

Food — the root of all illness?

Everybody wants to be slim, healthy and happy, but a disease called the “toxic food syndrome” (TFS) has reared its ugly head. Steadily enlarging waistlines, weakened immunity and stressed lifestyles show that we don’t feeding ourselves properly. Hippocrates said, “Let your food be your medicine”, but it can also cause many illnesses.



around the antigens you have in your blood that relate to specific food tolerances. Blood-type eating is a safer way to slim down and it becomes a balanced way of life, not just a quick and punishing diet.

Secretor and non-secretor variants

Some fine-tuning within the four basic blood types is required to identify and cater for additional antigens that some people secrete in their saliva and digestive tract. The secretor and non-secretor variants help to pinpoint some of the major differences that exist within each group. A non-secretor only has antigens in the blood and a secretor releases antigens in the saliva and digestive tract, allowing a better tolerance to more foods, especially sugars and starches.

Babies and children and the blood type connection

Most of the common niggles with babies and children occur as a direct reaction to their first foods. This is evident by the incidence of skin rashes, fevers, mucous and breathing problems, hyperactivity, irritability and weakened immunity. Babies will best tolerate the

food that is recommended for their blood type. Once the offending foods are removed, these conditions usually clear up. Blatantly cutting out wheat, cow's milk, sugar and all artificial foods will not be as effective as starting your baby on the right foods. To be on the safe side, try to cook your own vegetables, starting with butternut, gem squash, carrot or rice purée as a good all-rounder. Pumpkin and chicken are not good for B-type babies, but orange juice and milk are better suited to them than other babies. Prepare fruit juices and smoothies with fruits like apples, peaches and pears or those listed in blood type recommendations. Watch out for milk substitutes and cereals that contain a lot of maltose, dextrose or fructose, as these sugars do not suit everybody. Food lectins that interfere with the immune system and digestion will constantly harm your child, leading to chronic illnesses in later life. It is wonderful when you can eat together as a family, knowing that the food will suit you and help you all to achieve abundant health. Pregnant mums who know how to feed their loved ones the food best suited to their blood types, have a distinct advantage.

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