

The background features a soft-focus illustration of various blood cells, including red blood cells (biconcave discs) and white blood cells (spherical with granules), set against a light blue and green background with faint, overlapping geometric shapes.

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.bodyredesigning.com - Dr. Joseph Christiano.

His book: Blood Types, Body Types & You

www.dadamo.com - Dr. Peter D'Adamo

His book: Eat Right for Your Type

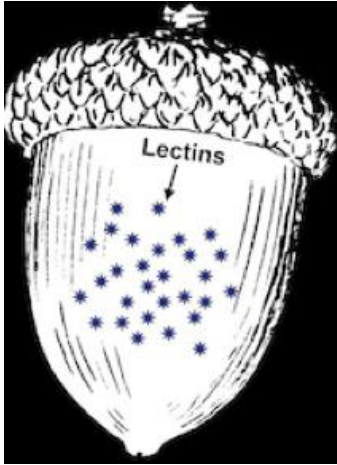
Review

- 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:

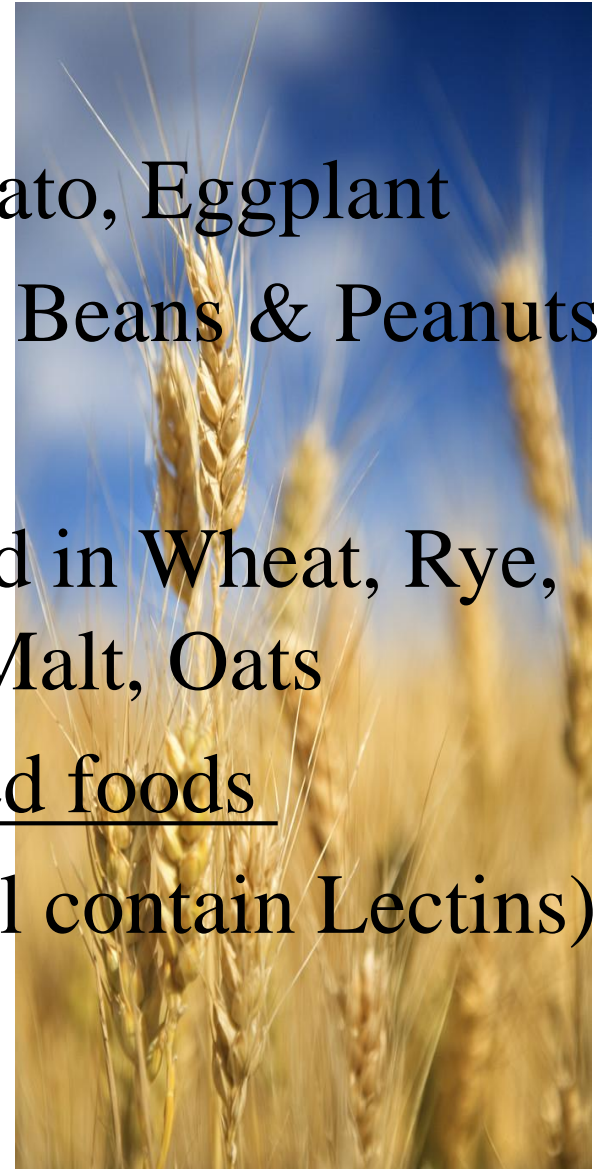
- ✓ **Clot Blood Cells Together**
- ✓ **Cause Acute and Chronic Inflammation**
- ✓ **Destroy Intestinal Microvilli**
- ✓ **Attach to Insulin Receptors & cause cells to become Insulin Resistant**
- ✓ **Store Fat**
- ✓ **Slow Absorption of Protein and other Nutrients**

Common Food Lectins



- Dairy- including all Milk Products- Milk, Cheese, Cottage cheese, Ice Cream, Yogurt

- 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)



