Page Setup'. After that it's exactly the same steps.

Safari

Safari normally prints out the SWAMI XP2 Diet Report just fine, but if you need to change margins, you will have to create a new page layout. Here is a link that demonstrates how to do it:

<http://www.mintprintables.com/print-tips/adjust-margins-osx.php>

Printing Out Your SWAMI XP2 Diet Report

A typical SWAMI XP2 Diet Report is between 40 and 50 pages. The first thing you should see is the cover sheet. It looks like this:



Serotyping With Advanced Modifying Influences

Programmed by Peter D'Adamo, ND, MIFHI Copyright © 2007–2012 Epigenetic Archetypes, LLC.



Individualized For

John

GT3 Teacher (Blood Group AB Rh Negative Secretor)

Apr 22, 2012 at 10:00 AM

Typical SWAMI XP2 Diet Report Cover Page

Previewing Your SWAMI XP2 Diet Report

One way to insure that your Diet Report prints correctly is to preview the printout in your browser. This shows how the Report will look on paper pages versus your computer screen.

In virtually all browsers, you access the 'Print Preview' function from the 'Print' option from the browser's **File** Menu. If things look acceptable, you can then print directly from the Print Preview screen or click 'Close' or 'Cancel' to return to the Web page.

Saving Your SWAMI XP2 as an Adobe Acrobat (.PDF) File.

Adobe Acrobat .PDF (portable document files) are a convenient way to save your Diet Report.

Because they can be save to a flash drive, emailed or burnt to a CD, PDF files are also an excellent option if your printer is obsolete or only prints in black and white. You can make a copy of your diet report and take it to a local printer (such as Kinko's) and for a nominal fee have them print it out for you.

Saving a Diet Report as a printout is quite simple on the Mac, but a bit more complicated on a Windows computer.

Macintosh

From the **File** Menu, select Print and from the Print Menu, click the PDF button and select 'Save as PDF' from the options.

Windows

Printing to a PDF file is not natively supported on Windows computers. Many people install a program called 'Acrobat Distiller', which allows Windows users to save a file in the PDF format. Another option is a freeware pdf printer called BullZip: (<http://www.bullzip.com/>)

The SWAMI XP2 Diet Report in Detail

Introductory and GenoType Information

The first few pages of the SWAMI XP2 Diet Report contain introductory material and information about your GenoType determination. There is also a short discussion about the difference between the Blood Type Diet and the GenoType Diet Systems.

Further Customization

SWAMI XP2 will usually provide information on additional steps that it has taken to further customize your Diet Report. These can include:

Diet Emphasis

- Notification that SWAMI XP2 has chosen to hybridize GenoType and Blood Type Diet values. This is a powerful benefit to using a software based 'dynamic' approach to diet determination versus a 'static' approach normally performed with books and other forms of unchangeable information exchange.

Emphasized and De-emphasized Nutrients

SWAMI XP2 uses your intake data to supply an additional level of diet suggestions based upon your unique health circumstances as reflected in the data that you've included in your intake form. This often takes the form of foods that have been 'emphasized' or 'de-emphasized' based upon the appropriateness of the specific nutrients these foods possess.

Specific foods can receive 'moderate' or 'strong' emphasis or de-emphasis, based upon a calculated sum of the influences the nutrients contained in these foods would exert on your health. These effects are applied to the foods after their blood type and GenoType values have been computed. 'Strong Emphasis' might upgrade an other neutral food to 'beneficial' or even 'highly beneficial.' Moderate de-emphasis might downgrade a temporary avoid (black dot) to permanent avoid. Although it is possible, it is rather uncommon for an avoid to convert to much more than a weak neutral despite even the strongest emphasis influences.

GenoHarmonic Food Clusters

If you have elected to have SWAMI XP2 calculate which GenoHarmonic Function to use with your Diet Report, it will alert you to its conclusions here. The actual GenoHarmonic relationships are listed towards the end of the Diet Report.

The Diet Categories

After that the program prints about ten pages of introductory report information it then begins to output the diet. Each food category is printed separately.

Each food category contains the same basic report data. It begins by telling the client what would be the optimal portion sizes and weekly frequencies for that category. These portions and frequencies are highly specific to the client, SWAMI XP2 utilizing many of the biometric measurements to derive its calculations.

There follows a small description that is blood type, GenoType and secretor specific and a series of special report notes based upon your specific parameters and priorities

The second part of the food category printout is a column-by-column breakdown by value much like any of the blood type diet books. Let's take a look at a typical diet category, in this case 'Poultry'.

