

A **FRO** **B**eyondist **C**ivilization



BEYONDISM
Naturopathic
CURE

Researched
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ABSTRACT

'*Eat Right for Your Type*' (1996), a 'New York Times' bestseller is the first and only book that makes health and nutrition recommendation based on your unique genetic individuality. The author of this book which is out to revolutionize the medical field, Dr. Peter D'Adamo cites the works of biochemists and glyco-biologists who have researched blood groups, claiming or implying that their research supports his theory. D'Adamo is a naturopathic physician, who is credited for having the most advanced natural healing method incorporating age-old technique in a very thoughtful modern way. Though his revolutionary breakthroughs attracted a hail of criticism (most from the beneficiary of scientific and economic status quo), none has succeeded in offering a sound scientific basis. Few of these criticisms present any proof for their assertion. Most are *ad hoc* offerings from acolytes of other dietary systems, diet book authors and individuals who are fiercely opposed to naturopathic medicine. A special few are outright intellectually dishonest. Dr. D'Adamo explains that the practical application of the blood type "key" is that it enables you to make informed choices about your dietary, exercise, supplement, and even medical treatment plans. With the blood type "road map," these plans can now "correspond to your exact biological profile" and "the dynamic natural forces within your own body." The basis of the blood type diet is that when you eat foods containing protein lectins (abundant and diverse proteins found in the foods we eat, and which have agglutinating properties that affect the blood) that are incompatible with your blood type antigen, the lectins will target an organ or bodily system and begin to agglutinate (form clumps, or gather together in clumps) cells in that area.

BLOOD TYPE O:

According to D'Adamo, being the oldest of the blood types, the digestive tracts of the Type O's retain the memory of ancient times. The high-protein and low-carbohydrate diet in combination with intense physical activity mirrors the hunter-gatherer lifestyle of ancient man. Milks and grains are not handled as well by the Type O's since these foods did not become part of the human diet until much later.

Here is an analysis of the food to eat and to avoid in order to keep yourself healthy. In our discussion here, it is worth noting that those foods which are categorized as 'Food not allowed', do not precisely imply bad or dangerous foods to you. They are basically foods which may not augur well with you, and which you should try to minimize their intake as much as you can.

Protein: - All kinds except those listed as not allowed.

The more stressful your job or demanding your exercise program, the higher the grade of protein you should eat.

Most Beneficial: *Beef, Lam, Mutton, Veal, Venison.*

Type O's can efficiently digest and metabolize meats.

Food not allowed: *Bacon, Ham, Goose, Pork.*

Cold-water fish are excellent for Type O's.

Many **Seafoods** are also excellent sources of iodine, which regulates the thyroid function.

Most Beneficial: *Cod, herring, Mackerel.*

Food not allowed: *Barracuda, Pickled herring, Catfish, Smoked salmon, Caviar, Octopus, Conch.*

Dairy: - All kinds except those listed as not allowed.

Type O's need to severely restrict the use of dairy products and eggs.
 Food allowed: *Butter, Farmer, Feta, Mozzarella, Goat cheese, Soy Milk.*
 Food not allowed: *All other dairy products and yogurts.*

Fat: - All kinds except those listed as not allowed.
 Type O's respond well to oils.
 Most Beneficial: *Olive Oil, Flaxseed oil.*
 Food allowed: *Canola oil, Sesame Oil.*
 Food not allowed: *Corn oil, Peanut oil, Cottonseed oil, Safflower oil.*

Nuts: - All kinds except those listed as not allowed.
 These foods should in no way take the place of high-protein meats, and they are high in fat especially if you are overweight.
 Most Beneficial: *Pumpkin seeds, Walnuts.*
 Food not allowed: *Brazil, Cashew, Peanut, Pistachios, Poppy Seeds.*

Beans: - All kinds except those listed as not allowed.
 Type O's do not utilize beans particularly well. They tend to make muscle tissue slightly less acidic and inhibit the metabolism of other nutrients.
 Most Beneficial: *Aduke beans, Azuki beans, Pinto beans, Black-eyed peas.*
 Food not allowed: *Beans - copper, kidney, navy, tamarine. Lentils - domestic, green, red.*

Grains: - All kinds except those listed as not allowed.
 Type O's do not tolerate whole wheat products at all.
 Most Beneficial: *Essene Bread, Ezekiel Bread.*
 Food allowed: *Amaranth, Barley, Buckwheat, Rice, Kamut, Kasha, Millet, Rye, Spelt.*
 Food not allowed: *Corn, Gluten, Graham, Wheat (Bulgur, Durum, Sprouted, white and whole, Germ and Bran) farina, Oat, Seven-grains, or any products such as flour, bread and noodles made with these grain products.*

