

Blood Group Diets and Eating

GROUP O

Group O blood is thought to have evolved during the stone-age period of human existence, when the diet was high in red meat and included very little in the way of dairy product and grains.

Health disorders. Those individuals with group O blood are susceptible to asthma and hay fever and because their immune system is very vigorous, inflammatory diseases such as arthritis and colitis.

Diet Dr Peter D'Adamo in his book *The Eat Right Diet* recommends a diet high in animal protein in the form of red meat. He says Type Os have an intolerance of whole wheat products because they contain lectins that react with the blood and digestive tract and interfere with absorption of beneficial foods. The gluten found in wheat is the biggest cause of weight gain for Type Os because it slows down metabolic rate. Foods that aid efficient metabolism include liver, red meat, spinach and broccoli. Iodine-rich foods such as kelp, seafood and iodized salt should be eaten as Type Os often have insufficient iodine, which is essential for thyroid hormone production.

Exercise A vigorous exercise regime, which includes such activities as aerobics and weight lifting, to help burn off the animal protein, should be undertaken.

TYPE O DIET

Eat red meat and seafood Avoid wheat Drink soda water but not coffee Eat small amounts of dairy products

GROUP A

Group A blood emerged with the advent of agriculture, so a vegetarian diet is recommended. Suitable foods include: grains, beans, soy, buckwheat, lentils and fish.

Health disorders. This group is predisposed to cancer, heart disease and diabetes. Type As produce more mucus than other types probably because they need extra protection for their too-friendly immune systems.

Diet As' those with group A blood produce very little digestive hydrochloric acid, they should avoid red meat and dairy products. Whereas red meat speeds up the metabolic rate of a Type O, it does the exact opposite for a Type A says Dr Peter O' Adamo. Other foods that slow down the metabolic rate of Type As, and so should be avoided, are dairy products, kidney beans, lima beans and chickpeas. Too many dairy products will also produce an excess of mucus. Avoid eating too much wheat as it impairs calorie utilization. Foods that aid efficient digestion and metabolism are vegetable oils, Soya foods, vegetables and pineapple.

Exercise A gentle exercise regime focusing on such activities as yoga, isometrics, golf and meditation is suitable.

TYPE A DIET

Eat beans and pulses, but not all
Drink red wine but not beer
Avoid all meats, especially processed
Eat small amounts of dairy products

GROUP B

Group B evolved among nomadic herders who, travelled through Africa to Asia and the Americas. A combination of groups A and: O, it is the only type that thrives on dairy products.

Health disorders: This group is prone to urinary tract infections! and to slow-growing viruses that attack the nervous system, for: example, multiple sclerosis. According to Dr Peter O' Adamo, this; susceptibility can be reversed by eating correctly. I

Diet In addition to dairy products, light meats such as venison and ~ lamb, fish and most grains are also tolerated. Chicken and corn I can aggravate. The biggest causes of weight gain in Type Bs are I corn, buckwheat, lentils, peanuts and sesame seeds because they: affect insulin production and result in tiredness, fluid retention and I hypoglycemia, a severe drop in blood sugar after eating a meal.

Foods that help metabolism efficiency are green vegetables, meat, I liver, eggs. Type Bs thrive on fish, especially deep-sea varieties such as cod and salmon, but should avoid all shellfish as they contain lectins that are disruptive to the Type B system.

Exercise A moderate exercise programme that incorporates activities such as swimming and walking can be beneficial. :

TYPE B DIET

Eat a variety of dairy products and fish
Drink green tea but not distilled spirits
Avoid chicken, corn, nuts and seeds
Eat small amounts of pasta and rice

GROUP AB

Group AB, the most recent to evolve, is a combination of many of the traits of groups A and B.

Health disorders Along with group A, ABs are more prone to cardiovascular and inflammatory bowel disease. Bacterial infections are also more frequent in group AB. However, it is said to have the friendliest immune system of all the blood groups and can tolerate a wide range of food.

Diet Like group B, meat protein is required, but in smaller, less frequent amounts. Nevertheless, meat is not tolerated as well as seafood, dairy products, nuts, soy and wheat-free foods. Kidney beans, lima beans, seeds, sweet corn and buckwheat all encourage weight gain, unlike tofu, seafood, green vegetables, kelp, dairy foods, alkaline fruits and pineapple. Dr Peter D'Adamo says type ABs should watch out for excess mucus production that may indicate a need to cut down on dairy foods. Avoid oranges as they are a stomach irritant: the acidic fruit cause irritation in the sensitive alkaline Type AB stomach.

Exercise Calming exercises and relaxation techniques such as tai chi, yoga and meditation have a good effect.

TYPE AB DIET

Eat dairy products

Drink coffee, but not tea

Avoid all smoked or cured meats and oranges

Eat small amounts of nuts and seeds

Please note that we do not necessarily recommend the contents of this page. For some people it seems to work.

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