Eat Right for Your Blood Type

Presented by
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for the Sheboygan Natural Health Classes

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What we will do today:

- Review Blood Type information
- Go deeper into understanding how Blood Types and Diets affect your health
- Look at D’Adamo’s and Christano’s books
- Watch internet videos showing current information
- Have some Fun and Learn a Lot!
Benefits of Using Blood Type Info.

• Lowers Cholesterol
• Lowers Weight and Blood Pressure
• Improves Health which may allow reduction of medications, which saves money
• You will feel and look better!


www.dadamo.com - Dr. Peter D’Adamo
His book: Eat Right for Your Type
Review

• 4 Blood Types
  – “O” for Oldest & zero/no antigens- Anti A & Anti B antibodies= Universal Donor- But can only receive blood from another “O”.
  – “A”=Agrarian and A antigens// Anti-B antibodies
  – “B” = Balanced- B antigens// Anti-A Antibodies
  
  Type A’s and B’s cannot exchange blood
  – “AB”- A & B antigens// No Antibodies-
  AB is the Universal Receiver
What’s a Lectin?

• D’Adamo- “Any compound, usually protein, found in nature which interacts with antigens found on the body’s cells, causing them to agglutinate. Found in common foods and are usually blood type specific.”

• Lectins- Proteins found Everywhere, especially in Food
  – Abundant, and Diverse
  – Agglutinating Properties Affecting Blood, Mucosal linings in Organs and Gut.
  – Causes ‘things’ in nature to stick to other ‘things’ in nature

• Dangerous “Glue”- Think of Velcro or Super Glue
  – Chemical reaction between Blood & Food
  – Cancer cells have lots of antigens, so lectins agglutinate them in preference to normal cells.
Lectins

A lectin is just a small protein. They are good and bad things. Helpful or destructive. They are naturally occurring proteins in many species of plants and animals. Plant lectins are used as a defense system to kill fungus and small insects. Lectins are found in many grains like wheat (bran, germ, refined, semolina, Couscous, whole, and white flour), corn, barley, etc. Some lectins are bad for everybody, like the ones in castor beans. If you extract castor bean lectins, you end up with a well known biological poison called Ricin.

Lectins can:
✓ Clot Blood Cells Together
✓ Cause Acute and Chronic Inflammation
✓ Destroy Intestinal Microvilli
✓ Attach to Insulin Receptors & cause cells to become Insulin Resistant
✓ Store Fat
✓ Slow Absorption of Protein and other Nutrients
Common Food Lectins

- Eggs
- Tomato, Potato, Eggplant
- Soy & other Beans & Peanuts
- Nuts
- Gluten found in Wheat, Rye, Barley, Malt, Oats
- **All processed foods** (almost all will contain Lectins)
- Dairy- including all Milk Products- Milk, Cheese, Cottage cheese, Ice Cream, Yogurt
Lectins cont’d

Other lectins are blood type specific, meaning they only affect one or two blood types, but not the others. This works because lectins are like Velcro to your blood cells. If you eat a fruit or seed with a lectin that likes your blood type, it will cause your blood cells to stick together (agglutinate) like in the picture below.
Lectins in “B” Blood Type

It’s the same reason people who are Type B aren’t allowed to eat chicken. Chicken has a lectin specific to type B and AB, which will cause their cells to clot together. Turkey does not.

Excerpted from:
http://www.battleforhealth.com/Battle_for_Health/Lectins.html
Lectins cont’d

This is why, for example, people who are blood type O can eat bananas, yet people who are type A and AB should avoid them. The lectins in bananas don’t stick to O blood cells, but they do stick to A cells:
Lectins & Auto Immune Connection

Lectins go to all these places and contribute to immune dysfunction.
✓ Clot your blood cells together

Cause acute and chronic inflammation (under construction)

✓ Destroy intestinal microvilli

Attach to insulin receptors and cause cells to become insulin resistant and store fat (under construction)

Slow the absorption of protein and other nutrients (UC)

http://www.youtube.com/watch?feature=player_embedded&v=UQ5t6r_FiT4  “I Choose” Video 3  Lectins

http://www.youtube.com/watch?feature=player_detailpage&v=UQ5t6r_FiT4  ‘Substance’- Video 4

http://www.youtube.com/watch?feature=player_detailpage&v=dphSxstn_lg  Software- video 5 Allels, Genes, DNA

http://www.youtube.com/watch?v=dZY2IteW1mg  J. Christiano interview
Internet Videos

