

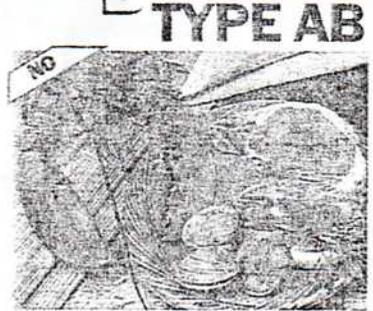
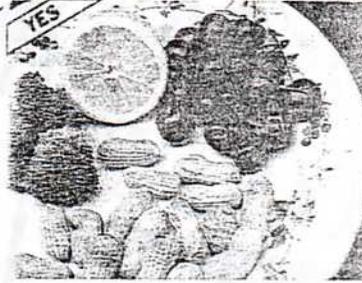
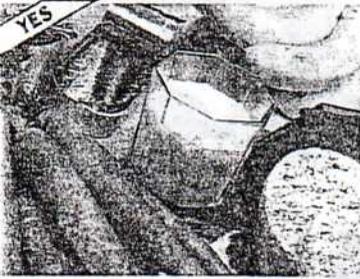
That's made just for you

TYPE B

Green veggies and meat are both good for Type Bs, but stay away from peanuts, corn and wheat, which can be hard on the Type B system and encourage weight gain. Type B is the only type that can fully enjoy a variety of dairy products, because the primary sugar in the Type B antigen is the same sugar found in milk.

Foods to look for: lamb, venison, cod, halibut, salmon, trout, sardines, skim or two percent milk, yogurt, cottage cheese, goat cheese, lima beans, kidney beans, navy beans, oatmeal, brown rice, Essene and Ezekiel breads, rice cakes, beets, broccoli, cabbage, carrots, cauliflower, collard greens, eggplant, peppers, yams, sweet potatoes, bananas, cranberries, grapes, pineapple, plums, green tea.

Foods to avoid: chicken, bacon, ham, pork, crab, lobster, lox, shrimp, sea bass, ice cream, lentils, black-eyed peas, pinto beans, artichokes, avocados, corn, olives, radishes, tofu, tomatoes, coconuts, rhubarb, liquor, soda, Seltzer water.



TYPE AB

Like Type A, the AB system lacks enough stomach acid to properly digest animal protein. But dairy foods are easily digested. You can benefit from wheat, cereals and breads. Drink coffee to increase stomach acid. Like Type B, avoid corn and all corn-based products.

Foods to look for: lamb, turkey, tuna, cod, trout, snapper, salmon, sardines, cottage cheese, yogurt, goat cheese, goat milk, walnuts, chestnuts, peanuts, peanut butter, navy beans, pinto beans, oatmeal, brown rice, Essene and Ezekiel breads, rice cakes, rye bread, beets, broccoli, cauliflower, collard greens, cucumbers, eggplant, tofu, yams, sweet potatoes, celery, cherries, cranberries, figs, grapes, grapefruit, kiwi, lemons, plums, pineapple, coffee, green tea.

Foods to avoid: bacon, beef, chicken, duck, veal, pork, clams, lobster, shrimp, sea bass, oysters, halibut, lox, ice cream, sherbet, whole milk, butter, pumpkin seeds, sunflower seeds, corn muffins, artichokes, corn, lima beans, mushrooms, peppers, radishes, avocados, bananas, coconuts, guava, oranges, cola, regular tea, liquor.

from the book *EAT RIGHT 4 YOUR TYPE: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight*, by Dr. Peter J. D'Adamo with Catherine Whitney with permission of G.P. Putnam's Sons, a division of Penguin Putnam Inc. Copyright © 1996 by Peter D'Adamo.

Sinusitis Problems?

(Special) If you suffer sinusitis and have symptoms such as nasal congestion, feeling of pressure inside your head, headache, eye pain, postnasal drip, cough, disturbed sleep, irritability and fatigue, you need to get a copy of a new book, *The Sinus Handbook—A Self Help Guide*.