Poultry



GT3 'Teacher' (Blood Group AB Secretor)
 Food choices emphasizing hybridized BTD and GTD values
 Portion Size: *A bit smaller than the size of your hand (3-5 ounces)*
 Frequency: 2 servings weekly.

This food source must be certified organic, antibiotic and pesticide free. Always choose free-range poultry. Select poultry products from the back of the fridge where the temperature is coldest.

Poultry is a fine secondary protein source for GT3 Teacher, especially when their range of choices widens after the three month washout period. GT3 teachers should always pre-soak poultry in cold water for at least five minutes, changing the water at least 3-4 times.

Superfoods marked with a diamond (◊) are great metabolic activators for Blood Group AB Secretor Teachers and can enhance weight loss and muscle building if regularly consumed. Toxins and avoids marked with a black dot (•) should be avoided for a minimum sixty day 'washout time.' After that, you can then carefully reintroduce these foods back into your diet.

SUPERFOODS	NEUTRALS	BEST AVOIDED
Ostrich Turkey ◊		Chicken Chicken, Liver Cornish Hen Duck Duck Liver Emu • Goose Goose Liver Grouse Guinea Hen Partridge Pheasant • Quail Squab •

A typical SWAMI XP2 diet category.

Food choices are broken down into a green column that includes the most beneficial foods (food as medicines), a yellow neutral column (food as foods) and an orange column containing foods best avoided (foods as toxins). In the green column, certain foods may feature a diamond-like icon, a sign that the food may possess extra-benefits (enhance metabolism, fight aging, etc.). In the orange column some foods may feature a small black dot icon. This indicates that the food may eventually be re-integrated into the diet, perhaps after a short (60-90) day 'washout period.'

Categories that SWAMI XP2 will output values for will include:

- Red Meats
- Poultry
- Fish and Seafood
- Eggs and Roes
- Dairy
- Vegetable Proteins
- Fats and Oils
- Carbohydrates
- Live Foods
- Fruits
- Spices
- Beverages
- Condiments

GenoHarmonic Foods

GenoHarmonic Foods are unique combinations of certain foods which SWAMI XP2 has determined will yield the maximum epigenetic enhancement. The epigenetic value of the food is indicated by its star value, from exceptional (5 stars) to very good (3 stars). Simply reference a food you will be using at the left, and try to combine it with GenoHarmonic foods that are listed to the right. CAPITALIZED foods are Super-GenoHarmonic foods.



Geno Harmonic Foods

Enhancing Global Remethylation Effects

Geno Harmonic Foods are unique combinations of certain foods which SWAMI GenoType has determined will yield the maximum epigenetic enhancement. The epigenetic value of the food is indicated by its star value, from exceptional (★★★★★) to very good (★★★★☆). Simply reference a food you will be using at the left, and try to combine it with Geno harmonic foods that are listed to the right. CAPITALIZED foods are *Super-Geno Harmonic foods*

John, these *Geno-Harmonic* food relationships emphasize superbeneficial foods for your blood type and GenoType which contain nutrient that enhance gene methylation (which increases the fidelity of your gene's ability to make good quality copies of itself). Because the loss of gene fidelity is a major hallmark of aging cells, using these food combinations will produce maximum personalized anti-aging effects in your body. Loss of methyl groups over our lifespans is a precondition for a cell's ability to turn cancerous, So these Geno-Harmonic food combinations will also have anti-cancer effects in your body as well. You can learn more about these epigenetic functions by reading Chapter II *GenoType Whys and Wherefores*, pages 28-52 in *The GenoType Diet*.

