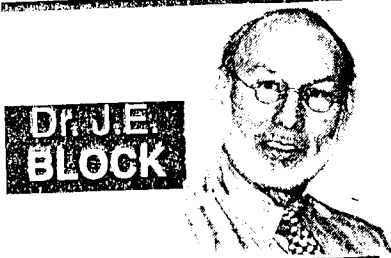


All Things Medical



Blood type

In 1997, the book, "Eat Right 4 Your Type", by Dr. Peter J. D'Adamo (Putnam Publishing) was a best seller and is still very useful. I feel Dr. D'Adamo is on the right track with his research. For some time, I have felt that we each have our own biochemical individuality and should eat and exercise according to this. If one knows his blood type, the following guidelines can be used. If not, a blood test to determine ones blood type is available. This test costs \$7.50 and will not change from the day you are born.

If your blood type is O:

- Eat high protein from animal sources such as fish and occasionally, beef and pork.
- Cut out wheat and most other grains. Rice, barley, rye and soy bean are acceptable.
- Engage in vigorous exercise.
- Your risk factors for ulcers and inflammatory disease such as arthritis increase if you eat incorrectly for your type.

If your blood type is A:

- You could be a vegetarian, getting your protein primarily from beans and natural grains.
- Stay away from sugar and starches. Eat lots of vegetables and fruits. You would do well with some fish.
- Engage in gentle exercise such as yoga or golf.
- Meditate to deal with stress.
- Your risk factors for cancer and heart disease increase if you eat incorrectly for your type.

If your blood type is B:

- You should have the most varied diet of all the blood types, one including meat; yours is the only blood type that does well with dairy products.
- Engage in exercise such as moderate swimming and walking.
- Your risk for slow-growing viruses that attack the nervous system increase if you eat incorrectly for your type.

If your blood type is AB:

- You have most the benefits and intolerances of types A and B.
- Engage in calming exercises and relaxation techniques.
- You have the friendliest immune system of all the blood type.

Sometimes these diets are used in conjunction with other diets such as low carbohydrates and to specific food intolerances.