

LECTIN AND BLOOD TYPES

Understanding the way lectins work is paramount to understanding the positive impact the Blood Type Diet can have on you. But before exploring how lectins behave within your body, you have to understand what a lectin actually is.

In the simplest of terms, a lectin is a type of protein that acts as a selective Velcro-like material. They come in two main forms, single and double-sided. The single sided lectins only stick to other things. Cells in the liver have this type of lectin on their surfaces to snatch up harmful bacteria and parasites that may be present. Two sided lectins stick two other cells together, like a piece of double-sided tape between objects. Both varieties, despite their differences, have many commonalities.

Although both the single and double sided kinds both cause agglutination (the clumping of particles), they do so in specific, individualized ways. Each lectin has a certain type of material it is meant to bind to and this changes depending on what species the reaction is occurring inside as well as the blood type of the person or animal involved. The source of the lectin itself also has a great bearing on how it will react. For example, the lectin found in wheat is different from the one found in soy, both in its appearance and how it interacts with different sugars. Understanding the source of the lectin and the chemistry of the person consuming it is at the center of eating right for your blood type.

Some foods have lectins that react specifically to particular blood types. One of the best examples of this phenomenon is wheat germ agglutinin, or WGA. Though gluten is the poster child for wheat's harmful effects on the human body, WGA's are another toxic, negative component found in wheat-based products. Though gluten isn't a lectin like a WGA they both can cause similar issues in the body such as a leaky gut. WGA's go a step further than gluten though, causing insulin resistance and Vitamin D deficiency as well. While it has been consistently proven harmful to animals when administered in large doses, for human beings it disproportionately affects Type O Blood Types. Knowing about harmful lectins like WGA is vital for general health, but when looking at how they interact with each Blood Type specifically, it makes the knowledge all the more important.

Dr. Peter D'Adamo has been an advocate of understanding lectins since Eat Right 4 Your Type debuted in 1997. He has continued to stress the importance of lectins on one's diet, and it seems that the rest of the world is finally starting to come around to that fact as well. Ignoring your blood type and how its lectins interact with the ones found in the food you consume is a recipe for disaster

Lectins have an effect on bodily systems such as your digestion, joint health, immune system and metabolism. Following an individualized diet such as the Blood Type Diet, the GenoType Diet, or a personalized SWAMI Diet provides optimal lectin-blocking nutrition and offers protection against the negative effects of dietary lectins.

April 2021 Special

The best way to combat the negative effects of lectins is to follow the diet "Right 4 Your Type" and to bolster your efforts with the proper supplements. Minimize inappropriate lectin activity.

DIGESTIVE SUPPORT PACK

FEATURED PRODUCTS



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DEFLECT \$89 / GASTRO-D \$89 / INTRINSA \$69

DEFLECT

There is a Deflect formulation for each blood type that specifically combats the lectins that harm your blood type the most. With a bottle of Deflect at your side, you'll be able to have minor slips on your journey with the Blood Type Diet without sliding all the way back down the hill.

Gastro-D Complex

contains a unique blend of five minerals and herbs that may help calm and soothe your upset stomach:

Deglycyrrhizinated Licorice (DGL) - To provide a soothing, protective effect on the stomach.

Mastic Gum - To aid digestion

Safflower Tops - To support occasional heartburn, especially for blood type O non-secretors

Slippery Elm - To help calm an upset tummy

Bismuth: To ease temporary discomfort of the stomach and gastrointestinal tract

INTRINSA

To promote a healthy digestive system, Dr. Peter D'Adamo, blended two synergistic dietary nutrients, Butyric Acid and Caprylic Acid, with Larch Arabinogalactan to create Intrinsa. These ingredients may provide the following benefits:

Butyric acid - This short-chain fatty acid supports health of the lining of the small and large intestines, and serves the natural processes of aerobic energy metabolism. Butyric acid is a normal byproduct of the fermentation of dietary fiber by the gut bacteria, and is one of the main reasons why a high-fiber diet is so healthy.

Caprylic acid - This medium-chain fatty acid is absorbed from the intestines and carried by blood lipids.

Larch Arabinogalactan - This soluble fiber ingredient can be converted by intestinal bacteria into other short chain fatty acids that also have beneficial effects on the digestive tract.