Apricots (Fruits) ★★★★★	Blackberry Juice • Blueberries • Cabbage Juice • Chamomile Tea • Colby Cheese • Cranberries • Cranberry Juice • Cream Cheese • Edam Cheese • Flax Seed, Linseed Oil • Flaxseed Bread (containing allowable grains) • Ghee, Clarified Butter • Gouda Cheese • Green Tea, Kukicha, Bancha • Gruyere Cheese • Jarlsberg Cheese • Milk, Goat • String Cheese • Wine, Red •
Brazil Nuts (Vegetable Proteins) ★★★★★	Blackberry Juice • Cabbage Juice • Chamomile Tea • Colby Cheese • Cranberry Juice • Cream Cheese • Edam Cheese • Flax Seed, Linseed Oil • Flaxseed Bread (containing allowable grains) • Ghee, Clarified Butter • Gouda Cheese • Green Tea, Kukicha, Bancha • Gruyere Cheese • Herring • Jarlsberg Cheese • Mackerel, Atlantic • Mackerel, Spanish • Milk, Goat • Mullet • Muskellunge • Red Snapper • Sardine • Smelt • String Cheese • Wine, Red •
Cod (Fish and Seafood) ★★★★★	Blackberry Juice • Blueberries • Bok Choy, Pak Choi • Broccoli • Broccoli Raab, Rapini • Brussels Sprout • Cabbage • Cabbage Juice • Chamomile Tea • Chinese Kale, Kai-lan • Colby Cheese • Cranberries • Cranberry Juice • Cream Cheese • Edam Cheese • Flax Seed, Linseed Oil • Flaxseed Bread (containing allowable grains) • Ghee, Clarified Butter • Gouda Cheese • Green Tea, Kukicha, Bancha • Gruyere Cheese • Jarlsberg Cheese • Kale • Leeks • Milk, Goat • Sauerkraut • String Cheese • Watercress • Wine, Red •
Essene, Manna Bread (Carbohydrates) ★★★★★	Blackberry Juice • Blueberries • Bok Choy, Pak Choi • Broccoli • Broccoli Raab, Rapini • Brussels Sprout • Cabbage • Cabbage Juice • Chamomile Tea • Chinese Kale, Kai-lan • Cranberries • Cranberry Juice • Flaxseed Bread (containing allowable grains) • Green Tea, Kukicha, Bancha • Kale • Leeks • Sauerkraut • Watercress • Wine, Red •
Flax Seeds (Vegetable Proteins) ★★★★★	Blackberry Juice • Cabbage Juice • Chamomile Tea • Colby Cheese • Cranberry Juice • Cream Cheese • Edam Cheese • Flax Seed, Linseed Oil • Flaxseed Bread (containing allowable grains) • Ghee, Clarified Butter • Gouda Cheese • Green Tea, Kukicha, Bancha • Gruyere Cheese • Herring • Jarlsberg Cheese • Mackerel, Atlantic • Mackerel, Spanish • Milk, Goat • Mullet • Muskellunge • Red Snapper • Sardine • Smelt • String Cheese • Wine, Red •

Other Features

Wallet Card

SWAMI XP2 will also print out a handy small version of your diet, suitable for cutting out and keeping in a wallet. This helps keep the food values close at hand, when shopping or dining out.

Exercise

SWAMI XP2 will discuss specific exercise guidelines which may help enhance metabolism and help you handle stress in a more resourceful way.

Supplements

SWAMI XP2 will discuss specific nutritional supplements that might enhance your dieting experience. These are purely suggestive and are optional.

Glossary

SWAMI XP2 will output a small glossary of terms to help you understand the core concepts behind the blood type diets and Dr. D'Adamo's newest book, the GenoType Diet.

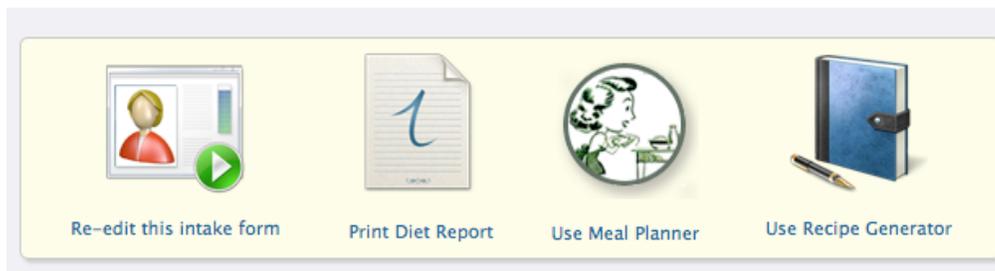


VI.

SWAMI XP2 Meal Planner

Using the SWAMI XP2 Meal Planner

When you press the *Save SWAMI XP2 Intake and Continue* button from the Intake Data Screen and have included all the required data, you will be taken to *Intake Options* menu where you will have the following options:



- Re-edit This Intake Form
- Print Diet Report
- Use Meal Planner
- Use Recipe Generator

Go ahead and click on 'Use Meal Planner'. After a few seconds, The Meal Planner interface should appear on the screen.

