

Eat Right For Your Blood Type

By Frank Gemmato, LAc

Why Diets Don't Work

Ever known someone who has tried and failed to lose weight? Cut out fats and not lost a pound? Gone on meal replacements and lost 30 pounds, only to gain them all back within months? Cut carbohydrates completely out of their diet only to remain frustratingly the same?

American society is among the most weight conscious in all of history. Yet despite a multi-billion dollar industry of programs and supplements dedicated to weight loss, the problem only gets worse.

Diets don't work because each person has unique nutritional needs. While a given diet may work for one person, it may be a disaster for someone else. One person's dietary medicine is another's poison.

Then there is the problem of maintaining once the weight has been lost. The negative consequences of "yo yo dieting" are serious and can damage your health permanently.

Blood type and diet: A New Theory

In trying to benefit my patients, those with and without weight problems, I have searched far and wide for a solution to the dietary dilemma. In his recent book, ***Eat Right For Your Type***, Dr. Peter J. D'Adamo suggests that the four blood types- *O, A, B, and AB*-hold a key to the ideal diet for each individual.

Blood types evolved as an expression of ancestral occupations and nutritional requirements. Your body's entire immune system and the influence of viruses, bacteria, chemicals and stress are profoundly influenced by your blood type. Dr. D'Adamo's research also uncovered the presence of lectins, abundant and diverse proteins found in foods. Lectins contained in certain foods were found to beneficially stimulate immunity and metabolism, while others cause blood cells to agglutinate (clump together) in certain areas of the body.

This can result in more than just a weight problem. In fact, overweight is a symptom of an underlying imbalance that must be corrected in order for the weight loss to be permanent. Specific dietary changes according to your blood type may provide a lasting solution to the dieting merry-go-round, and also dramatically improve your overall state of health.

Here is a brief synopsis of the various blood types:

Type O: The Hunter

The oldest and most common of the four blood types, type O's are descendants of hunter-gatherers. Their metabolic needs are thus served by eating lean red meat, seafood, vegetables, especially kale, spinach and broccoli. Their activity level is high and therefore require vigorous aerobic exercise in order to maintain health and ideal weight.

Type A is for Agrarian

Those with blood type A have farmers for ancestors and thus thrive on a vegetarian diet. Ideal foods include soy products like tofu, tempeh, vegetables, vegetable oils, and pineapple. Type A's are inherently more delicate than type O's and thus require milder forms of exercise like yoga, meditation and Tai Chi.

Type B: The Nomad

Type B's descendants were primarily nomads, adapting to new climates and mingling of populations. They thrive on green vegetables, meat (turkey and lamb), low fat dairy products, and licorice tea, foods that curb their tendency to hypoglycemia. Type B's require moderate physical exercise like swimming, aerobics and tennis.

Type AB: The Enigma

Type AB's represent the modern merging of A and B. They represent a "chameleon's response to changing environmental and dietary conditions". Foods that encourage weight loss are tofu, seafood, dairy, green vegetables, kelp, and pineapple. They are most suited to yoga and mild aerobic activity like swimming or brisk walking,

Eat Right For Your Type is available at most health food stores and contains a wealth of information including diet, exercise guidelines, and supplement advisories for the various blood types. A word of caution: these recommendation should serve only as guidelines. Each individual is unique and must be evaluated according to her own constitution and condition. It is always best to seek the advice of your health care practitioner before embarking on dietary changes.

Incorporate changes that will work for you as a way of life. Then you are likely to succeed. Rather than obsessing about what the scales say, focus on attaining your ideal weight. You'll feel better, be happier, and live longer.

What is your blood type?

Frank Gemmato, LAc is a licensed acupuncturist in Milwaukie, 503 659-8900.