Vegetables: - All kinds except those listed as not allowed.
 These vegetables inhibit the thyroid function for Type O's.
 Food not allowed: *Brassica family: Cabbage, Brussels sprouts, cauliflower, mustard greens.*
 These vegetables help blood clot, Type O's lack several clotting factors and need vitamin K to assist in the process.
 Most Beneficial: *Kale, collard greens, romaine lettuce, broccoli, spinach.*
 These vegetables irritate the digestive tract and the high mold count can aggravate Type O hypersensitivity problems.
 Food not allowed: *Alfalfa sprouts, shiitake mushrooms, fermented olives.*
 These vegetables can cause arthritic conditions in Type O's.
 Food not allowed: *Nightshades: eggplant, potatoes.*
 This vegetable affect the production of insulin, often lead to obesity and diabetes for the Type O's.
 Food not allowed: *Corn.*
 This fruit agglutinate all blood types but Type O's.
 Food allowed: *Tomatoes.*
 Most Beneficial: *Artichoke, Chicory, Dandelion, Garlic, Horseradish, Kale, Leek, Okra, Onions, Parsley, Parsnips, Red Peppers, Sweet potatoes, Pumpkin, seaweed, turnips.*
 Food not allowed: *Avocado.*

Fruits: - All kinds except those listed as not allowed.
 Dark red, blue and purple fruits tend to cause an alkaline reaction to the digestive tract, and

therefore balance the high acidity of the Type O's digestive tract to reduce ulcers and irritations of the stomach lining.

Most Beneficial: *Plums, prunes, figs.*

These fruits contain high mold counts which can aggravate Type O's hypersensitivity problems (allergies).

Food not allowed: *Melons, cantaloupe, honeydew.*

These fruits are high in acid content which may irritate the acidic stomach of Type O's.

Food allowed: *Grapefruit, most berries.*

Food not allowed: *Oranges, tangerines and strawberries, blackberries, Rhubarb.*

Fruits are not only an important source of fiber, minerals and vitamins, but they can be an excellent alternative to bread and pasta for Type O's.

Type O's are extremely sensitive to this fruit.

Food not allowed: *Coconut and coconut-containing products.*

Spices: - Rich source of Iodine to regulate the thyroid gland.

Most Beneficial: *Kelp-based seasonings, iodized salt.*

Soothing to the digestive tracts of Type O's.

Most Beneficial: *Parsley, curry, cayenne pepper.*

Irritants to the Type O stomach.

Food not allowed: *White and black pepper, vinegar, capers, cinnamon, Cornstarch, Corn syrup, Nutmeg, Vanilla.*

Condiments: - All kinds except those listed as not allowed.

Food allowed: *Chocolate, honey, cacao.*

Food not allowed: *Ketchup, pickles, mayonnaise, relish.*

Beverages: - All kinds except those listed as not allowed.

Most Beneficial: *Seltzer water, Club soda and tea.*

Food allowed: *Wine.*

Food not allowed: *Beer, Coffee, Distilled liquor, Black Tea.*

Each blood group type evolved to provide defenses against lethal diseases, but each has its own weaknesses, too. Listed here are diseases to which your blood type is most susceptible, as a Type O: **Blood clotting disorders. Inflammatory diseases. Low thyroid production. Ulcers. Allergies. Asthma. Hay fever. Arthritis.**

It is worth noting that, the above symptoms are not the only ones to expect in your life. However, being vigilant about your healthcare will keep you out of potential medical harm. A healthy lifestyle will minimize interactions with health care providers. The more you keep away from physicians and hospitals, the better you will be.

Handling Stress

The Type O response can cause bouts of excessive anger, temper tantrums, hyperactivity and even create a severe enough chemical imbalance to bring about a manic episode. Since there is a powerful, synergistic relationship between the release of dopamine and feelings of reward, Type O is more vulnerable to destructive behaviours when overly tired, depressed or bored. These can include gambling, sensation seeking, risk taking, substance abuse and impulsivity.

To avoid becoming overstressed, Dr. D'Adamo recommends following the Type O diet, which focuses on lean, organic meats, vegetables and fruits and avoid wheat and dairy which

can be triggers for digestive and health issues in Type O. Additionally, he suggests that Type O's avoid caffeine and alcohol. Caffeine can be particularly harmful because of its tendency to raise adrenaline and noradrenaline, which are already high for Type O's.

Exercise

Type O's benefit tremendously from brisk regular exercise that taxes the cardiovascular and muscular skeletal system. But the benefit derived surpasses the goal of physical fitness. Type O also derives the benefit of a well timed chemical release system. The act of physical exercise releases a swarm of neurotransmitter activity that acts as a tonic for the entire system. The Type O who exercises regularly also has a better emotional response. You are more emotionally balanced as a result of well regulated, efficient chemical transport system. More than any other blood type, O's rely on physical exercise to maintain physical health and emotional balance.

Dr. D'Adamo suggests that Type O's engage in regular physical activity three to four times per week. For best results, engage in aerobic activity for thirty to forty five minutes at least four times per week. If you are easily bored, choose two or three different exercises and vary your routine.

Live Right!

In addition to exercising and eating foods that are Right For Your Type, here are a few key lifestyle strategies for Type o individuals:

- Develop clear plans for goals and tasks – annual, monthly, weekly, daily to avoid impulsivity.
- Make lifestyle changes gradually, rather than trying to tackle everything at once.
- Eat all meals, even snacks, seated at a table.
- Chew slowly and put your fork down between bites of food.
- Avoid making big decisions or spending money when stressed.
- Do something physical when you feel anxious.
- Engage in thirty to forty five minutes of aerobic exercise at least four times per week.
- When you crave a pleasure releasing-substance (alcohol, tobacco, sugar), do something physical.