The book covers the latest up-to-date information on sinusitis—what goes wrong, how to best treat the problem, and how to protect yourself from sinusitis distress. The book gives you specific facts on the latest natural, alternative and medical remedies and treatments that can bring prompt and lasting relief without the use of unnecessary drugs or surgical procedures. You'll learn all about these natural treatments and find out how and why they work.

The book explains in detail what the sinuses are, their purpose, how they are designed to function, what causes sinus distress, what to avoid at all costs, and why sinusitis is America's most common ailment.

Whatever kind of sinusitis symptoms you suffer, the book covers a natural or alternative remedy that helps bring relief. Most of these remedies and natural treatments are little-known, even to most doctors. Soon you may eliminate chronic nasal blockage, breathe more freely, eliminate dependence on medications, be free of sinus headaches, have more energy, and sleep better at night.

Many Americans are putting up with troublesome sinusitis symptoms because they are unaware of new natural treatments and the welcome relief that is now available.

Get all the facts. Order this book today. The book is available for only \$14.95 (plus \$3 postage and handling). To order, send name and address with payment to United Research Publishers, 103 North Highway 101, Dept. SD-07, Encinitas, CA 92024. Your book will be rushed to you. You may return the book within 90 days for a refund if not satisfied. ■

SCIATICA RELIEF!

If you have ever suffered Sciatica symptoms such as pain in the buttocks and lower back, or pain and numbness in your legs and feet, you should get a copy of a new book called *The Sciatica Relief Handbook*. The book shows you how to prevent Sciatica flare-ups and how to stop pain if you now have a Sciatica problem.

The book contains the latest up-to-date information on Sciatica—what causes painful symptoms, how to best treat them, and how to protect yourself from Sciatica problems. The book gives you specific facts on the latest natural, alternative and medical treatments that can bring prompt and lasting relief—without the use of dangerous drugs or surgery. You'll learn all about these remedies and learn how and why they work to bring dramatic relief.

You'll discover what to immediately do if Sciatica symptoms start and what to avoid at all costs to prevent possible serious problems. You'll even discover a simple treatment that has helped

thousands get relief, yet is little known to most people—even doctors.

The book explains all about the Sciatica nerve, the various ways it may become inflamed and cause pain, how to find out what specifically causes distress (you may be surprised), what to do and what not to do—and why over 165 million people experience Sciatica and lower back pain.

Many people are putting up with Sciatica pain—or have had Sciatica pain in the past and are at risk of a recurrence—because they do not know about new prevention and relief measures that are now available.

Get all the facts. The book is available for only \$14.95 (plus \$3 postage and handling). To order, simply send your name and address with payment to United Research Publishers, 103 North Highway 101, Dept. SK-08, Encinitas, CA 92024. Your book will be rushed to you. You may return the book within 90 days for a refund if not completely satisfied. ■



Serotyping and Diet - D'Adamo Serotype Panel

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[American Association of Naturopathic Physicians](#)

It has been observed that some individuals are less susceptible to disease than others and that persons with certain blood types seem to have higher amounts of specific types of diseases. The connection between genetic markers on red blood cells and susceptibility to disease has long been known by anthropologists and physicians and has been used to trace population migrations around the globe.

In theory, the different blood groups evolved in different parts of the world depending upon the type of environment, society and availability of food sources. For example:

Blood type O is the generally considered the oldest blood type showing a prevalence for hunter-gatherer cultures. Because of the high protein content of their diet, group O individuals tend to secrete higher amounts of stomach acid in order to digest the protein. Therefore, it is not surprising that group O individuals have a greater incidence of gastric ulcer disease than the other blood groups. Blood group O is about 46% of the American population.

Blood group A was the next to evolve and emerged with the development of agricultural practices. Blood group A can be broken down into A2 and A1, with A2 having evolved sooner than A1. Blood group A is primarily associated with vegetarian food sources and individuals in that group secrete smaller amounts of stomach acid. Protein requirements are not any less than a group O person but the source is different. Group A2 persons can handle higher amounts of animal protein than A1 persons who look for their protein from vegetable and legume sources. Group A comprises 42% of the American population and group A1 comprises 80% of the group A individuals.

