

EAT RIGHT FOR YOUR TYPE

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What is blood type?

The four blood types are O, A, B and AB and are defined by the type of antigen on the surface of the person's blood cells. O, A, B and AB antigens also occur on other cells, like the lining of the digestive tract. This may be a reason why different blood types have been linked to different diseases such as stomach ulcers, to which Os may be prone.

What does blood type do?

Blood type antigens react with other substances. The best known reaction is when a person gets a blood transfusion with an incompatible type, for example when a type A person rejects the type B blood. The rejection-reaction occurs because type A antigen produces antibodies that cause the type B blood to clump, a process called agglutination. The clumps make it easier for the body to rid itself of what's rejected.

Does blood type react with food?

Yes. Blood type antigens react with proteins in food called lectins. There are thousands of different lectins. Each of which has its own unique reaction with different blood type antigens. For example, type A antigen react to the lectins in milk. Agglutination begins, as the body of the type A person works to reject the milk.

What is the evidence for this?

Scientific studies confirm that lectins trigger agglutination. Dr. D'Adamo tested virtually all foods for blood-type reactions, to determine which foods contain lectins that react with O, A, B or AB antigens. There is now a Blood Type Outcome Registry, an established mode of clinical documentation used for both conventional and alternative medicine. These form the scientific basis of The Blood Type Diet.

What is the most common reaction with people following their blood type protocol?

They have more energy. Think about how you feel the day before you come down with a cold or flu. The reason you felt tired is that your body was expending energy trying to rid itself of the virus. When you eat foods that are not right for your type your body recognizes the lectins as detrimental to your body and then tries to eliminate the threat the same way it tries to eliminate the virus. People that no longer put that constant strain on their immune system feel better and have more energy. The resolution of digestive problems, allergies, headaches, and weight gain are also some of the most common reactions, and yet by no means even to begin to list the health benefits found in Eat Right for Your Type.