BLOOD TYPE A:

According to D'Adamo, Blood Type A was second to evolve. However, this blood type has characteristics which are the polar opposite of Blood Type O. No wonder then, what is dearest to O's comes out as somehow as most disgusting to A's

Here is an analysis of the food to eat and to avoid in order to keep yourself healthy. In our discussion here, it is worth noting that those foods which are categorized as 'Food not allowed', do not precisely imply bad or dangerous foods to you. They are basically foods which may not augar well with you, and which you should try to minimize their intake as much as you can.

Meats and Poultry: - All kinds except those listed as not allowed

Type A's should eliminate all meats from their diet.

Food allowed: *Chicken, Cornish hens, Turkey*

Food not allowed: *Beef, Pork, Lamb, Veal, Venison, Duck, Goose*

Seafood: - All kinds except those listed as not allowed

Most Beneficial: *Carp, Cod, Grouper, Mackerel, Monkfish, Pickerel, Red snapper, Rainbow trout, Salmon, Sardine, Sea trout, Silver perch, Snail, Whitefish, Yellow Perch*

Food not allowed: *Anchovy, Barracuda, Beluga, Bluefish, Bluegill bass, Catfish, Caviar, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Gray sole, Haddock, Hake, Halibut, Herring, Lobster, Lox, Mussels, Octopus, Oysters, Scallop, Shad, Shrimp, Sole, Squid, Striped bass, Tilefish, Turtle*

Dairy: - All kinds except those listed as not allowed

Most dairy products are not digestible for Type A's

Most Beneficial: *Yogurt, Mozzarella, Feta, Goat cheese, Goat milk, Kefir, Ricotta, String cheese*

Food not allowed: *All other cheeses and milk*

Fats: - All kinds except those listed as not allowed

Most Beneficial: *Flaxseed oil, Olive oil*

Food allowed: *Canola Oil, Cod liver oil*

Food not allowed: *Oil of corn, cottonseed, peanut, safflower and sesame*

Nuts: - All kinds except those listed as not allowed

Most Beneficial: *Peanuts, Pumpkin Seeds*

Food not allowed: *Brazil nuts, cashews, Pistachios*

Beans: - All kinds except those listed as not allowed

These beans can cause a decrease in insulin production for Type A's. Type A's thrive on the vegetable proteins found in beans and legumes

Most Beneficial: *Beans (Aduke, Azuki, Black, Green, Pinto, Red soy), Lentils and Black-eyed peas*

Food not allowed: *Beans - copper, garbanzo, kidney, lima, navy, red, tamarind*

Grains: - All kinds except those listed as not allowed

Type A's generally do well on cereals and grains. Select the more concentrated whole grains instead of instant and processed cereals.

Most Beneficial: *Amaranth, Buckwheat.*

Food not allowed: *Cream of wheat, Familia, Farina, Granola, Grape nuts, Wheat germ, Seven grain, Shredded wheat, Wheat bran, Durum wheat.*

Bread & Noodles: - Type A's have a wonderful selection and choices in grains and pastas.

Most Beneficial: *Bread (Essene, Ezekiel, Soya flour, Sprouted wheat), Rice cakes, Flour (Oat, Rice, Rye), Soba Noodles, Pasta (Artichoke).*

Food not allowed: *English muffins, Bread (High-protein whole wheat, Multi-grain), Matzos, pumpernickel, Wheat bran muffins, Flour (white, whole wheat), Pasta (Semolina, spinach).*

Vegetables: - All kinds except those listed as not allowed.

Type A's are very sensitive to these vegetables. They have a strong deleterious effect on the Type A digestive tract.

Food not allowed: *Peppers, olives, Potatoes, Sweet potatoes, Yams, All kinds of cabbage, Tomatoes, Lima beans, Eggplant, Mushroom.*

These vegetables enhance the immune system of Type A's.

Most Beneficial: *Garlic, Onions, Broccoli, carrots, collard greens, kale, pumpkin, spinach.*

Vegetables are vital to the Type A diet, providing minerals, enzymes and Antioxidants. Eat vegetables in as natural a state as possible (raw or steamed) to preserve their full benefits.

Most Beneficial: *Artichoke, Chicory, Greens (Dandelion, Swiss Chard), Horseradish, Leek, Romaine, Okra, Parsley, Alfalfa Sprouts, Tempeh, Tofu, Turnip.*

Fruits: - All kinds except those listed as not allowed.

Most fruits are allowed for Type A's, although try to emphasize more alkaline fruits can help to balance the grains that are acid forming in Type A's muscle tissues.

Most Beneficial: *Berries (blackberries, blueberries, boysenberries, cranberries), plums, Prunes, Figs.*

High mold counts of these fruits make it hard for Type A's to digest.

Food not allowed: *Melons, cantaloupe, honeydew.*

Type A's do not do well on these fruits.

Food not allowed: *Mangoes, papaya, Bananas, Coconuts*

These fruits are stomach irritant for Type A's, and they also interfere with the absorption of minerals.

Food not allowed: *Orange, Rhubarb, Tangerines.*

The digestive enzyme in this fruit is an excellent digestive aid for Type A's.

Most Beneficial: *Pineapples, Cherries, Apricots.*

These fruits exhibit alkaline tendencies after digestion which has a positive effects on the Type A stomach.

Most Beneficial: *Grapefruit, Lemon.*

Spices: - All kinds except those listed as not allowed.