Lectins cont'd

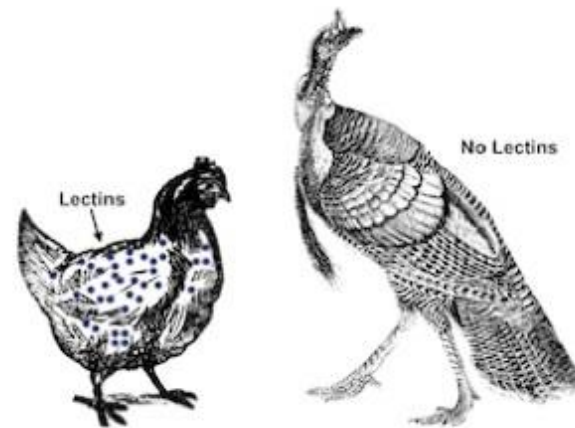
Other lectins are blood type specific, meaning they only affect one or two blood types, but not the others. This works because lectins are like Velcro to your blood cells. If you eat a fruit or seed with a lectin that likes your blood type, it will cause your blood cells to stick together (agglutinate)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



Lectin

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.

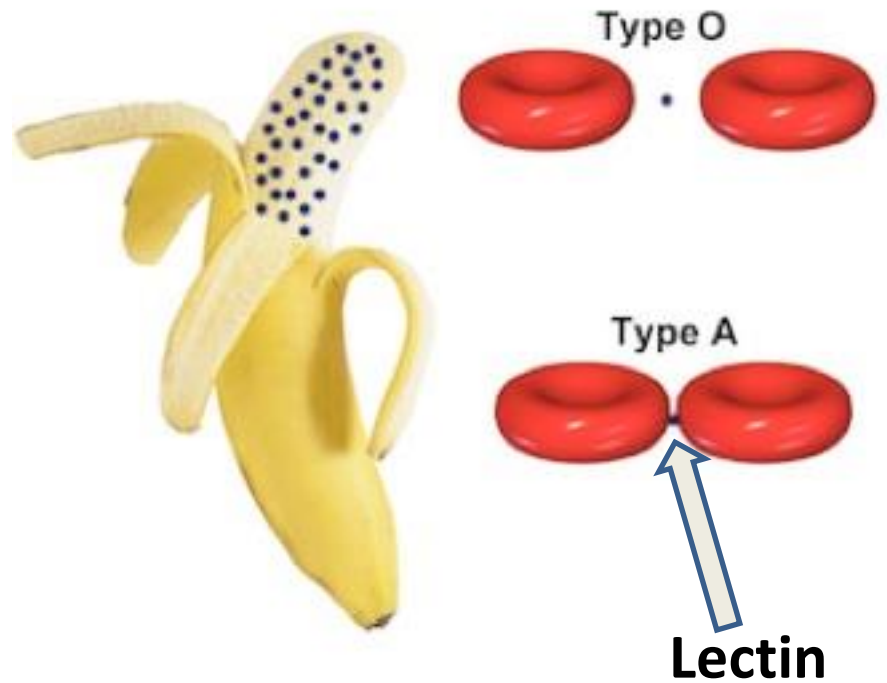


Excerpted from:

http://www.battleforhealth.com/Battle_for_Health/Lectins.html

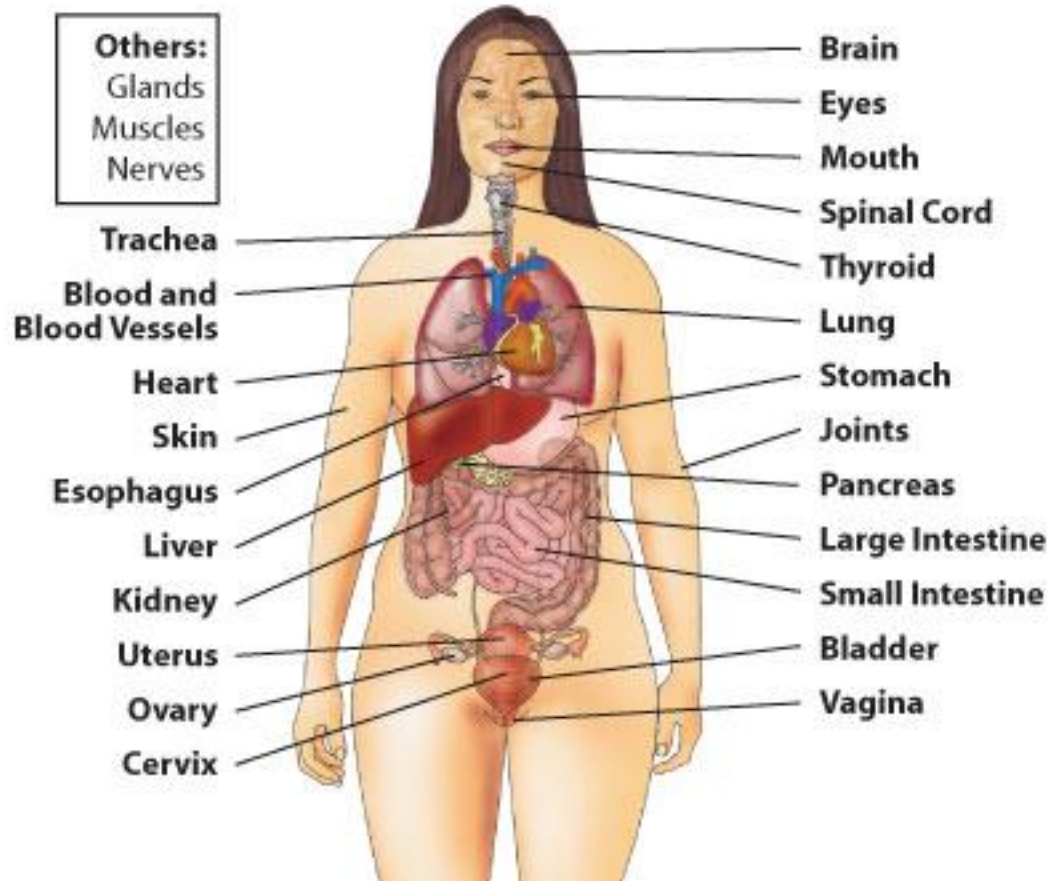
Lectins cont'd

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

Body Parts That Can Be Affected by Autoimmune Diseases



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

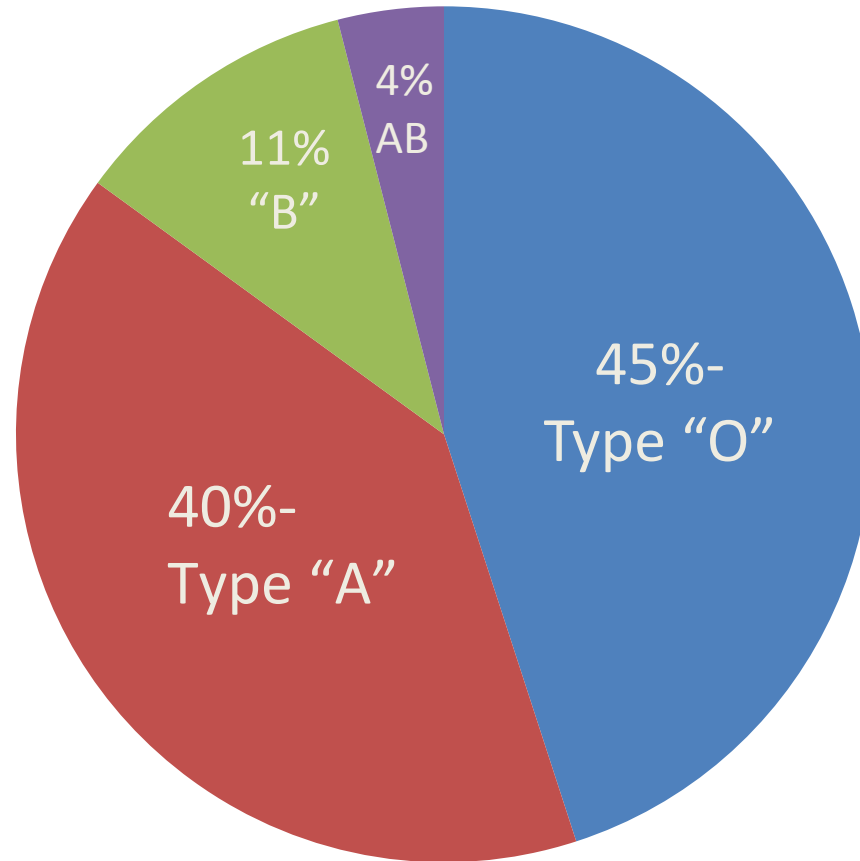
- http://www.battleforhealth.com/Battle_for_Health/Blood_Type_Diet.html

