



#### AB TYPE FOOD RECOMMENDATIONS

##### AB foods to strictly avoid:

- ▼ Chicken and duck, maize, buckwheat, lima beans and kidney beans, chickpeas, sesame, sunflower and pumpkin seeds, coconut, sago, sorghum, oranges, green pepper, crayfish, hake, octopus, sole, yellowtail, veal. These foods contain lectins that bind to insulin receptors and stimulate the accumulation of fat or aggravate cell agglutination.

##### AB eating habits to reduce stress:

- ▼ Have a good breakfast and a lot of small meals eaten at regular intervals. Do not rely on red meat as your main source of protein, so eat more soya and fish.
- ▼ Don't drink coffee, undereat or skip a meal when you feel upset or threatened. Caffeine or fasting triggers the release of adrenaline and noradrenaline. ABs tend to oversecrete these hormones.
- ▼ Eat foods rich in vitamin A or take supplements to increase the alkalinity of your digestive tract.

##### AB needs to increase natural killer (NK) cells activity

- ▼ The NK cells of the immune system have to keep functioning and their numbers need replenishing as one gets older. Rather maintain them than run out and succumb to pathogenic invasions to which ABs are very vulnerable because of the extra antigens they have inherited from blood type A as well as B.
- ▼ Boost NK cell activity with herbs like olive leaf, echinacea, the amino acid L-lysine, antioxidants and soya products, especially the fermented varieties that are rich in natural enzymes. Take adequate multi-vitamin supplements with plenty of minerals, especially zinc. A diet rich in fresh fruit and vegetables is the best place to start.

#### O TYPE FOOD RECOMMENDATIONS

##### The worst foods for you:

- ▼ Wheat, barley, kidney beans, peanuts, maize, cabbage, cauliflower, Brussel sprouts, dairy products.
- ▼ O non-secretor : oats, soya products, chickpeas, buckwheat, tapioca, aubergine, sunflower seeds.
- ▼ O secretor: lentils, anchovies, button mushrooms.

##### Food that makes blood type O fat:

- ▼ All wheat products like bread, pasta and flour, kidney beans, maize, barley and peanuts, lentils, especially O secretors. These products contain lectins that bind to insulin receptors and stimulate the accumulation of fat.
- ▼ Cabbage blocks thyroid function in O secretors, but the fresh juice is beneficial, especially for gastric ulcers. Brussel sprouts and cauliflower block the thyroid function and this slows down the metabolic rate, so foods turn to fat instead of energy.
- ▼ O non-secretors gain weight easily. In addition to the above foods, the O non-secretor group must avoid oats, spelt flour, soya products, chickpeas, buckwheat, tapioca, sesame seeds, dates, honey and sugar. Soya products can cause extreme obesity due to the anabolic effect of the phytoestrogens in it. Vegetarians in this group who do not eat meat, fish or eggs cannot tolerate soya, wheat and most of the other starches and sugars, thus they get ill or fat.

##### Food that makes blood type O thin:

- ▼ Kelp, seafood, iodised salt, red meat and biltong without the fat, liver, all leafy green vegetables like kale, spinach, lettuce, broccoli and parsley. Substitute wheat and soya products with millet and rye. Learn how to make your own breads, cakes and biscuits. Eat lean meat, vegetables and salads to lose weight.

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*www.naturefresh.co.za, using the tables. Food lists for your blood type can also be downloaded free of charge.*