The right combination of spices can be powerful immune-system boosters for Type A's.

Most Beneficial: *Tamari, miso, soysauce, garlic, ginger.*

Good source of iron, a mineral that is lacking in the Type A Diet.

Most Beneficial: *Blackstrap molasses.*

Avoid these because the acids tend to cause stomach lining irritation.

Food not allowed: *Vinegar, Pepper (black, cayenne, white), Capers, Plain Gelatin, Wintergreen.*

Condiments: - All kinds except those listed as not allowed.

These products should be avoided because Type A's have low levels of stomach acid.

Food not allowed: *Ketchup, Mayonnaise, Pickles, Relish, Worcestershire sauce.*

Beverages: - All kinds except those listed as not allowed.

These beverages help to improve the immune systems for Type A's.

Most Beneficial: *Hawthorn, Aloe, Alfalfa, Burdock, Echinacea, Green tea, Red wine (1 glass / day).*

These beverages help Type A's to increase their stomach-acid secretions.

Food not allowed: *Ginger, Slippery elm, Coffee (1 cup / day).*

These do not suit the digestive system of Type A's, nor do they support the immune system.

Food not allowed: *Beer, Distilled liquor, Seltzer water, Soda, Black Tea*

Each blood group type evolved to provide defenses against lethal diseases, but each has its own weaknesses, too. Listed here are diseases to which your blood type is most susceptible: As a Type A: - **Heart disease. Cancer. Anemia. Liver and gallbladder disorders. Type I diabetes.**

It is worth noting that, the above symptoms are not the only ones to expect in your life. However, being vigilant about your healthcare will keep you out of potential medical harm. A healthy lifestyle will minimize interactions with health care providers. The more you keep away from physicians and hospitals, the better you will be.

Handling Stress

Type A's have a naturally high level of the stress hormone cortisol and produce more in response to stressful situations. Cortisol is released in 24-hour patterns, typically in the early morning between six and eight A.M. with a gradual decrease during the day. It helps to cue the body's other cyclical rhythms. Due to the naturally elevated cortisol in type A's, additional stress often manifests in several ways; disrupted sleep patterns, daytime brain fog, increased blood viscosity (thickening), and promotes muscle loss and fat gain. In extreme cases in Type A's, stress can manifest in more serious ways, causing obsessive-compulsive disorder, insulin resistance and hypothyroidism.

To help balance cortisol levels, Dr. D'Adamo recommends that you limit sugar, caffeine and alcohol. do not skip meals, especially breakfast; eating smaller, more frequent meals will also help to stabilize blood sugar levels. He also points out that the following factors are known to increase cortisol levels and increase mental exhaustion for Type As - be aware and limit your exposure when possible: Crowds of people, Loud noise, Negative emotions, Smoking, Strong smells or perfumes, Too much sugar and starch, Overwork, Violent TV and movies, Lack of sleep, Extreme weather conditions (hot or cold).

Exercise

Heightened cortisol levels make it harder for Type A's to recover from stress. Research has demonstrated that overall cortisol levels can be lowered through a regular program of exercises that provide focus and calming effects. Make these activities a regular - and life saving - part of your lifestyle. Dr. D'Adamo recommends, Hatha Yoga, Tai Chi and Meditation and Deep Breathing Exercises. Meditation has been studied for its effects on stress hormones.

It was found that after meditation, serum cortisol levels were significantly reduced. Writes Dr. D'Adamo, "While it is fine for Type As to participate in more intense physical activity when healthy and in good condition, be aware that these forms of exercise do not act as safety valves for stress in your blood type. I have seen Type A's excel at weight lifting and aerobic activities, but you have to be careful about not overtraining, as that will actually raise cortisol levels."

Live Right!

In addition to exercise, stress management and eating the right foods, here are some key lifestyle strategies for Type A individuals.

- Cultivate creativity and expression in your life.
- Establish a consistent daily schedule.
- Go to bed no later than 11:00 PM and sleep for eight hours or more. do not linger in bed, as soon as you get up, get going!
- Take at least two breaks of twenty minutes each during the work day. Stretch, take a walk, do deep breathing exercises or meditate.
- do not skip meals.
- Eat more protein at the start of the day, less at the end.
- do not eat when you are anxious.
- Eat smaller, more frequent meals.
- Engage in thirty to forty five minutes of calming exercise at least three times a week.

- Plan regular screening for heart disease and cancer prevention.
- Always chew food thoroughly to enhance digestion. Low stomach acid makes digestion more difficult.

BLOOD TYPE B:

According to D'Adamo, Blood Type B was third to evolve. It is the most balanced of the blood types and has the most flexible dietary choices. It seems to be an evolutionary attempt to join blood types O and A polar opposites.

Here is an analysis of the food to eat and to avoid in order to keep yourself healthy. In our discussion here, it is worth noting that those foods which are categorized as 'Food not allowed', do not precisely imply bad or dangerous foods to you. They are basically foods which may not augur well with you, and which you should try to minimize their intake as much as you can.

Meat and Poultry: - All kinds except those listed as not allowed

These meats contains a Type B blood agglutinating lectin. Chicken contains a Blood Type B agglutinating lectin in its muscle tissue, which attack the bloodstream and potentially lead to strokes and immune disorders

Food not allowed: *Chicken, Cornish hens, Duck, Goose, Partridge, Quail, Pork*

These meats help to boost the immune system.

