

EXCLUSIVE

By
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4 Blood Types, 4 Diets EAT RIGHT FOR YOUR TYPE

The
INDIVIDUALIZED
Diet Solution to Staying Healthy, Living
Longer & Achieving Your Ideal Weight

Dr. Peter J. D'Adamo
with Catherine Whitney

YOU'VE worked out and eaten nothing but broccoli all month, but you still haven't lost any weight. Don't blame it on willpower — it could simply be your blood.

Doctors have discovered a link between a person's weight and their blood type. People with different blood types digest their food in different ways.

"Many common foods contain antigens and chemicals called lectins, which are like pieces of Velcro, and what they do is attach to your digestive tract in a way that's predictable for your blood type," says Dr. Peter D'Adamo, author of *Eat Right 4 Your Type*.

So while some blood types — Type As, for example — may slim down by eating vegetables, others — like Type Os — will find them hard to digest and might actually gain weight. Certain blood types also respond differently to stress, exercise and even viruses and infections.

Many food lectins have characteristics close enough to a certain blood type that other types may actually react as if the food is its enemy and sickness may result.

For instance, a Type B benefits from dairy products (milk has the same sugar as the Type B antigen), but a Type A will often feel sick from milk, registering this sugar as an enemy and then trying to fight it.

Following this food plan is as simple as knowing your blood type, but most people don't even know what category they fall into.

"It's very important to know your blood type," says Dr. Alan Christianson, a homeopathic physician. "Donate blood. They can tell you there. It's a good thing to do anyway."

Humans didn't always have different blood types. Thousands of years ago we were all Type O.

"We were all meat eaters and had the same diet, so we were all the same blood type," Dr. Christianson says. "But that changed when hu-

mans began growing grain and drinking milk. After some time in evolution some people's digestive tracts became more accepting of dairy and grain, while others' didn't.

"The ones that did had a mutation which actually changed their blood type."

Type As came from Type O, when people started eating vegetables. Type B came later, when people started drinking dairy products. Type AB is the rarest and newest blood type — it only evolved about 1,000 years ago — and is a merging of the Type A and Type B diet.

"There is significant evidence that a correlation exists between digestion and blood type," says Dr. Christianson.

"I'd say about 85-90 percent of my patients do have some correlation and find improvement with the diet."



Super new diet

What you should eat—and what you should avoid—according to your blood type

TYPE O

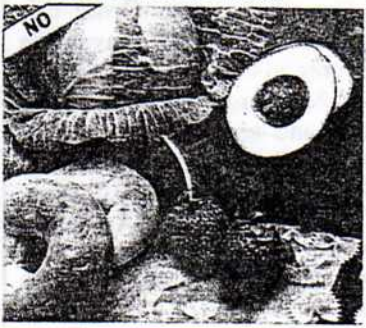


Restrict consumption of grains and breads, which Dr. D'Adamo says carry too many glutes for the Type O digestive tract to metabolize. "Eating gluten is like putting the wrong kind of octane in your car," he says. "Instead of fueling the engine, it clogs the works."

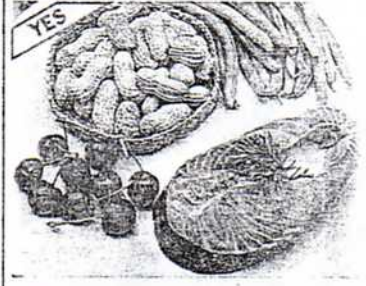
Type Os can digest and metabolize meats more easily because they have a high stomach-acid content.

Foods to look for: beef, lamb, veal, halibut, salmon, swordfish, trout, snapper, walnuts, pumpkin seeds, black-eyed peas, pinto beans, Essene and Ezekiel breads (can be found in health stores), artichokes, broccoli, collard greens, onions, okra, romaine lettuce, spinach, sweet potatoes, red peppers, turnips, pineapple, prunes, cherries, figs, plums, club soda, seltzer water.

Foods to avoid: ham, pork, bacon, lox, catfish, dairy products, peanuts, pistachios, poppy seeds, cashews, lentils, bagels, corn muffins, breads and wheat products, pasta, avocados, cabbage, cauliflower, corn, eggplant, mushrooms, olives, sprouts (alfalfa and brussel), oranges, strawberries, melons, coconuts, coffee, soda.



TYPE A



Avoid meat and eat vegetables. Dr. D'Adamo says this blood type responds best to vegetarianism. Most meats encourage weight gain because Type As have less stomach acid and it's harder to digest. Pasta is good and will add needed nutrients to the meatless diet. Many type As have a vitamin B-12 deficiency, so a vitamin B supplement is recommended. Coffee is actually good for Type As because it increases stomach acid.

Foods to look for: cod, trout, salmon, sardines, snapper, peanuts, peanut butter, pumpkin seeds, lentils, black-eyed peas, green beans, pinto beans, Essene and Ezekiel breads, rice cakes, artichokes, beets, broccoli, carrots, collard greens, romaine lettuce, okra, onions, spinach, tofu, turnips, apricots, berries, lemons, pineapple, plums, figs, grapefruit, cherries, cranberries, raisins, prunes, coffee.

Foods to avoid: beef, bacon, ham, liver, veal, pork, lamb, duck, catfish, clams, dairy products, kidney beans, lima beans, navy beans, wheat products, mushrooms, cabbage, eggplant, olives, peppers, potatoes, tomatoes, yams, bananas, coconuts, oranges, melons.