SWAMI XP2 Meal Planner Basics

When you select 'Go Meal Planner' from the Print Report Screen don't be surprised if it takes 10-15 seconds for the screen to load. SWAMI XP2 is doing a lot of calculations! Soon enough, you will see the following screen:






John D'Adamo 

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch			Agave-Sweetened Lemonade				
Snack							
Dinner							
<small>COMPLIANCE</small>  <small>POINTS</small>	0	0	1	0	0	0	0
		<i>SORT TRAY</i>	<i>SORT TRAY</i>	<i>SORT TRAY</i>	<i>SORT TRAY</i>	<i>SORT TRAY</i>	<i>SORT TRAY</i>

Show Recipes Show Foods

Appetizer	Baked Good	Beverages	Breakfast	Dessert	Entree
Amaranth 'Tortilla Chips' or Crackers	Almond Flour Pizza Crust I	Agave-Sweetened Lemonade	Amaranth Cooked Cereal	Apple Walnut Prune Dessert	African Pineapple Peanut Stew
Apricots and Almonds	Almond bread (O Non OK)	Almond Milk	Asparagus Omelet	Cantaloupe Half with Cottage Cheese, Strawberries, and Walnuts	Almond Flour Pizza Crust II
Salad	Side Dish	Snack	Soups and Broths	Other	
Agave-Mustard Salad Dressing for Type B's	'Mojo' Roasted Sweet Potato	Almond Apricot Smoothie	Apple and Apricot Soup	'No Tomato' Tomato Sauce	
Avocado Cucumber Salad	Asparagus Vinaigrette	Apple with Peanut Butter	Blender Lentil Veggie Soup	Aioli Spread	

You'll notice that the Mealplanning Area is designed to look like a weekly calendar. On top we have the rows that describe the days of the week, and along the left edge we have a column that lists the five types of meals you can plan for: three main meals (Breakfast, Lunch and Dinner) and two snack. Morning and Afternoon). You meal-plan by dragging and dropping 'meal tags' from third area (The Menu Area) onto the Mealplanning Area.

The Menu Area

The Menu Area is where you select foods and meals to add your mealplan for the week. It looks like this:



The Menu area is divided into two types of 'meal tags': Recipe tags and Food tags.

Recipe Tags

Recipe tags comprise the first two rows of choices. This class of tags is comprised of any allowable recipe that does not contain any 'avoid' foods as per your SWAMI Diet Report. Recipe tags are classified by the major category of the recipe:

- 'Appetizer' : denoted by a dark-green stripe on the left side of the tag
- 'Baked Good' : denoted by a brown stripe on the left side of the tag
- 'Beverages' : denoted by a purple stripe on the left side of the tag
- 'Breakfast' : denoted by a yellow stripe on the left side of the tag
- 'Dessert' : denoted by a dark-blue stripe on the left side of the tag
- 'Entree' : denoted by a red stripe on the left side of the tag
- 'Salad' : denoted by a light-green stripe on the left side of the tag
- 'Side Dish' : denoted by an orange stripe on the left side of the tag

- 'Snack' : denoted by a light-blue stripe on the left side of the tag
- 'Soups and Broths' : denoted by a pink stripe on the left side of the tag
- 'Other' : denoted by a black stripe on the left side of the tag

The background color of the Recipe tag can also alert you to the benefits of the recipe:

- 'White' : the recipe contains 0-1 'highly beneficial' (diamond) ranked ingredients
- 'Yellow' : the recipe contains 2 'highly beneficial' (diamond) ranked ingredients
- 'Green' : the recipe contains 3 or more 'highly beneficial' (diamond) ranked ingredients

Food Tags

Food tags allow you to add individual foods and ingredients to your mealplan. These are ranked in accordance with your SWAMI Diet Report. Like Recipe tags, Food tags convey information based on the stripes and background colors:

- 'Yellow background with silver stripe' : this food is a 'neutral' for you
- 'Green background with silver stripe' : this food is a 'beneficial' for you
- 'Green background with gold stripe' : this food is a 'highly beneficial' (super food) for you