Most Beneficial: *Lamb, mutton, Venison, Rabbit.*

Give up chicken, but use these meats instead.

Food allowed: *Beef, Pheasant, Turkey, Veal.*

Seafood: - All kinds except those listed as not allowed.

Deep-ocean fish and white fish are great for Type B's.

Most Beneficial: *Cod, Salmon, Flounder, Halibut, Sole, Trout.*

These seafood are poorly digested by Type B's. They are disruptive to the Type B system.

Food not allowed: *All Shellfish (crab, shrimp, lobster, mussels, oysters, crayfish, clam, etc), Anchovy, Barracuda, Beluga, Eel, Frog, Lox, Octopus, Sea bass, Snail, Striped bass, Turtle, yellowtail.*

Dairy: - All kinds except those listed as not allowed.

Type B is the only blood type that can fully enjoy a variety of dairy foods. That is because the primary sugar in the Type B antigen is D-galactosamine, the very same sugar present in milk.

Most Beneficial: *Cottage cheese, Farmer, Feta, Goat cheese and milk, Kefir, Mozzarella, Ricotta, Milk, Yogurt.*

Food not allowed: *American cheese, Blue cheese, Ice cream, string cheese.*

Fats: - All kinds except those listed as not allowed.

The oils not allowed contain lectins that are damaging to the Type B digestive tract.

Most Beneficial: *Olive.*

Food not allowed: *Canola, Corn, Cottonseed, Peanut, Safflower, Sesame, Sunflower.*

Nuts: - All kinds except those listed as not allowed.

Most nuts and seeds are not advisable for Type B's. They contain lectins that interfere with Type B insulin production.

Food not allowed: *Cashews, Filberts, Pine, Pistachio, Peanuts, Pumpkin seeds, Sesame seeds, Sunflower seeds.*

Beans: - All kinds except those listed as not allowed.

These beans interfere with the production of insulin for Type B's.

Food not allowed: *Lentils, garbanzos, black-eyed peas, Beans (pintos, aduque, Azuki, Black).*

Grains: - All kinds except those listed as not allowed.

Wheat reduce insulin efficiency and failure to stimulate fat "burning" in Type B's.

Food not allowed: *Wheat (bran, germ bulgur, durum, whole and white), Shredded wheat, Cream of wheat or any products such as flour, bread and noodles made with these grain products.*

Rye contains a lectin that settles in the vascular system causing blood disorders and potentially strokes.

Food not allowed: *Rye and any products such as flour, bread and noodles made with these grain products.*

These contribute to a sluggish metabolism, insulin irregularity, fluid retention and fatigue.

Food not allowed: *Buckwheat, Corn (cornflakes, cornmeal) and any products such as flour, bread and noodles made with these grain products.*

Most Beneficial: *Millet, Oatmeal (Bran, flour), Puffed Rice, Rice (bran, flour), Spelt.*

Food not allowed: *Amaranth, Barley, Kasha, Seven-grain, Wild rice, Couscous.*

Bread: - All kinds except those listed as not allowed.

Most Beneficial: *Bread (Brown rice, Essence, Ezekiel, WASA), Fin Crisp, Millet, Rice cakes.*

Food not allowed: *Bagels, Muffins (Corn and Bran), Bread (Multi-grain Rye, Whole wheat), Soba Noodles, Wild Rice, Couscous.*

Vegetables: - All kinds except those listed as not allowed.

This vegetable contains a lectin that irritate the stomach lining of Type B's.

Food not allowed: *Tomatoes.*

This vegetable has insulin- and metabolism-upsetting lectins for Type B's.

Food not allowed: *Corn.*

The mold in this can trigger allergic reactions.

Food not allowed: *Olive.*

These vegetables contain magnesium, an important antiviral agent to help Type B's fight off viruses and autoimmune diseases.

Most Beneficial: *Green leafy vegetables.*

Food not allowed: *Artichoke, Avocado, Corn, Olives, Pumpkin, Radishes, Sprouts, Tempeh, Tofu, Tomato.*

Fruits: - All kinds except those listed as not allowed.

Pineapple has enzymes that help Type B's to digest their food more easily.

Most Beneficial: *Pineapples.*

Avoid these fruits for they interfere with your digestive system.

Food not allowed: *Coconuts, Persimmons, Pomegranates, Prickly pear, Rhubarb, Starfruit, Bananas, Cranberries, Grapes, Papaya, Plums.*

Spices: - All kinds except those listed as not allowed.

Sweet herbs tend to be stomach irritants to the Type B's.

Food not allowed: *Barley malt sweeteners, corn syrup, Cornstarch, Cinnamon.*

Type B do best with warming herbs.

Most Beneficial: *Ginger, horseradish, curry, cayenne pepper.*

Avoid these spices also

Food not allowed: *Allspice, Almond extract, Gelatin, Pepper (black and white).*

Condiments: - All kinds except those listed as not allowed

Food not allowed: *Ketchup*.

Beverages: - All kinds except those listed as not allowed.

Generally Type B's do not reap overwhelming benefits from most herbal teas.

Most Beneficial: *Ginger, Peppermint, Raspberry leaf, Rose hips, Sage, Green Teas*.