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The following chart highlights the foods that contain lectins specific to each blood type, which should be avoided.

Foods Containing Harmful Lectins for Each Blood Type

<p>TYPE O</p> <p>TOP FOODS TO <u>AVOID</u></p> <p>Wheat Soybean oil Peanut Kidney bean</p>	<p>TYPE A</p> <p>TOP FOODS TO <u>AVOID</u></p> <p>Lima bean Tomato Eggplant Garbanzo bean</p>	<p>TYPE B</p> <p>TOP FOODS TO <u>AVOID</u></p> <p>Chicken Corn Soy Lentil</p>	<p>TYPE AB</p> <p>TOP FOODS TO <u>AVOID</u></p> <p>Chicken Corn Banana Fava bean</p>
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Arugula Greens with Roasted Roots and Horseradish Dressing (For all blood type)

Ingredients:

1 raw beet
3 small, tricolored carrots (if you can't find these, regular carrots will work just fine)
2 medium parsnips
2 teaspoons olive oil
2 bunches dandelion greens
Sea salt to taste

Directions:

Preheat oven to 375 degrees.
Peel beet, carrots, and parsnips.
Dice vegetables into $\frac{1}{2}$ -inch cubes. Toss with olive oil and season with sea salt. Spread in a single layer on a baking sheet and bake for 55 to 60 minutes, tossing halfway through.
To prepare dressing, in a small bowl, whisk horseradish with remaining dressing ingredients.
Toss dandelion greens in a large bowl with horseradish dressing, top with roasted vegetables, and serve.
Serves 4

Dressing:

$\frac{1}{4}$ cup fresh, finely grated horseradish
 $\frac{1}{4}$ cup olive oil
1 tablespoon fresh basil
2 tablespoons fresh lemon juice
Sea salt to taste

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Acupuncture for Digestive Health

The digestive system is one of the most complex systems of the body. Symptoms such as nausea, heartburn or vomiting likely stem from a digestive health issue. The gut microbiome requires a delicate balance of healthy bacteria for optimal functioning. A healthy digestive system and gut are also linked to both ideal nutrition and a healthy immune system.

When one or more organs or elements of the digestive system become out of balance, the entire system suffers. Fortunately, acupuncture offers a safe, non-invasive, holistic and effective way to treat issues of the stomach, intestines and waste processing systems of the body.



Acupuncture Corrects Imbalances, Restores Optimal Functioning

Acupuncture works with the body's natural energy system through a network of channels called meridians. When one or more of these meridians become unbalanced, dis-ease can result. Food is not digested optimally and ideal nutrition cannot be derived from the foods you eat. The processing of waste and toxins becomes compromised as well.

Acupuncture treatments for digestive health help by addressing the underlying energy imbalances that may be contributing to the discomfort. When you first visit with your acupuncturist, you'll be asked to explain your current symptoms and health concerns. The health history assists your acupuncturist in zeroing in on the exact cause of your digestive discomfort so that a personalized acupuncture treatment plan can be developed.

Acupuncture treatments for digestive health will help to reduce inflammation, improve circulation and encourage proper digestive system functioning. These improvements allow the internal organs to be more oxygenated and better able to eliminate waste more efficiently and effectively. This can help in a range of digestive system issues.

Acupuncture Treatment for Digestive Issues

The acupuncture and Chinese herbal medicine seek to address the underlying cause of your issue. Therapy is all customized to your specific symptoms. By considering all of your symptoms and your overall health, I will identify the imbalances that are the root cause of the condition. Acupuncture that part of health is the healthy circulation of the body's energy, called Qi. Strong emotions such as stress, anger, or frustration can cause the qi to slow down or get stuck. This lack of flow is called Qi Stagnation. If there is a weakness in the Qi, or a lack of digestive energy it is called Qi vacuity. Infections and inflammation can lead to the accumulation of toxins in the digestive system. Different acupuncture points and herbs will be used for the different imbalances. Some points may be on the arms, legs, or abdomen. Sometimes we may even do acupuncture on your back to improve your digestion.

By reducing inflammation, improving motility, and calming the body, acupuncture can lead to long term improvements.