• http://www.battleforhealth.com/Battle_for_Health/Blood_Type_Diet.html

http://www.battleforhealth.com/Battle_for_Health/Home_page.html  Eric Morrison’s video explaining Lectins and Agglutination

• http://www.battleforhealth.com/Battle_for_Health/Blood_Type_Diet.html

• http://www.eatrightmovie.com/Eat_Right/Home.html  Promo of Eric Morrison’s forthcoming video on Blood Type Diets

These sites are down for right now
Percentage of Each Blood Type

- Type "O": 45%
- Type "A": 40%
- Type "B": 11%
- Type "AB": 4%
# Blood Type Personalities

<table>
<thead>
<tr>
<th>Type “O” The Hunter</th>
<th>Type “A” The Cultivator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strong &amp; Athletic</td>
<td>Settled</td>
</tr>
<tr>
<td>Self- Reliant &amp; Robust</td>
<td>Cooperative</td>
</tr>
<tr>
<td>Ambitious Leader</td>
<td>Orderly</td>
</tr>
<tr>
<td>Outgoing (can be arrogant)</td>
<td>Gentle, Appears calm on the outside, but anxious on inside</td>
</tr>
<tr>
<td>Resilient</td>
<td></td>
</tr>
<tr>
<td>Has a temper, but recovers quickly and then lets it go</td>
<td>May Hold onto grudges too long, which affects stress level</td>
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Blood Type Personalities

**Type “B”**

The Nomad

- Balanced
- Flexible & Optimistic
- Creative & Compassionate
- Individualistic
- Takes time to understand, but dislikes confrontation
- Pursue Careers in Medicine, Law, Science, & Technology

**Type “AB”**

The Enigma

- Rare
- Charismatic
- Mysterious
- Cool, Controlled
- Introverted & Rational
- Do things their own way

http://www.huffingtonpost.co.uk/2012/01/27/what-your-blood-type-says-about-your-personality_n_1236261.html#s643534&title=Blood_Type_B
Type “O”
# Type “O" - The Hunter

## Strengths
- Hardy Digestive System
- Strong Immune System
- Longest Lifespan
- Efficient Metabolism
- Blood has Thinner viscosity than A, B, & AB’s = less susceptible to heart disease
- More Stomach/Peptic Acid than A, B, AB’s

## Weaknesses
- Intolerant to new dietary environmental conditions
- Immune Systems can be overactive - attacks itself
- Strokes
- Blood Clotting Disorders
- Inflammatory Diseases - arthritis, etc.
- Low Thyroid Production
- Ulcers & Allergies
<table>
<thead>
<tr>
<th>Supplements</th>
<th>Exercise Regimen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B</td>
<td>Intense Physical Exercise such as aerobics, martial arts, contact sports, Circuit Training, bicycling, running, swimming, raking leaves, construction, etc. and Weight Training.</td>
</tr>
<tr>
<td>Vitamin K</td>
<td></td>
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<tr>
<td>Calcium</td>
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</tr>
<tr>
<td>Iodine</td>
<td></td>
</tr>
<tr>
<td>Licorice</td>
<td></td>
</tr>
<tr>
<td>Kelp</td>
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</tbody>
</table>

See Christiano’s book for more on exercise programs. Or this website: http://www.1001healthsecret.com/exercise-right-for-your-blood-type/
Type “O”- THE HUNTER cont’d

Diet Profile

- High Protein Meat Eaters
- Meat- Beef, Turkey
- Fish- Salmon
- Vegetables- Artichoke
- Fruit- Figs, Plums
- Mozzarella Cheese
- Limit- Grains, Beans, Legumes, Peanuts

Wt. Loss key

Avoid: Pork, Wheat, Corn, Kidney & Navy Beans, Lentils, Cabbage, Brussels Sprouts, Cauliflower, Potatoes, Melons, Oranges, and Mustard Greens