Blood group B was the next to evolve and is associated with cultures which use higher amounts of fermented dairy products. Persons who are blood type B tend to do better on diets which are high in dairy products and fish. Group B persons tend to have higher incidences of urinary tract diseases, such as kidney and bladder infections. This is due to an absence of the alloantibody B which conveys a greater protection against bacterial infections. Group B persons make up about 7% of the American population.

Blood group AB was the last to evolve and has been dubbed the "modern diet" blood type by D'Adamo & Powers. This is because an AB person combines the characteristics of groups A & B and therefore can tolerate a wider range of foods. Blood group AB persons can tolerate small amounts of many different foods where as the other blood groups will show a dietary or systemic reaction. Group AB persons tend to tolerate diets high in seafood, some dairy, nuts and grains. Blood group AB comprises 4% of the American population.

Importance of Serotyping

The reason blood grouping is important in determining a persons diet is because of dietary lectins which are found in foods. If dietary lectins pass undigested into the intestinal tract, they are either recognized as self or non-self by the body's immune system. Cooking eliminates a large percentage of dietary lectins but not all. Therefore, if digestion is compromised, a small percentage will make it through into the intestinal tract. It stands to reason that if raw foods are eaten, a greater percentage of lectins will pass into the intestinal lumen. However, if the proper amount of food enzymes are present, this does not occur as the enzymes will complete the digestion.

Not all dietary lectins are incompatible. Depending upon the blood grouping, the body's immune system will register the lectin as compatible and will not react to remove them. When the body perceives the lectins as non-self, they are removed from the intestinal tract by a nonspecific immune reaction which results in the release of histamines, activation of complement and IgA, resulting in inflammation. This nonspecific reaction is thought to be the basis of the food sensitivity testing done by the Voll or Vega methods. Prolonged gastrointestinal inflammation results in increased permeability of the gastrointestinal tract. Eventually the intestinal brush border breaks down resulting in unrestricted macromolecule permeability and eventual antibody formation. If it is the first exposure, IgM levels begin to rise, or if it a subsequent exposure, serum IgG levels will begin to rise or circulating immune complexes will be detectable. Either way it means that the person is now at high risk for the development of other diseases. This is thought to be one of the mechanisms of the development of chronic degenerative diseases such as arthritis, lupus, nephritis and cancer.

There are other blood group antigens which are involved in the determination of incompatibility of foods such as the MN and Lewis blood group systems. Of particular importance is the presence or absence of the secretor gene. The presence of blood group antigens in the mucus of secretors conveys an immune system advantage to the development of disease. This is achieved through the presence of sialic acid residues which make the mucous "stickier" to offending allergens. Blood group O, A, and B secretors tend to have lower incidences of rheumatic fever following group A beta hemolytic streptococcal infection than do non secretors. Clinically we see persons who are

non-secretors with higher incidence of chronic degenerative diseases. Given the same disease in a secretor, the non-secretor will generally be sicker, develop a greater amount of pathology and take longer to recover from the illness.

It has been observed by physicians and those interested in diet and nutrition that not all individuals respond to the same diet. Clinical experience suggests that some persons do well on a vegetarian diet, while others do poorly and vice versa. Certain ethnic groups such as American Indians respond better to higher meat diets and do less well with dairy and vegetarian foods. Dr. James D'Adamo in his latest book on serotyping, *The D'Adamo Diet*, points out that persons who are heterozygous such as AO and BO retain certain traits of the individual blood types represented. Clinically we have made this observation as well.

Of the various allergy testing methods available each demonstrates strengths and weaknesses. However, if used in tandem, they can provide useful information to the physician. Serotyping provides a method to determine which type of diet is most compatible with the individual by providing a genetic, biochemical and immunological basis for diet selection. The test is done one time only and has confirmed the value of the IgG Rast and Vega testing for food allergy.

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