

B TYPE BLOOD GROUP DIET

Blood Type B Cancer Diet Checklist

- Eat small to moderate portions of high-quality, lean, organic meat several times a week. These are easily digested by Blood Type B.
 - If you are not used to eating dairy products, introduce them gradually, after you have been on the Blood Type B Diet for several weeks. Begin with cultured dairy products, such as yogurt and kefir, which are more easily tolerated than fresh dairy product.
 - Including regular portions of richly oiled cold-water fish.
 - Avoid foods that contain disease-promoting lectins. For Blood Type B, these include Chicken, Corn, Buckwheat, Lentils, Peanuts, Sesame Seeds and Tomatoes.
 - Eat lots of highly beneficial fruits and vegetables, especially those high in fibre and antioxidants.
 - Don't under eat or skip meals. Use snacks that are appropriate for your blood type between meals if you get hungry. Avoid low-calorie diets. Remember, food deprivation is a huge stressor and raises cortisol levels.
 - Drink green tea every day. Limit sugar, caffeine and alcohol. These are some short term "fixes" that ultimately increase stress.
-

Week 1

Blood Type Diet and Supplements.

- Eliminate your most harmful **AVOID** food-chicken, corn and buckwheat. These foods seriously interfere with proper metabolism.
- Include your most important **HIGHLY BENEFICIAL** foods at least 3 times this weeks. These include Lamb, Seafood and Cultured dairy. Try to consume.

- Incorporate at least one HIGHLY BENEFICIAL food into your daily diet. For example, have a handful of walnuts as a snack or eat yogurt mixed with berries for lunch.
- If you're a Coffee drinker, begin to wean yourself by cutting your daily consumption in half, substituting green tea. My favourite is Madura Green Tea which is readily available through any supermarkets in Australia.

Exercise Regimen.

- Plan to exercise at least 4 days this week, for 45 minutes each day.
2-3 Days: Aerobic activity.
1-2 Days: Yoga or T'ai Chi.
- Keep a journal detailing time, activity, distance, rate, weight used and number of repetitions for each exercise.

* Week 1 Success Strategy *

The Blood Group B Health Cocktails

Apricot seeds are the ultimate Cancer killer from my view as it has been giving me unbelievable results.

If you have suspected or cancer problems.

- Take 6 times a day, grounded or minced up Apricot seeds in Pineapple Juice. Say 1 heap teaspoon, spaced out about 2_ hours. With 10 drops of vitamin A + E solution mixed in the drinks 3 times a day before meals. The reason I use Pineapple Juice is cause Pineapple or Papaya Juices are the best to use when wanting to soften up the cells in your body to receive the vitamins much easier.

If you don't have suspected or cancer problems and want to use the power of the Apricot seed as a preventative not to get Cancer.

- Take 6 to 7 Apricot seeds once a day, grounded or minced up in Pineapple Juice.

Blend well and drink.

- Flaxseed oil is also a potent cancer fighter to build up your immune system. You may want to drink this specially formulated "Membrane Fluidizer Cocktail" every day.

1 tablespoon of Flaxseed oil.

1 Tablespoon high-quality Lecithin granules.
6-8 ounces of your favourite fruit juice.
Blend well and drink.

Week 2

Blood Type Diet and Supplements.

- Begin to eliminate the next level of AVIOD foods-seeds, Beans and Legumes that have negative lectin activity.
- Eat at least 2 to 3 HIGHLY BENEFICIAL animal proteins every day-such as Lamb, Yogurt or Seafood.
- Initially, it is best to avoid foods on the list NEUTRAL. Allowed in frequently.
- Continue to incorporate HIGHLY BENEFICIAL foods into your daily diet.
- If you're a heavy Coffee drinker, continue to cut your Coffee intake, replacing it with Green Tea.

Exercise Regimen.

- Continue to exercise at least 4 days this week, for 45 minutes each day.
2-3 Days: Aerobic activity.
1-2 Days: Yoga or T'ai Chi.

*** Week 2 Success Strategy ***

Cut Your Stress With Meditation

High stress levels will undermine immune system health. Take advantage of Blood Type B's natural ability to relieve stress through Meditation or Guided Imagery. Of all the Meditation Techniques, "T.M." or Transcendental Meditation, has been the most thoroughly studied for its antistress effects. Evidence indicates that Cortisol decreases during Meditation especially for long term practitioners and remains somewhat lower after Meditation. Set aside 20 to 30 minutes every day to Meditate.

Week 3

Blood Type Diet and Supplements.

- When you plan your meals for week 3, choose HIGHLY BENEFICIAL foods to replace NEUTRAL foods whenever possible. For example, choose Lamb over Beef or Blueberries over an Apple.
- Eliminate all AVOID foods.
- Completely wean yourself from Coffee and substitute Green Tea.