Beneficial:
Kelp, Seafood, Salt, Liver, Red Meat, Kale, Spinach, Broccoli, Greens
<table>
<thead>
<tr>
<th>Strengths</th>
<th>Weakness</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Adapts well to Dietary &amp; Environmental changes</td>
<td>• Sensitive Digestion</td>
</tr>
<tr>
<td>• Immune System preserves &amp; Metabolizes Nutrients more easily</td>
<td>• Thick Blood</td>
</tr>
<tr>
<td>• 2\textsuperscript{nd} most popular blood type</td>
<td>• Shortest Life Span</td>
</tr>
<tr>
<td>• Makes for a great Vegetarian - must avoid almost all animal protein = Enzymes unavailable</td>
<td>• Affected by Stress</td>
</tr>
<tr>
<td></td>
<td>• Heart Disease, High Blood Pressure, Cancer, Anemia, Liver &amp; Gall Bladder disorders, enlarged heart</td>
</tr>
<tr>
<td></td>
<td>• Type 1 Diabetes</td>
</tr>
</tbody>
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Type “A”- THE CULTIVATOR cont’d

Dietary Profile

• Vegetarian- Use Plant-form Protein, not animal
• Vegetables- Broccoli, Carrots, Romaine Lettuce, & Spinach
• Tofu, Seafood, Grains, Beans, Legumes, Lentils,
• Fruit- Blueberries, Blackberries, Cranberries, Prunes, & Raisins
• Soy Cheese & Milk

Wt. Loss Key

• **Avoid:**
• Animal Protein/Meat
• Dairy
• Kidney, Lima, & Navy Beans
• Wheat
• Eggplant, Peppers
• Tomatoes
• Cantaloupe & Honeydew melons
**Type “A” - THE CULTIVATOR cont’d**

### Supplements
- Vitamin B-12
- Folic Acid
- Vitamin C
- Vitamin E
- Hawthorn
- Echinacea
- Quercitin
- Milk thistle

### Exercise Regimen
- Needs Calming, Stress Management and Centering Exercises - Reduce Stress
- Deep Breathing - Do often!
- Yoga, Tai Chi, Qi Gong
- Walking/Hiking
- Stretching - Slow Body Weight Exercises, Kettle Bells
- Housework, Help someone move
- Gardening & Carpentry
**Type “B” - The Nomad**

<table>
<thead>
<tr>
<th><strong>Strengths</strong></th>
<th><strong>Weaknesses</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Strong Immune System</td>
<td>• No Natural Weaknesses</td>
</tr>
<tr>
<td>• Versatile adapting to Dietary and Enviro. changes</td>
<td>• Imbalances cause tendency toward Auto-Immune breakdowns and catching rare viruses- Lou Gehrig’s disease, Lupus, Multiple Sclerosis, &amp; Polio</td>
</tr>
<tr>
<td>• Balanced Nervous System</td>
<td>• Type 1 Diabetes</td>
</tr>
<tr>
<td>• Blood not as Thin as “O”, but not as Thick as “A”</td>
<td>• Chronic Fatigue Syndrome</td>
</tr>
<tr>
<td>• Can Eat/Metabolize Dairy &amp; a Variety of Foods</td>
<td></td>
</tr>
<tr>
<td>• 2(^{nd}) Longest Life Span</td>
<td></td>
</tr>
</tbody>
</table>
| • Most pursue careers in Medicine, Law, Science, and Technology | }
The Nomad cont’d

Diet Profile

- Balanced Omnivore Meat, but NO Chicken
- Dairy- Farmer, Feta, & Mozzarella Cheese
- Grains
- Beans- Kidney, Lima, Navy
- Legumes
- Vegetables-Broccoli, Greens, & Cabbage
- Fruit- Pineapple, Plums

Wt. Loss Key

Avoid:

Beneficial:
- Greens, Eggs, Venison, Liver
- Licorice Root
- Tea
Type “B” The Nomad cont’d

Supplements

• Magnesium
• Licorice
• Ginkgo
• Lecithin
• “B’s” get most of their Vits., Minerals, & Amino Acids from their diet
They live longer than “A’s” and “AB’s”

Exercise Regimen

Moderate Physical Exercise with Mental Balance-
• Hiking, Biking-Long & Slow
• Tennis
• Swimming
• Light Running
• Elliptical Machine
• Dumbbells
• Balancing Exercises
Type “AB” - THE ENIGMA

