

Blood Type Diet
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Raise your hands. How many of you like to eat?

As many of our activities include a meal before, during, or after the event, and we have all earned the Knife and Fork Degree, I think it is important to talk about food. How many of us get enough of the right kinds of food every day—protein, carbohydrates, fats, and even water? Tonight, I will talk about diet, focusing on the Blood Type Diet.

Dr. D'Adamo - Benefits of following the Blood Type Diet:

- Many common viruses and infections are reduced
- Body loses weight as it rids itself of toxins and fats
- Risk of cancer, cardiovascular disease, diabetes, and liver failure are reduced
- Aging process is slowed, allowing for living longer

Before starting diet – mid-July 2010

Exercise – Walking 1 mile one-way between home and Metro in 15 minutes

Weight – 170 clothed

BMI - Overweight

Now

No change in exercise routine

Weight – 148 clothed

BMI - Healthy

Something caused me to lose weight.

The Blood Type Diet is one of 60 different diets listed on That'sFit.com. Dr. Peter J. D'Adamo says that foods contain proteins called lectins. Digesting a food containing a lectin that is not compatible with your blood type causes these incompatible lectins to agglutinate blood cells and act as a poison to the target organ. Different lectins target different organs and body systems.

Blood Type A

As Type As are predisposed to heart disease, cancer, and diabetes, it is important to fresh, pure, and organic foods. Type As have a hard time digesting meat because of a low stomach-acid content. Nuts and seeds should supply the important protein component.

Foods that encourage weight gain:

Meat – poorly digested; stored as fat; increases digestive toxins

Kidney beans – interfere with digestive enzymes; slow metabolic rate

Foods that encourage weight loss:

Soy foods – aid efficient digestion; metabolize quickly; optimize immune function

Pineapple – increases calorie utilization; increases intestinal mobility

Foods that are super beneficial for cancer:

Broccoli

Salmon

Foods that are super beneficial for diabetes:

English and Black Walnuts

Pumpkin

Blood Type B

Type Bs are more prone to immune-system disorders such as multiple sclerosis, lupus, and chronic fatigue syndrome. The biggest factors in weight gain are corn, buckwheat, lentils, peanuts and sesame seeds because they affect the efficiency of the metabolic process, and result in fatigue, fluid retention, and hypoglycemia. It is important to leave off chicken for Type Bs because chicken can potentially lead to strokes and immune disorders.

Foods that encourage weight gain:

Corn – inhibits insulin efficiency; hampers metabolic rate; causes hypoglycemia

Peanuts – hamper metabolic efficiency; cause hypoglycemia; inhibit liver function

Foods that encourage weight loss:

Meat – aid efficient metabolism

Eggs/low-fat dairy products – aid efficient metabolism

Foods that are super beneficial for cancer:

Lamb

Curry powder

Foods that are super beneficial for diabetes:

Broccoli

Ricotta Cheese

Blood Type AB

Tofu is a good protein supplement for Type ABs. Type ABs can tolerate dairy foods fairly well and benefit from a diet rich in rice rather than pasta. Type ABs have a weaker immune system, and benefit from vegetables which are high in phytochemicals

and the more alkaline fruits, which can help to balance the grains that are acid forming in the muscle tissues

Foods that encourage weight gain:

Red meat – poorly digested; stored as fat; toxifies intestinal tract

Corn – inhibits insulin efficiency

Foods that encourage weight loss:

Dairy – improves insulin production

Pineapple – aids digestion; stimulates intestinal mobility

Foods that are super beneficial for cancer:

Cherries

Parsley

Foods that are super beneficial for diabetes:

Grapefruit

Broccoli

Blood Type O

Type Os can efficiently digest and metabolize meat because they tend to have high stomach-acid content. The leading factor in weight gain for Type Os is the gluten found in wheat germ and whole wheat products, which interferes with insulin efficiency and slows the metabolic rate. They should eat more vegetables that are high in Vitamin K, to help the clotting factor which is weak in Type Os.

Foods that encourage weight gain:

Corn – interferes with insulin efficiency; slows metabolic rate

Kidney beans – impair calorie utilization

Foods that encourage weight loss:

Red meat – aids efficient metabolism

Seafood – contains iodine; increases thyroid hormone production

Foods that are super beneficial for cancer:

Blueberries

Swordfish

Foods that are super beneficial for diabetes:

Raw Onions

Beef

Some of you are thinking. This sounds easy. All I need to do is eat the foods that are good for my blood type, avoid the others, and I will be healthy. That was my attitude for about 18 months, until I discovered I was starting to gain weight.

So, I re-read D'Adamo's book on The Genotype Diet. In this book, he explains how to measure your torso and legs, take fingerprints, check the jaw shape and teeth patterns, and take other measurements to find your genotype. Dr. D'Adamo identified six genotypes. He says that some beneficial foods can be detrimental to the body over long periods of time. They should be avoided for about six months before resuming.

Then, I started reading about the pH of foods. The body maintains a pH that is slightly alkaline, about 7.4. Some people say that we should primarily eat foods that are alkaline, and limit those foods that are acid. Unfortunately, most of the foods we like to eat--meats, fish, and poultry, and white rice and potatoes--are very high in acid. When studying the chart of acid and alkaline foods, most vegetables are alkaline. This may be one reason why we should be eating lots of veggies every day.

Some guidelines I try to follow:

- I eat breakfast every day because it is the most important meal of the day
- I eat protein at breakfast to start my metabolism for the day
- I eat sprouted breads because they are one of the most nutritious breads
- I eat a meal or snack every three or four hours because eating less frequently sends a signal to the body that it is starved and slows the metabolism
- I increase my intake of vegetables because they are fiber
- I drink lots of water for increased health
- I increase my intake of alkaline foods and reduce my intake of acid foods
- I do not eat two to three hours before going to bed
- I avoid shrimp, crab, and pork products because they are not recommended for any blood group
- I avoid sugar in all forms because they are a poison
- I avoid products made from cow's milk to reduce mucus buildup and allergies

In conclusion, we all need the same vitamins and minerals to survive. But, maybe we need them from different sources. And maybe we need to rethink the kinds of foods we eat to live healthier. As one person said, we have a choice: Live to eat...or Eat to live.