



The theory behind the ABO blood group diet

The principles and research into people eating right for their blood group is the work of Peter D'adamo. He has a large selection of books in print and I suggest reading more into it.

I have summarized the main pointers behind the ABO diets.

People fall into one of 4 categories of blood types. This is according to a marker on your platelets. You can either be an A, B, O or AB. The rhesus factor is the part you may have heard referred to as negative or positive. The rhesus factor isn't really that important, except when it comes to partner compatibility and babies and blood transfusions.

With blood transfusions it is vital to get the blood group correct so that you receive compatible blood. If you receive a non-compatible blood sample your own blood will attack then sample and cause clotting and potentially life threatening reactions. If you ever receive a blood transfusion, every effort is made to ensure you receive compatible blood, such as a cross-match (they correctly assign your blood group), multiple checks involving 2 nurses and then regular vital sign monitoring while you receive the blood, to make sure you don't have a compatibility issue.

Interestingly some foods can illicit a negative reactions in certain blood groups. This is the crux behind why eating right for your blood group has sound and real benefits.

If you eat right for your blood group you can feel fantastic.

If you don't eat compatible foods you may experience the following:

Constipation/diarrhea	irritable bowel symptoms	headaches
Bad breath	bloating	lowered immunity
Joint aches	sinusitis	hayfever
Asthma	eczema	weight issues

Typically the following applies if you are a :

A Blood Group: thrives on vegetables, chicken, fish. Can suffer with wheat and dairy.

B Blood Group: needs a balanced diet, tolerates dairy well and meats, but not wheat.

O Blood Group : thrives on meats and salads/vegetables. Simple cooking with no wheat and dairy.

AB Blood Group: a mixture of A and B and little wheat.

Find out your blood group and down load the information sheets for your blood group. If you can stick to it 80% of the time you should feel improvements.