Making a Mealplan

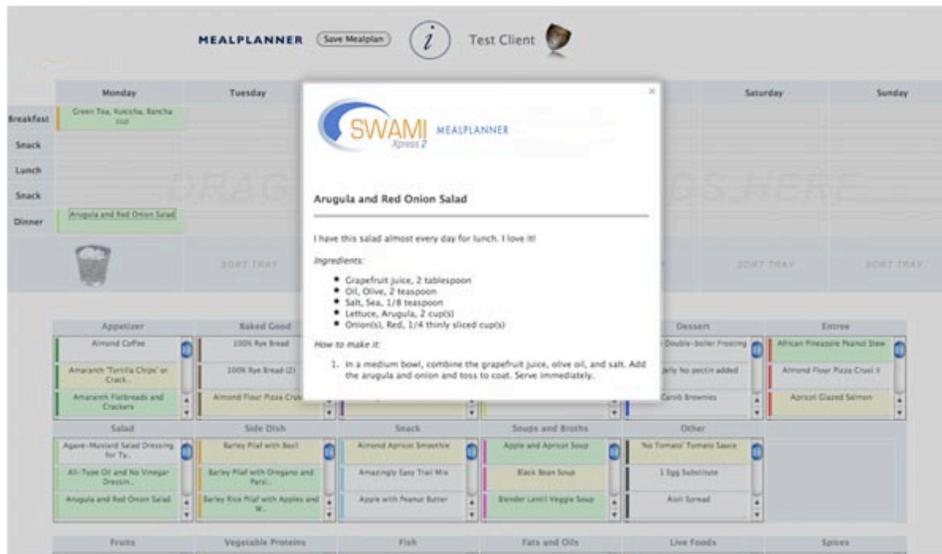
Constructing a mealplan is simple and intuitive. Here is an example of how to do it:

Select a Recipe or Food Tag

We will start with an appetizer. Using the scroll bars for the Appetizer category, we see that our Diet Report allows us to use the 'Broiled Lime and Soy Mushrooms' recipe, which has a green background, meaning that it has three or more super-food ingredients in it.



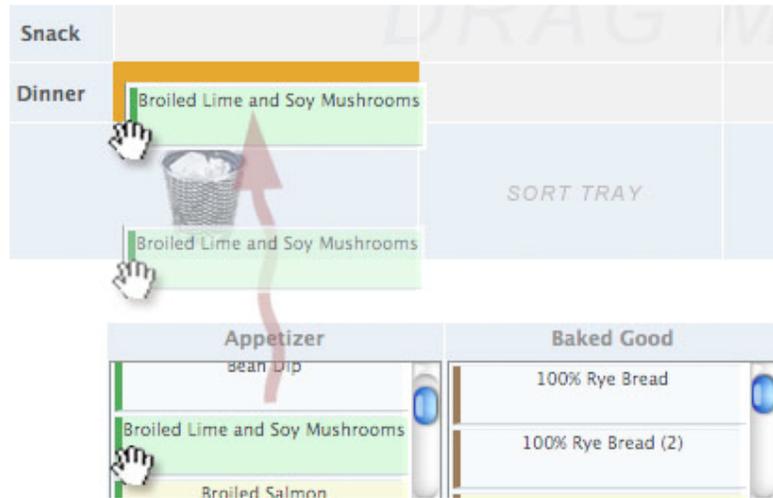
But we want to know a bit about the recipe before we add it to the mealplan. If we 'hover' our mouse over the recipe title we will see a quick description of the recipe. In this case the description tells us that this recipe is a 'Great appetizer or entree accompaniment.' Not much info. However if we click on the recipe title, a popup window will appear that shows us the recipe.



OK, we're sold! Let's add it to the mealplan. We do this by dragging the recipe tag to the Mealplan Area. Move the mouse over to the left side of the tag, where the stripe is. Your mouse cursor now changes into the 'grab' cursor (usually a grabbing hand icon):



Now, while holding down the left mouse button, we 'drag' the Recipe tag. Remember to drag from the left side of the tag, by the colored stripe. If the tag does not move around while you hold down the mouse button, you may have hovered over the 'name-link' area rather than the 'hover' area. We are going to add the 'Broiled Lime and Soy Mushroom' recipe to the 'Monday Dinner' slot. As we drag the tag over the menu area, the target cell will change to orange, allowing you to be certain of the location you will be dropping into.



When the orange cell for Monday-Dinner lights up, release the mouse button and magically the recipe is now scheduled for Monday Dinner.

You build up a meal by adding any number of recipe tags and food tags to the meal slots. Dragging a new tag to a slot that already contains a meal tag adds the new tag to the slot.



Special Functions

Cloning Tags

We often eat the same foods or use the same recipes on multiple days of the week. One easy way to reuse tags without having to find them by scrollign around the various category windows is to

'clone' a copy of a particular tag you need in multiples. For example, we might start each morning off with a cup of green tea. If we already had a tag for Green Tea in the Monday Breakfast slot we can simply clone this tag by holding down the SHIFT key while we grab the 'Monday Breakfast Green Tea tag' and dragging it to the 'Tuesday-Breakfast' slot.