- 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" ■ Type "A" ■ Type "B" ■ Type "AB"

Blood Type Personalities

Type “O”

THE HUNTER

- Strong & Athletic
- Self- Reliant & Robust
- Ambitious Leader
- Outgoing (can be arrogant)
- Resilient
- Has a temper, but recovers quickly and then lets it go

Type “A”

THE CULTIVATOR

- Settled
- Cooperative
- Orderly
- Gentle, Appears calm on the outside, but anxious on inside
- May Hold onto grudges too long, which affects stress level

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](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

Type “O” THE HUNTER cont’d

Supplements

- Vitamin B
- Vitamin K
- Calcium
- Iodine
- Licorice
- Kelp

Exercise Regimen

Intense Physical Exercise such as aerobics, martial arts, contact sports, Circuit Training, bicycling, running, swimming, raking leaves, construction, etc. and Weight Training.

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

Type "A" - THE CULTIVATOR

Strengths

- Adapts well to Dietary & Environmental changes
- Immune System preserves & Metabolizes Nutrients more easily
- 2nd most popular blood type
- Makes for a great Vegetarian- must avoid almost all animal protein= Enzymes unavailable

Weakness

- Sensitive Digestion
- Thick Blood
- Shortest Life Span
- Affected by Stress
- Heart Disease, High Blood Pressure, Cancer, Anemia, Liver & Gall Bladder disorders, enlarged heart
- Type 1 Diabetes

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*

Strengths

- Strong Immune System
- Versatile adapting to Dietary and Enviro. changes
- Balanced Nervous System
- Blood not as Thin as “O”, but not as Thick as “A”
- Can Eat/Metabolize Dairy & a Variety of Foods
- 2nd Longest Life Span
- Most pursue careers in Medicine, Law, Science, and Technology

Weaknesses

- No Natural Weaknesses
- Imbalances cause tendency toward Auto-Immune breakdowns and catching rare viruses- Lou Gehrig’s disease, Lupus, Multiple Sclerosis, & Polio
- Type 1 Diabetes
- Chronic Fatigue Syndrome

Type “B” *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:

- Corn, Lentils, Peanuts, Sesame Seeds, Buckwheat, Wheat, Amer. Cheese, Ice Cream. Pumpkin, Tofu, Rhub.

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

Type “AB”- **THE ENIGMA** cont’d

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

Type “AB”- **THE ENIGMA** cont’d

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–See also: 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
 - Article by Dr. Oz on Blood Type and Wt. Loss:
<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

<http://www.quickdietplans.com/>

* 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

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](#)

<http://www.naturessunshine.com/us/product/cleanstart-wild-berry-14-day/sku-3993.aspx>

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

- Christiano, Joseph, N.D., Blood Types/Body Types, Siloam Publishing, 2004, 2008.
www.bodyredesigning.com
- D'Adamo, Peter J., Whitney, Catherine, Putnam Sons Publishing, 1996.
www.dadamo.com