

Blood Type Diet & Allergies

May
2018

What are Allergies?

a damaging immune response by the body to a substance

Simply put, allergies are the body's natural response to fight off something it doesn't like or understand. These substances can vary drastically. Some allergies are food based, which is why certain people can't eat peanuts while others can. Seasonal allergies, like I mentioned above, usually stem from pollen that trees, grasses and other plants produce in spring when they are returning to life after a winter of dormancy. There are countless other allergies that exist too, including sensitivity to pet dander, mold, latex or insect stings. **Despite the range of allergies that exist, one thing unites them all: the ability to protect yourself against them with the Blood Type Diet.**

Fighting Back Against Allergies

Allergies can put stress on your body, causing it to work overtime to handle the perceived threat. **Reducing the overall stress on your body by following the Blood Type Diet is a great first step. Your body needs to work hard to deal with food lectins that are not right for your type, which is one point of pressure.** Warding off seasonal illness is another. Often the body can handle the effects of dietary lectins or environmental allergens individually, but trying to deal with both simultaneously can cause symptoms. A diet of harmful lectins also can lead to leaky gut and overall inflammation, two things that stress your body further and can cause even more unwanted reactions. These reactions can include but aren't limited to: skin conditions, digestive problems, respiratory issues, eye irritation, sinusitis or ear infections.

The Blood Type Specificity of Allergies

As with nearly every symptom your body can experience, allergies can have slightly different effects for people with different blood types due to the natural inclinations of the type in question. Here are some basic trends for each type in relation to allergies.

Type O: dietary lectins react more with immune system (IgE) molecules, leading to more aggressive allergies and overall inflammation.

Type A: produce more mucus on average and more of a substance known as selectin, which leads to inflammation.

Type B: increased susceptibility to forms of lung inflammation, like asthma and viral infections.

Type AB: lower overall immunity, but some of the best resistance to respiratory based allergies.

May 2018 Special

Looking to go the extra mile to support your respiratory and immune system ?
Dr. D'Adamo created the **Breathe Easy Pack** that contains a combination of my best supplements for just that goal. Right for all blood types, it includes:

FEATURED PRODUCTS



BREATHE EASY PACK

Save
25%

Now
\$121
only RP: \$166
(per Pack)

•Buy
any 2
bottle
s and
above
@ 20%
off

NO
Stearates
& Fillers:
We do not use
artificial
fillers, animal
stearates or
synthetic
lubricants in
our products.

QUERCETIN \$65 / COLLINSONIA PLUS \$42 / PROBERRY CAPS \$59

Quercetin Plus

Quercetin is a natural, plant-derived flavonoid 400 times more potent than vitamin E that protects against free radical damage. Additionally, Quercetin has been used for decades to help support a healthy cardiovascular and immune system. Another common use of Quercetin has to do with its ability to support the healthy response to occasional inflammation following sports activity. As Quercetin bioflavonoids are not easily assimilated through the gut wall, Dr. Peter D'Adamo has added Bromelain enzyme to the formula to enhance its absorption. Our Quercetin formula is hypoallergenic and is derived from non-lectin containing sources. All blood types and GenoTypes can use Quercetin Plus.

Collinsonia Plus

In developing Collinsonia Plus, Dr. Peter D'Adamo took an entirely different approach. He reasoned that the best way to maintain healthy sinuses would not be to simply apply healing agents to the external surfaces of the sinuses, but rather to help them maintain their healthy function from within. In this one-of-a-kind formula, Dr. D'Adamo blended Collinsonia, or stone root, with the highest quality larch arabinogalactan to naturally maintain the health and comfort of the throat and sinus cavity.

Proberry Caps

Dark-hued berries such as blueberry and elderberry contain antioxidants that support healthy aging. Pigmented flavonoids are capable of increasing levels of vitamin C, support healthy capillary stability, support collagen production, and promote a healthy immune response. Although many foods contain antioxidants, dark berries contain some of the highest concentration levels.

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Allergies: Fight Them With The Blood Type Diet

The Individualized Plan for Preventing and Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma, and Related Allergy Conditions.

Allergies: Fight Them With The Blood Type Diet features:

- * Specific tools for preventing and treating allergies and allergy-related conditions that are not available in any of Dr. D'Adamo's other books.