**Strengths**

- Designed for Modern Conditions
- Highly Tolerant Immune System
- Combines benefits of Type A and Type B
- The only Type with two Dominant Traits

**Weakness**

- Sensitive Digestive Tract
- Immune System - Too ‘Welcoming’ - lets in bad microbes
- Susceptible to both A & B diseases - prone to Cancer, Heart Disease, Anemia, Auto-Immune Disorders, Hormonal & Chemical Imbalances - esp. Women
Diet Profile

- Mixed diet in moderation
- Dairy
- Meat - small amounts
- Seafood
- Navy, Pinto, & Soy Beans
- Greens - Dandelion, Mustard
- Kelp
- Figs, Grapes, Plums, & Pineapple

Wt. Loss Key

Avoid: Chicken, Pork, Haddock, Lobster, & Shrimp, Red Meat
- Kidney & Lima Beans
- Seeds, Corn, Peppers, Mangoes, Oranges, Guava, Buckwheat

Beneficial:
- Tofu, Seafood, Dairy, Greens, Kelp, Pineapple
Supplements

• Vitamin C
• Echinacea
• Valerian
• Quercitin
• Milk Thistle

Exercise Regimen

• Calming, Stress Management and Centering Exercises
• Yoga, Tai Chi, Qi Gong
• Combine with: Walking/Hiking, Cycling, Tennis
Dr. Peter D’Adamo

• His Father spent 50 years researching this
• Books- *Eat Right for Your Type*, *Live Right for Your Type* and the *GenoType Diet*
  – Meal plans, Exercises, Stress Reduction and Charts
• Dr. Peter continues to do research
• Eric Morrison will be doing a documentary: [http://www.eatrightmovie.com/Eat_Right/Home.html](http://www.eatrightmovie.com/Eat_Right/Home.html)– See also: [www.battleforhealth.com](http://www.battleforhealth.com)

*These sites are down for right now*
Dr. Joseph Christiano, N.D.

• Former ‘Mr. Florida’ Body Builder
• Author- **Blood Types, Body Types and You**
  – Contains extensive listings of meal plans and recipes for each Blood Type
  – Contains chapters on weight loss and exercises
  – Contains info. on Genetics
  – [www.bodyredesigning.com](http://www.bodyredesigning.com)
  – Article by Dr. Oz on Blood Type and Wt. Loss: [http://www.bodyredesigning.net/dr-oz-blood-type-diet.asp](http://www.bodyredesigning.net/dr-oz-blood-type-diet.asp)
Weight Loss

**Foods**

- Don’t eat foods that aren’t good for you or your blood type
- Eliminate or severely reduce sugar of all forms, esp. high fructose corn syrup
- Add more fiber to diet
- Keep 3 day chart of all that you eat and how you feel

**Exercising**

- Strength Training*
- Circuit Training*
- Wt. Training*
- Walking/Hiking
- Swimming
- Bicycling
- Gardening
- **Stress Management**
  - Laughing, Deep Breathing, Being with Friends

* [www.bodyredesigning.com](http://www.bodyredesigning.com) - Christiano

Body Shapes per Christiano

**Pear**
- Body is bottom heavy. Wt. gained goes to hips, thighs, buttocks.
- Work on Upper body, while reducing lower.

**Apple**
- Body is top heavy. Wt. gained in upper body/waist.
- Build leg muscles & tone buttocks

**Banana**
- Body lacks curves. Wt. gain goes equally to upper and lower body
- Firm, tone & build both areas

Videos available for exercises: [www.bodyredesigning.com](http://www.bodyredesigning.com) or 1-800-259-2639
Detoxification

• Eliminate foods that aren’t good for you or your blood type

• Do internal cleansing of eliminative organs
  – Colon
  – Liver
  – Kidneys
  – Lungs- Deep Breathing
  – Skin- Dry Skin brushing

Clean Start Cleansing Program

Weight Loss & Thermogenesis

• Eating stimulates your metabolism- not dieting!

• **Keep your metabolism in perpetual motion**
  – Improve BMR (Basic Metabolic Rate)
  – Eating compatible foods does this by eliminating excess toxins, which typically are stored in fat
  – Also, lectins in compatible foods don’t interfere with digestion and assimilation

• **Thermogenesis allows body to burn fat to create energy**- Can take wt. loss supplements to help.

References