



Today

we live in a food paradox whereby quick meals, breakfast foods and snacks are inexpensive and readily available, but they contain little if any nutritional value. Convenience foods are compulsively enticing, but they consist mainly of simple carbohydrates like white flour and sugar with trans-fatty acids, chemicals and preservatives. This sets the scene for weakened immunity and auto toxicity to set in. We have many parasites and pathogens dwelling inside us that are usually kept under control by the liver and immune system, but foods that cause acidity within our blood, organs and tissues, encourage a proliferation of unwanted bacteria, flukes, worms, yeasts, moulds and fungi. Eating food that is not compatible to your blood type can cause immune disorders, allergic reactions, cell agglutination and a proliferation of mucous. Our food has indeed become our poison!

The four basic blood types

Hippocrates inspired the philosophy that doctors should consider the type of patient that has a disease rather than the type of disease a patient has. Blood type reasoning will simplify this process, as people can be classified into four basic categories as dictated to them by their blood types: A, B, AB and O. Each blood type has typical weaknesses, strengths and lifestyle preferences. Well-researched studies by Peter D'Adamo and his team in California have resulted in his best-selling book, *Eat Right 4 your Type*. He claims an 80% success rate for people who use his food recommendations to recover or maintain their health and to lose weight. The aim is to select all the foods that are free of lectins for your blood type. Other foods to be avoided are those that stimulate the activity of polyamines, the substances that cause purification or bacterial complications within the various blood types.

Eating exclusively lectin-free food to suit your blood type is not as mystifying as it sounds. Certain foods are either good or bad for you, regardless of their high protein, vitamin or mineral content or their low fat and carbohydrate levels. The determining factor hinges