Food not allowed: *Aloe, Coltsfoot, Corn silk, Fenugreek, Gentian, Goldenseal, Hops, Linden, Mullein, Red clover, Rhubarb, Senna, Shepherd's purse, Skullcap*.

This is highly recommended for Type B's because it seems to have a positive effect on the nervous system.

Most Beneficial: *Ginseng*.

This has antiviral properties.

Most Beneficial: *Licorice*.

Food not allowed: *Distilled liquor, Seltzer water, Soda*.

Each blood group type evolved to provide defenses against lethal diseases, but each has its own weaknesses, too. Listed here are diseases to which your blood type is most susceptible:

As a Type B: - **Type I diabetes. Chronic Fatigue Syndrome. Autoimmune disorders (chronic fatigue, lupus). Lou Gehrig's Disease. Multiple Sclerosis.**

It is worth noting that, the above symptoms are not the only ones to expect in your life. However, being vigilant about your healthcare will keep you out of potential medical harm. A healthy lifestyle will minimize interactions with health care providers. The more you keep away from physicians and hospitals, the better you will be.

Handling Stress

When it comes to hormones, type B is closer to type A, producing somewhat higher levels of cortisol. When a Type B is out of balance, this manifests in overreaction to stress, difficulty in recovering from stress, disrupted sleep patterns, daytime brain fog, disruptive to GI friendly bacteria and suppresses immune function.

This leads to increased risks for depression, insulin resistance, hypothyroidism and high stress can further exacerbate virtually all health challenges.

Exercise

To maintain the mind/body balance that is unique to Type B's, Dr. D'Adamo recommends that you choose physical exercise that challenges your mind as well as your body. Type B's need to balance meditative activities with more intense physical exercise.

"You tend to do best with activities that are not too aerobically intense, have an element of mental challenge and involve other people." Says Dr. D'Adamo. Excellent forms of exercise for Type B's include tennis, martial arts, cycling, hiking and golf.

Live Right!

Here are Dr. D'Adamo's key lifestyle strategies for Type B's:

- Visualization is a powerful technique for Type B's. If you can visualize it, you can achieve it.
- Find healthy ways to express your nonconformist side.

- Spend at least twenty minutes a day involved in some creative task that requires your complete attention.
- Go to bed no later than 11:00PM and sleep for eight hours or more. It is essential for B's to maintain their circadian rhythm.
- Use meditation to relax during breaks.
- Engage in a community, neighborhood or other group activity that gives you a meaningful connection to a group. Type B's are natural born networkers.
- Be spontaneous.
- As they age, Type B's have a tendency to suffer memory loss and have decreased mental acuity.
- Stay sharp by doing tasks that require concentration, such as crossword puzzles or learn a new skill or language.

BLOOD TYPE AB:

According to D'Adamo, Blood Type AB is the youngest of the four blood types. In fact, it is less than a thousand years old. It is also very rare (2%-5% of the population) and biologically complex. The fact that it contains both A and B antigens, can be positive in that the AB blood type exhibits chameleon-like responses to changing environmental and dietary conditions.

Here is an analysis of the food to eat and to avoid in order to keep yourself healthy. In our discussion here, it is worth noting that those foods which are categorized as 'Food not allowed', do not precisely imply bad or dangerous foods to you. They are basically foods which may not augur well with you, and which you should try to minimize their intake as much as you can.

Meat and Poultry: - All kinds except those listed as not allowed

Type AB do not produce enough stomach acid to effectively digest too much animal protein. So the key is portion size and frequency. Cured meats can cause stomach cancer in Type AB's with low levels of stomach acid.

Most Beneficial: *Lamb, Mutton, Rabbit, Turkey*

Food not allowed: *Beef, Chicken, Cornish Hens, Duck, Goose, Pork, Partridge, Veal, Venison, Quail.*

Seafood: - All kinds except those listed as not allowed.

If you have family history of breast cancer, introduce snails (*Helix pomatia*) into your diet

Most Beneficial: *Tuna, Cod, Grouper, Hake, Mackerel, Mahimahi, Monkfish, Ocean Perch, Pike, Porgy, Trout, Red Snapper, Sailfish, Pickerel, Sardine, Shad, Snail, Sturgeon*

Food not allowed: *All Shellfish (crab, shrimp, lobster, mussels, oysters, crayfish, clam, etc), Anchovy, Barracuda, Beluga, Bluegill Bass, Flounder, Haddock, Halibut, Herring, Eel, Frog, Lox, Octopus, Sea bass, Striped bass, Turtle, Yellowtail.*

Dairy: - All kinds except those listed as not allowed

Cultured and soured products are easily digested for Type AB's

Most Beneficial: *Yogurt, Kefir, Non-fat sour cream, egg, Mozzarella, Goat cheese and milk, Ricotta*

Food not allowed: *American Cheese, Blue cheese, Brie, Buttermilk, Camembert, Ice cream, Parmesan, Provolone, Sherbet, Whole Milk*

Fats: - All kinds except those listed as not allowed

Most Beneficial: *Use sparingly*

Food not allowed: *Olive Oil (Corn, Cottonseed, Safflower, Sesame, Sunflower)*

Nuts: - All kinds except those listed as not allowed.

Powerful immune booster for Type A and Type AB. Type AB's tend to suffer from gallbladder problems, so nut butters are preferable to whole nuts. Also eat small amounts with caution.