Compliance Points

Dragging a tag to any active cell will activate the 'Compliance Counter.' This will count the total of beneficials or superfoods (diamond icon in your diet report) that have accumulated for the day. One (1) compliance point is awarded for any single beneficial food tag or the total of all beneficials foods in each recipe tag. Two (2) compliance points are awarded for each single superfood tag and for each superfood contained in a recipe tag. Compliance points are displayed in the compliance point row.

Dinner	Little Asa Bread	Archove Tea		Bakery Almond, One-Spot Flour Ice Cream	Carrot Soup	
COMPLIANCE POINTS	0	5	3	6	1	0
	0	0	0	0	0	0

Sorting Trays

Sorting trays give you a convenient 'staging area' from which to design your mealplan. Dragging recipe and food tags from the Menu Area to one of the sorting tray areas and then cloning copies to use in the Mealplanning area is a quick way to build up a weekly mealplan. However, the contents of the sorting trays are not stored when your mealplan is saved.

The Trash Bin

Dragging a tag to the Trash Bin Slot (the area with a 'waste basket' icon) deletes the tag. However if you change you mind and want to use the tag, you can just drag another copy from the Menu Area.

Showing and Hiding the Menu Areas

At the top of the Menu Area are two checkboxes that allow you to show or hide parts of the Menu Area. Turning parts of the Menu Area on or off can be a helpful way to keep the entire SWAMI Mealplanner work area in your browser window. Ticking the 'Show Recipes' checkbox will display the Recipes section of the Menu Area and ticking the 'Show Foods' checkbox will display the Foods/Ingredients section of the Menu Area. These can be combined as needed.

Saving Your Mealplan

Pressing the 'Save Mealplan' button will collect the information from the SWAMI Mealplanner Editor, save it to a file, and send you to the Printout Page where you can print out the mealplan, an ingredients list for shopping, and whatever recipes are being used in the mealplan. Press the 'Print Mealplan' button to send the output to your printer. Note that saving a SWAMI mealplan always overwrites the previous file.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack 1							
Lunch	Avocado Cucumber Salad ◆◆		Agave-Sweetened Lemonade ◆	Butterfish broiled or poached	Arrowroot 1 cup, sliced		
Snack 2		Almond Flour Pizza Crust I ◆◆◆		Apple and Apricot Soup ◆◆◆			
Dinner							

Shopping List

Here are some ingredients you may want to have on hand for this week's mealplan.

- Agave Syrup
- Almonds
- Apple
- Apricots
- Arrowroot
- Avocado
- Baking Soda
- Butterfish
- Celery
- Cucumber
- Egg Whole, Chicken
- Lemon
- Milk, Rice
- Olive Oil
- Onion, all types
- Sea Salt
- Thyme

Recipes Used in this Mealplan

Each Recipe also lists the number of superbeneificial foods in it (up to three). These are indicated by the number of diamonds ◆ next to the recipe. Recipes with more diamonds are more healthful and should be used frequently in your meal planning.

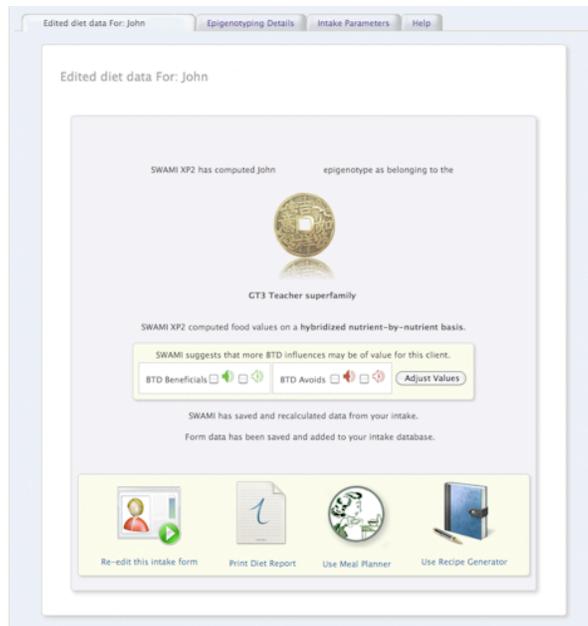


VII.

