

# WHY SHOULD WE EAT ACCORDING TO A BLOOD TYPE DIET?

By Sue Visser



## 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. Believe it or not, there are even personality and behavioral characteristics that fall into blood type categories. Blood type O has a physical reaction to stress that is best relieved with strenuous physical activity like using a punch bag whereas blood type A needs more calming activities like Yoga or Tai Chi. Their immune systems are different, with the O type being more prone to auto-immune disorders in contrast to the A type susceptibility to some forms of cancer, due to a slacker immune system. Even "attention deficit" children behave differently because of inherited blood type characteristics and the wrong food or medication can make matters far worse. 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 for you or bad for you, regardless of their high protein, vitamin or mineral content or their



and digestive tract, allowing a better tolerance to more foods, especially sugars and starches. For instance: the blood type O secretor can tolerate soya products, but for the non-secretor, soya can cause extreme obesity, thyroid malfunction, hormonal imbalances and breast cancer, regardless of being a highly recommended health food or supplement.

low fat and carbohydrate levels. The determining factor hinges around the antigens you have in your blood that relate to specific food tolerances. People who opt for high-protein and fat diets that eliminate carbohydrates and sugars are not always better off. They may be putting insulin to rest, but severe heart and kidney problems can be experienced by Blood type A individuals who are genetically suited to eating grains and carbohydrates rather than rich meats, oils and fats. On the other hand, calorie-restricted diets that are high in carbohydrates, cucumbers and cauliflower will not really help the O-type constitution that is wheat-intolerant and sensitive to cucumbers and cauliflower! Fruit and juice fasting can interfere with diabetics who are not geared for sugar, especially from fruit they do not tolerate too well. 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

## Blood types have different emotional and spiritual needs

Ever wondered why some members of your family don't handle stress as well as others? Why do certain people curl up with a book, do Yoga or Tai Chi or meditate when they have had a stressful day and others rush off to the gym for kickboxing or play a game squash? It's all in the blood! Blood type O's were formerly hunter-gatherer types and are better suited to letting off steam physically whereas blood type A's were grain cultivators and preferred more peace and quiet. A's react badly to stress and release too much cortisol that tends to make them ill.

Blood type B is not so good with stress either and is not always inclined to reflect inwardly, like the A's. It's quite amusing to note how many group leaders, networking agents and party leaders are blood type B! It's in their genes as they were herders of sheep and goats. They have a balanced outlook on life and are pretty easy-going people. Blood type AB have inherited characteristics from types A and B but they tend to be hardheaded people who know what they want. When it comes to food preferences, blood type AB has many sensitivities that can relate directly to many of their illnesses. They are often spiritually perceptive and gifted people, but only make up about 2% of our population.