Most Beneficial: *Peanut, Walnuts*

Food not allowed: *Filberts, Poppy seeds, Pumpkin seeds, Sesame seeds, Sunflower seeds*

Beans: - All kinds except those listed as not allowed.

These beans are important cancer-fighting food for Type AB. They are known to contain cancer-fighting antioxidants.

Most Beneficial: *Lentils*

These beans slow insulin production in Type AB.

Food not allowed: *Kidney beans, Lima Beans*

Most Beneficial: *Beans (navy, pinto, red, soy)*

Food not allowed: *Beans (Aduke, Azuki, Black, Fava, Garbanzo) Black-eyed Peas.*

Grains: - All kinds except those listed as not allowed.

The inner kernel of the wheat grain is highly acid forming for Type AB. Wheat is not advised if Type AB is trying to lose weight. The inner kernel of wheat grain is alkaline in Type O's and B's, it becomes acidic in Type A's and AB.

Most Beneficial: *Millet, Oat bran, Oatmeal, Rice Bran, Puffed rice, Rye, Speltand sprouted wheat and any products such as flour, bread and noodles made with these grain products.*

Food not allowed: *Buckwheat, Corn (any products such as flour, bread and noodles made with these), Kamut, Kasha, soba noodles, Artichoke pasta*

Type AB benefits from a diet rich in rice rather than pasta

Most Beneficial: *All kinds of Rice and any products such as flour, bread and noodles made with these*

Vegetables: - All kinds except those listed as not allowed.

Fresh vegetables are an important source of phytochemicals which have a tonic effect in cancer and heart disease prevention, these diseases afflict Type AB more often as a result of weaker immune system.

Most Beneficial: *Broccoli, Beets, Cauliflower, Celery, Green Leafy Veggies, Cucumber, Eggplant, Garlic, Maitake Mushroom, Parsley, Parsnips, Sweet potatoes, Alfalfa Sprouts, Tempeh, Tofu, All types of Yams.*

Food not allowed: *Artichoke, Avocado, All thype of Corns, Lima Beans, Black Olives, All kind of Bell Peppers, Radishes, Mung Bean Sprouts, Radish Sprouts.*

Fruits: - All kinds except those listed as not allowed.

Emphasize the more alkaline fruits to balance the grains that are acid forming in Type AB muscle tissues.

Most Beneficial: *All kinds of Grapes and Plums, Berries (cranberries, Gooseberries, Loganberries), Cherries.*

Tropical fruits does not agree with Type AB. But pineapple is an excellent digestive aid for Type AB.

Most Beneficial: *Pineapples*

Food not allowed: *Mangoes, Guava, Coconuts, Bananas.*

Oranges are stomach irritant for Type AB. They also interfere with the absorption of important minerals. But Grapefruit exhibit alkaline tendencies after digestion. And lemons aid digestion and clearing mucus from the system.

Most Beneficial: *Grapefruits, Lemons*

Food not allowed: *Oranges*

Vitamin C-rich fruits help prevent stomach cancer because of the antioxidant properties of vitamin C

Most Beneficial: *Kiwi*.

Spices: - All kinds except those listed as not allowed.

Sea salt and kelp should be used in place of salt. Kelp has immensely positive heart and immune system benefits.

Most Beneficial: *Kelp, Miso, Curry*.

These ingredients are acidic.

Allspice, Almond extract, Anise, Barley malt, Capers, Cornstarch, Corn syrup, Gelatin, Tapioca, Vinegar, Pepper (white, black, cayenne, red flakes).

This is a potent tonic and natural antibiotic for Type AB.

Most Beneficial: *Garlic, Horseradish, Parsley*.

Beverages: - All kinds except those listed as not allowed.

Type AB employed these herbal teas to revamp the immune system.

Most Beneficial: *Alfalfa, burdock, Chamomile, Echinacea, Green tea*

These herbal teas and beverages build protections against cardiovascular disease and cancer.

Most Beneficial: *Hawthorn, Licorice, Red wine (1 glass/day)*

These herbal teas aid in absorption of iron and prevent anemia

Most Beneficial: *Dandelion, Burdock root, Strawberry leaf*.

Coffee increase stomach acid and has the same enzymes found in soy.

Most Beneficial: *Coffee or Decaf Coffee (1 cup / day) and alternate day use green tea*.

Food not allowed: *Distilled Liquor, Sodas, Black Tea*.

Each blood group type evolved to provide defenses against lethal diseases, but each has its own weaknesses, too. Listed here are diseases to which your blood type is most susceptible:

As a Type AB: - **Heart disease. Cancer. Anemia. Bronchial infections. Parasitic infections.**

It is worth noting that, the above symptoms are not the only ones to expect in your life. However, being vigilant about your healthcare will keep you out of potential medical harm. A healthy lifestyle will minimize interactions with health care providers. The more you keep away from physicians and hospitals, the better you will be.

Handling Stress

Type AB's have a naturally high level of the stress hormone cortisol and produce more in response to stressful situations. Cortisol is released in 24-hour patterns, typically in the early morning between six and eight A.M. with a gradual decrease during the day. It helps to cue the body's other cyclical rhythms. Due to the naturally elevated cortisol in type AB's, additional stress often manifests in several ways; disrupted sleep patterns, daytime brain fog, increased blood viscosity (thickening), and promotes muscle loss and fat gain.