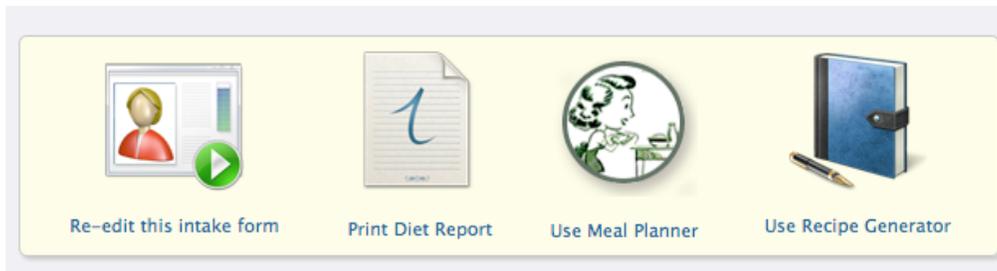
SWAMI XP2 Cook Book Creator

Accessing the SWAMI XP2 Cook Book Creator

When you press the *Save SWAMI XP2 Intake and Continue* button from the Intake Data Screen and have included all the required data, you will be taken to *Intake Options* menu where you will have the following options:



- Re-edit This Intake Form
- Print Diet Report
- Use Meal Planner
- Use Recipe Generator



GO ahead and click on the 'Use Recipe Generator' icon. You will then be taken to the Recipe Generator Screen

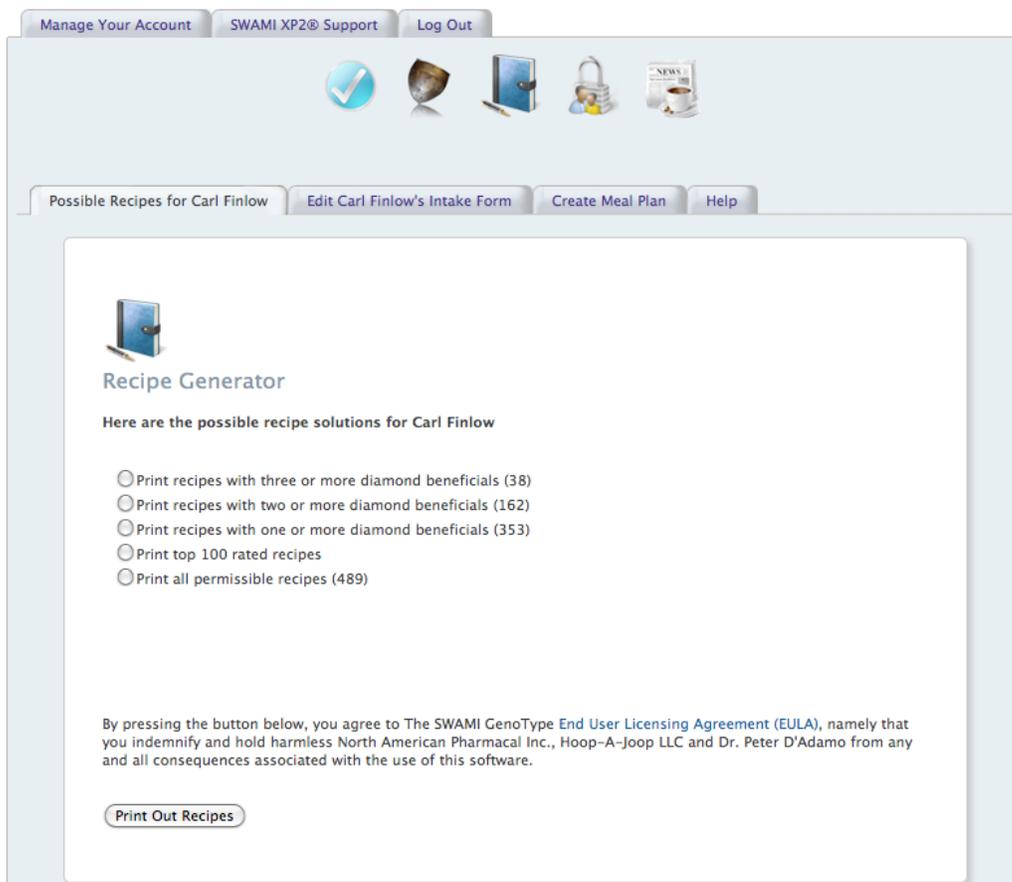
Using the SWAMI XP2 Cook Book Creator

The SWAMI XP2 Cook Book Creator is very easy to navigate.

Once the screen appears, you will be asked to supply a preference:

- Print recipes with three or more diamond beneficials (xx recipes)
- Print recipes with two or more diamond beneficials (xx recipes)
- Print recipes with one or more diamond beneficials (xx recipes)
- Print 100 top-rated recipes
- Print all permissible recipes (xx recipes)

Each option will contain the number of recipes SWAMI XP2 has found which meet the criteria.



