

# health link

- family medicine
- chiropractic/active release technique
- nutrition consulting
- physiotherapy
- acupuncture
- registered massage therapy
- naturopath therapy
- laser hair removal
- orthotics

## What's Your Type?

By Dr. Selene Wilkinson, ND

**Eating right for your blood type may be the missing link to your optimum health and ideal weight.**

Have you ever wondered how some people lose weight easily yet others struggle, or why certain people are prone to disease and others stay healthy? The answer may be in your blood type. According to Dr. D'Adamo's Blood Type Diet, the missing link of our potential susceptibility to, or our control over disease may be in the four basic blood types: O, A, B, and AB.

### WHAT IS THE THEORY?

The theory is quite complex, but it is based on the fact that different proteins found in food, called lectins, are digested differently based on your blood type. For each person food falls into three categories - beneficial, neutral and those to avoid. The beneficial foods for your specific blood type act like medicine, neutral foods act like food, while the foods to be avoided have a negative effect on your health.

### Type A

Blood group A is called "The Cultivator". Those with blood Type A are more naturally suited to a vegetarian diet and foods that are higher in carbohydrates and lower in fats.

**Foods that encourage weight gain:** meat, dairy, kidney beans and wheat when eaten in large amounts

**Foods that promote weight loss:** vegetable oils, soy foods, pineapple and vegetables in general

**Ideal exercise:** calming, gentle exercise, such as golf, yoga and tai chi

### Type B

Type B's are considered "The Nomad" or "Chameleon" and have a strong immune system and a very tolerant digestive system.

**Foods that encourage weight gain:** corn, lentils, peanuts, sesame seeds and wheat

**Foods that encourage weight loss:** green vegetables, meat, liver, eggs and licorice tea

**Ideal Exercise:** moderate physical exercise requiring mental balance, such as hiking, cycling, tennis, and swimming

### Type AB

Blood Type AB is called "The Enigma" and is the most recent in terms of evolution of the four groups. It is a combination of types A and B, and is the most biologically complex.

**Foods that encourage weight gain:** red meat, kidney and lima beans, seeds, corn and buckwheat

**Foods that encourage weight loss:** tofu, seafood, dairy, green vegetables, kelp and pineapple

**Ideal exercise:** a combination of the exercises for types A and B works best.

If you don't know your blood type you are not alone. Surprisingly many people do not, but a simple finger prick blood test can provide you with the answer in minutes.

O	A	B	AB
46%	42%	9%	3%

*Percentage of each blood type in Canada, as indicated by the Canadian Blood Services*

### THE FOUR BLOOD TYPES

#### Type O

Blood group O is labelled "The Hunter" and is the earliest human blood group. Type O's fare best on animal proteins and less well on dairy products and grains.

**Foods that encourage weight gain:** gluten found in wheat products and, to a lesser extent, lentils, corn, kidney beans, and cabbage

**Foods that encourage weight loss:** kelp, kale, spinach, broccoli, seafood and red meat

**Ideal exercises:** running, aerobics, martial arts, and contact sports