In extreme cases in Type AB's, stress can manifest in more serious ways, causing obsessive-compulsive disorder, insulin resistance and hypothyroidism. To help balance cortisol levels, Dr. D'Adamo recommends that you limit sugar, caffeine and alcohol. do not skip meals, especially breakfast; eating smaller, more frequent meals will also help to stabilize blood sugar levels. He also points out that the following factors are known to increase cortisol levels and increase mental exhaustion for Type AB's - be aware and limit your exposure when possible: Crowds of people, Loud noise, Negative emotions, Smoking, Strong smells or

perfumes, Too much sugar and starch, Overwork, Violent TV and movies, Lack of sleep, Extreme weather conditions (hot or cold).

Exercise

Heightened cortisol levels make it harder for Type AB's to recover from stress. Research has demonstrated that overall cortisol levels can be lowered through a regular program of exercises that provide focus and calming effects. Make these activities a regular - and life saving - part of your lifestyle. Dr. D'Adamo recommends, Hatha Yoga, Tai Chi and Meditation and Deep Breathing Exercises. Meditation has been studied for its effects on stress hormones.

It was found that after meditation, serum cortisol levels were significantly reduced. Writes Dr. D'Adamo, "While it is fine for Type AB's to participate in more intense physical activity when healthy and in good condition, be aware that these forms of exercise do not act as safety valves for stress in your blood type. I have seen Type AB's excel at weight lifting and aerobic activities, but you have to be careful about not overtraining, as that will actually raise cortisol levels."

Live Right!

In addition to exercise, stress management and eating the right foods, here are some key lifestyle strategies for Type AB individuals.

- Cultivate creativity and expression in your life.
- Establish a consistent daily schedule.
- Go to bed no later than 11:00 PM and sleep for eight hours or more. do not linger in bed, as soon as you get up, get going!
- Take at least two breaks of twenty minutes each during the work day. Stretch, take a walk, do deep breathing exercises or meditate.
- do not skip meals.
- Eat more protein at the start of the day, less at the end.
- do not eat when you are anxious.
- Eat smaller, more frequent meals.
- Engage in thirty to forty five minutes of calming exercise at least three times a week.
- Plan regular screening for heart disease and cancer prevention.
- Always chew food thoroughly to enhance digestion. Low stomach acid makes digestion more difficult.

On page 20 of *'Eat Right for Your Type'*, D'Adamo states: "At this point, you might be wondering about other blood type identifiers, such as positive/negative, or secretor/non-secretor... These variations or subgroups within blood types play relatively insignificant roles. More than 90% of the factors associated with your blood type are related to your primary blood type, O, A, B, or AB.

SO WHAT?

If some harm comes your way, as it will sometimes, get your healthcare providers to address it. In the event that you must see a physician, make sure you have an idea of what is ailing you. Then make sure you select the most suitable healthcare. There are many ways of selecting the most qualified doctor, or the best hospital. Get recommendations from friends and family, search online or check with the local medical board. Always ensure you see the right specialist.

Do not take your physician's recommendation as law. Ask questions. Why is one option being recommended over another, and at what cost? What would happen if you didn't have surgery? Have they handled cases like yours before? And what were the outcomes? Must you be admitted? If satisfactory answers are not forthcoming, go seek a second opinion.

The rough-and tumble of life means that our bodies go through quite some battering in the course of a lifetime. We are bound to get aches and pains, which at times leave us fearing that serious ailments are creeping up on us.

The majority of these symptoms usually amount to nothing, otherwise we would all be dead by now. Knowing what symptoms to ignore keeps you away from lots of unwarranted medical interventions. You might have heard of a common phrase in medicine called 'benign'. This is a term used to describe the innocence of several aches, bumps, or whatever other symptoms that people experience from time to time.

If your doctor gets to the conclusion that what you have is benign, you could always give it a rest. Alternatively, you could find a simple way of coping with it, without musicalizing it too much. At times it is pointless to visit a doctor only to be told that what you have is harmless and that it will sort itself out in the course of time.

We all know about the odd headache that comes along and goes away with simple painkillers. Or a cold that bogs you down for a few days, or some muscular discomfort related to the odd strain, or even some tummy upset after a forgotten indulgence.

That sort of stuff should not end you into panic mode. Your body take care of itself when simple ailments come along; if you only give it a chance. But if your symptoms persist longer than a few days, or appear to worsen unexpectedly, then seeing a doctor is justified. Some tests down the line may end up with some mundane diagnosis. Your doctor may conclude that nothing needs to be done. Nothing? Yes, doing nothing is an option that could be used more in medicine.

You might have a bump that is unsightly but completely harmless. Trying to get it out might land you into unwanted complications, or even death. Why not leave it alone and get it reviewed if anything changes? Whatever you have, you should always consider the balance between benefit and harm whenever an intervention becomes apparent. The best way to do this is to be well informed about your choices. Never be in too much of a rush to get treatments that may be well avoided.

There are far too many unnecessary medications being dished out on a daily basis. Equally, an untold number of patients get operated on daily when all that was necessary was a wait-and-see approach. Have an open mind and seek medical advice whenever there is good reason for it. The rest of the time, especially if you maintain a degree of objectivity, you could always let innocent symptoms run their course.