

vibe

Happy healthy eating

As every individual differs in terms of shape, size, metabolic rate and genetic structure, it only makes sense that various foods will affect different people in different ways.

According to Sue Visser, a leading health researcher and author of *Healthy Happy Eating*, our blood types determine our basic food tolerances. Whilst wheat, soy products and lentils are regarded as healthy, they can cause harm if not tolerated by one's blood type.

One can either react directly to foods with obvious symptoms such as itching, a rash or mucous, fatigue and headaches; or the more long term effects like obesity, cancer and bowel disorders may be experienced. Eating the wrong food slows down the metabolism and harms the immune system.

Says Sue: "Even healthy foods can make one ill if they clash with one's blood type because lectins, which are blood type specific, found in foods, cause cells to stick together or bond to toxic substances. Hence, different foods can be harmful, neutral or beneficial to different blood types, regardless of the vitamin, fibre or protein content - for example peanuts may be more suitable for people with blood type A, than for ones with blood type O. Chicken is harmful to blood type B whereas oranges are beneficial to them."

Blood-type eating does not guarantee a perfect diet and is not a food allergy programme, but merely an indicator of the major troublemakers in one's diet. It is important to eat fresh, organically grown fruit and vegetables wherever possible and to drink only clean, filtered or distilled water. Avoid all chemical additives such as aspartame or tartrazine.

Stepping onto the path of healthy happy eating

Below is a list of some suitable and non-suitable foods for the different blood types:

Blood type A - Suitable foods that can be tolerated:

Barley, oats, rye flour, sunflower seeds, soya beans and milk, most fruits, cauliflower, cucumber, pumpkin, coffee, wine, yoghurt, chicken, trout, all maize products, most beans and pulses.

Blood type A - Non-suitable foods that cannot be tolerated:

Too much milk, butter, pickles, most dairy products (except for yoghurt), beef, oysters, chick peas, oranges, paw paw, cabbage, potatoes, sweet potatoes and black olives.

Blood type B - Suitable foods that can be tolerated:

Barley, oats, lentils, most fruits and vegetables, most dairy products, fava beans, beef, lamb, turkey and ostrich meat.

Blood type B - Non-suitable foods that cannot be tolerated:

All wheat, maize and rye products, lentils, chickpeas, buckwheat, mung beans, chicken, duck, oysters, crab, lobster, mussels, trout, avocado, coconut, peanuts, sesame seeds and sunflower seeds.

Blood type AB - Suitable foods that can be tolerated:

Wheat products, barley, oats, rye flour, soya beans and milk, lentils, apples, apricot, pears, paw-paw, strawberries, most vegetables, wines, most dairy products, red meats, herring, potatoes and pumpkin.

Blood type AB - Non-suitable foods which cannot be tolerated:

All maize products, chick peas, sorghum, buckwheat, coconut, sunflower seeds, sesame seeds,



green pepper, bananas, oranges, radishes and mung beans.

Blood type O - Suitable foods that can be tolerated:

Oat bran, rye flour, paw-paw, guava, banana, mango, sweet potato, tomato, pumpkin, red wine, all meats, most sea-foods, sesame seeds and butter.

Blood type O - Non suitable foods which cannot be tolerated:

All wheat and maize products, potatoes, coconut, lentils, oranges, naartjies, most dairy products, pearl barley, calamari, kidney beans and peanuts.

● *But remember to always consult your doctor or dietician before radically changing your diet.*

Natural and Organic Products Exhibition

To learn more about eating according to your blood type and healthy eating in general, one can visit the Nature Fresh stand at the Natural and Organic Products Exhibition. Sue Visser, a prominent health researcher for Nature Fresh and author of *Healthy Happy Eating*, will also be giving a presentation at the show on the above topic.

The Natural and Organic Products Exhibition will take place at the Sandton Convention Centre from June 25 to 27. Visitors will not only get to see, but to touch the many wholesome natural and organic offerings at this interactive show. Take a look at organic meats, fruits and vegetables; or sample totally natural fruit juices, cereals and nougat.

● *For more information, contact Susan on 011-452-7657 or Caroline on 011-805-5348.*

HEALTHY food means healthy



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