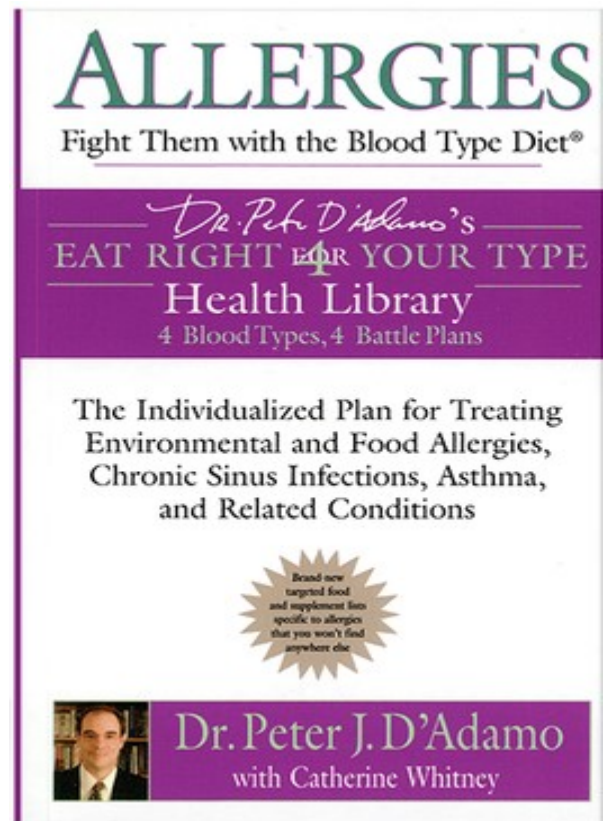
- * A diet tailored to your blood type that helps you manage, prevent or treat the symptoms of allergies.

- * A new category of condition-specific Super Beneficials that highlight powerful foods.

- * Blood-type-specific protocols for targeted vitamins, supplements and herbs.

Finally, Allergies includes a four-week plan for getting started that offers practical strategies for eating, exercising, and living right to prevent, fight, manage and treat the symptoms.

Available at My Type Store to order please call 63395570 or whatsapp 97295570



TOP 10 ALLERGY FIGHTING SUPER FOODS BY BLOOD TYPE

BLOOD TYPE O

Lean, organic, grass fed meat
Richly oiled cold water fish (halibut, cod)
Flax (linseed) oil
Olive oil
Seaweeds
Onion
Garlic
Pineapple
Turmeric
Green tea

BLOOD TYPE A

Soy based foods
Richly oiled cold water fish (salmon, sardines)
Flax (linseed) oil
Olive oil
Broccoli
Onion
Berries (blueberry, cranberry, cherry, elderberry)
Lemon
Garlic
Green tea

BLOOD TYPE B

Lean, organic, grass fed red meat (especially lamb or mutton)
Richly oiled cold water fish (halibut, sardines)
Cultured dairy (yogurt, kefir)
Flax (linseed) oil
Olive oil
Broccoli
Onion
Berries (cranberry, elderberry)
Turmeric
Green tea

BLOOD TYPE AB

Soy beans and soy based products
Richly oiled cold water fish (salmon, sardines)
Cultured dairy (kefir, yogurt)
Flax (linseed) oil
Olive oil
Broccoli
Onion
Lemon
Turmeric
Green tea

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ALLERGIES AND ACUPUNCTURE



You have been diagnosed with allergic rhinitis. The first step for many is to reach for antihistamines and decongestants. If these medications are ineffective, steroids and antibiotics step up to the plate. Unrelenting symptoms and obstructed nasal passages might even prompt your MD to suggest surgery. Well, that escalated quickly, didn't it? Take a deep breath. Allergic rhinitis, also known as 'hay fever' or just plain 'allergies,' certainly can make you feel miserable, but there are helpful options.

Regardless of your allergic triggers or current remedies, acupuncture can help. On its web site, the American Academy of Medical Acupuncture points out that in cases where conventional allergy drugs are not taken correctly or ineffective, "acupuncture may be an excellent complement to routine care, often minimizing or altogether eliminating the need for medications, releasing the patient from continuous exacerbation-remission cycles".

ALLERGY CAUSES AND ACUPUNCTURE

What exactly is allergic rhinitis and what causes it? Anyone with allergies can tell you that their immune system simply overreacts to particles in the air. When mere particles, or air for that matter, are your enemy, you want to keep your options open. First and foremost, you want to know more about those particles. Again, it may help to know names. 'Allergens' might ring a bell. Still, 'pollen' has to be the most familiar term connected to allergies. Just how many forms do these particles take? Here's a brief list:

- Dust mites,
- Animal dander
- Cockroaches
- Mold
- Things in the workplace, such as cereal grain, wood dust, chemicals, or lab animals

**TO LEARN MORE OUR TCM
SERVICE.PLEASE CALL 63395570**

ALLERGY SYMPTOMS AND ACUPUNCTURE

Many of us have yet to exhibit any allergy symptoms. Maybe some of us have them and have yet to link them to allergies. Let's play it safe and have a look at the signs:

- Excessive sneezing, especially after waking up in the morning.
- Runny nose or postnasal drip, especially if fluid is thick and yellow from an infection.
- Watery and itchy eyes
- Itchy ears, nose and throat.

ALLERGY RELIEF AND ACUPUNCTURE

Western medicine and traditional Chinese medicine never need be contradictory. They often work together to make significant impact on a person's wellbeing. In this very office, nutrition and gentle chiropractic techniques are practiced right alongside acupuncture and herbal medicine. All are preceded by the same initial visit and review of your medical history. The treatments involving acupuncture and eastern medicine may include cupping, medical massage and herbal medicine prescriptions. The ultimate goal is to bring the body's function into balance so the immune system does not react so violently to allergic triggers.