Pressing the 'Print Out Recipes' button will print out the recipes to the screen, from which you can then send to your printer for a hard copy. Recipes will display the number of highly beneficial (diamond) foods in the recipe to the right of the Recipe Title.

Salads

Avocado and Cheese Salad ◇◇◇◇

A nice salad that is a great for lunch.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/8 fine teaspoon
- Watercress, 2 chopped cup(s)
- Avocado, 1/2 diced
- Onion(s), green, 1/4 finely chopped cup(s)
- Cheese, Monterey Jack, 1/4 shredded cup(s)

How to make it:

1. In a medium bowl, combine the olive oil, lemon juice, and salt. Add the watercress and toss gently. Divide between two serving plates.
2. Top with avocado, green onion, and shredded cheese and serve.

Beet Salad ◇◇◇

I enjoy this salad so much, I always make a little extra for the next day.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon Juice, 2 tablespoons
- Dill Weed, Fresh, 1 chopped teaspoon
- Salt, Sea, 1/4 teaspoon
- Beets, sliced, 2 cup(s)
- Carrot(s), 1 grated

How to make it:

1. In a medium bowl, stir together the lemon juice, olive oil, dill, and salt. Add the beets and carrots. Stir gently to mix. Serve cold or at room temperature.

Broccoli Rabe and Grapefruit Salad ◇◇◇

A dish that is simple to make and gives so much.

Ingredients:

- Lemon Juice, 2 tablespoons
- Oil, Olive, 1 tablespoon
- Salt, Sea, 1/4 teaspoon
- Broccoli Rabe, 2 steamed cup(s)
- Grapefruit, 1 peeled and sectioned

How to make it:

1. In a medium bowl, stir together the lemon juice, oil, and salt until blended.
2. Add the broccoli and grapefruit sections. Toss and serve.

A note about recipe appropriateness

Recipes are 'tagged' with major ingredients contained in the recipe. Minor ingredients may occasionally find their way into the recipe that may not fit exactly into your Diet Report Food Values. Usually this is the case of the Recipe Author using multiple options for different blood groups, secretor types and Genotypes. Always double-check recipes to insure their appropriateness for you particular plan.



VIII.

Technical Support and Getting Help

Using the SWAMI XP2 Technical Support

Perhaps it is fitting that this User manual ends where it began: At the SWAMI XP2 Support Screen.

We take Customer Support very seriously and will do whatever we can to insure that you receive optimum value for your use of this software.

However let's discuss a few things we can't do:

- We can't provide medical advice regarding how you should answer questions about your health history, family history or laboratory data
- We can't provide assistance with regard to techniques required to perform any of the test or measurements required to run the software. This information is supplied through other avenues, such as Dr. D'Adamo's books, videos and instruction materials packaged with testing kits
- We can't solve problems with your computer hardware. SWAMI XP2 is designed to run on any modern computer that can navigate the Internet. However computers come in many shapes and sizes and we cannot know how fix every possible hardware mis-configuration

We can try to help you:

- Configure your browser correctly so as to run the program effectively and correctly print out the reports
- Guide you through the interface, should aspects of the program seem daunting or confusing

Accessing Technical Support

From the SWAMI Support tab, click on the lower tab for 'Tech Support.'



You will be taken to the SWAMI XP2 Tech Support window. Most Tech Support can be accomplished via our online help system. If Tech Support is available, the screen will show that a Tech Support person is online and available to help you. When you click on the icon a chat window will open up and you can type in your question or problem.

If Tech Support is not available at this time, the icon will be grayed out, and clicking on it will allow you to send an e-mail to Tech Support. Response time varies with demand but we try to respond to all inquiries within 24 hours.

You can also contact SWAMI XP2 Tech Support by phone at

1.203.761.0042

Monday-Friday, 9: AM-5: PM EST

SWAMI XP2 Support Forum

Clicking on the SWAMI User Forums tab will take you to the SWAMI XP2 forum on the www.dadamo.com site. This site gets a huge amount of traffic and there are always helpful people around.

SWAMI XP2 Tips and Tricks

This is how SWAMI GenoType® Reports are supplied to patients at the D'Adamo Clinic. This can be used for your SWAMI XP2 material as well.

- Purchase ½ inch plastic binders that have clear plastic cover slips on front
- Purchase three-whole punched paper
- Purchase three whole dividers
- Print out the report
- Insert front page into binder front cover slip
- Place rest of printout in binder
- Insert one divider at beginning of food categories
- Insert one divider at beginning of the GenoHarmonic Pages
- Insert one divider at beginning of the Supplement Pages

You can also use the same treatment for the recipe printout