Exercise Regimen.

- Continue to exercise at least 4 days this week, for 45 minutes each day.
2-3 Days: Aerobic activity.
1-2 Days: Yoga or T'ai Chi.
Add one day of unstructured exercise, Walking, Biking or Swimming.

*** Week 3 Success Strategy ***

If you're undergoing Chemotherapy, combat Nausea with these strategies:

- Drink plenty of water and non acidic juices (No Caffeine, it Dehydrates).
- Drink little or no liquids with meals.
- Exercise to reduce Stress, which can promote Nausea.
- Avoid the sight and smell of offensive foods.
- Avoid being around smokers.
- Take Apricot seeds.
- Take Ginger Rhizome as a supplement.

Week 4

Blood Type Diet and Supplements.

- Continue at the week 3 level, focusing on HIGHLY BENEFICIAL foods.
- Evaluate the first 3 weeks and make adjustments.
- Completely wean yourself from Coffee and substitute Green Tea.

Exercise Regimen.

- Continue at the week 3 level.
- Evaluate your progress, referring to your journal. Make adjustments to improve your performance.

* Week 4 Success Strategy *

Sleep Like A Baby

Maintaining a regular sleep cycle is crucial to the reduction of Stress and the maintenance of a healthy immune system. Circadian Rhythm important for control of Cortisol Levels can be difficult for seniors. Overall, elderly people tend to have more problems with interrupted sleep and Insomnia. You may need to increase your intake of vitamin B12 or take Melatonin supplement.

Blood Type B

Cancer Fighting Super Foods

Yogurt - Cultured dairy promotes intestinal health.

Kefir - Cultured dairy promotes intestinal health.

Ghee (Clarified Butter) - Contains short chain fatty acids, which improve intestinal health and prevent Cancer.

Richly Oiled Cold Water Fish - Source of Omega 3 fatty acids.

Flax (Linseed) Oil - Alpha Linolenic Acid may help prevent metastasis of Breast Cancer Cells.

Walnuts - Inhibits Toxins (O.D.C.).

Domestic Mushrooms - Lechin stimulates cell differentiation.

Onion - Inhibits polyamine production.

Cabbage - Indole 3 Carbinol acts as an Aromatase Inhibitor.

Brussels Sprouts - Indole 3 Carbinol acts as an Aromatase Inhibitor.

Cauliflower - Indole 3 Carbinol acts as an Aromatase Inhibitor.

Broccoli - Protects against polyamines.

Garlic - Inhibits Polyamine production.

Red Grapefruit - Source of the Antioxidant Lycopene.

Watermelon - Source of the Antioxidant Lycopene.

Grape Juice - Aromatase Inhibitor.

Guava - Source of the Antioxidant Lycopene.

Jackfruit - Lectin agglutinates T Antigen.

Elderberry - Inhibits Toxins (O.D.C.).

Blueberry - Inhibits Toxins (O.D.C.).

Cherry - Inhibits Toxins (O.D.C.).

Dill Weed - Inhibits Polyamine production.

Tarragon - Inhibits Polyamine production.

Turmeric - Inhibits Polyamine production.

Weight Reducing Foods

Green Vegetables, Meat, Eggs, Liver, Licorice Tea

Food Values

Highly Beneficial - Foods that are known to have specific disease fighting qualities for your blood type. Also foods with components that enhance the Metabolic, Immune or structural health of your blood type.

Neutral - Foods that normally have no direct blood type effect but supply a variety of nutrients necessary for a healthful diet. Also Foods that normally have no blood type effect but can interfere with health when consumed regularly.

Avoid - Foods with components that are harmful to your blood type.

Blood Type B: Meats / Poultry

Portion serves - 4 to 6 oz (Men) / 2 to 5 oz Women and Children

	African	Caucasian	Asian
<u>Secretor</u>	3 to 6 oz	2 to 6 oz	2 to 5 oz
<u>Non-Secretor</u>	4 to 7 oz	4 to 7 oz	4 to 7 oz

Meat

Highly Beneficial:-

Goat, Lamb, Mutton, Rabbit, Venison.

Neutral:-

Beef, Buffalo, Liver (Calf / Chicken / Pig), Ostrich, Pheasant, Turkey, Veal.

Avoid:-

All commercially processed meats, Bacon, Chicken, Cornish Hen, Duck, Goose, Grouse, Guinea Hen, Ham, Heart (Beef), Horse, Partridge, Quail, Squab, Squirrel, Sweet Bread, Pork, Poussin, Turtle.

Blood Type B: Fish / Seafood

Portion serves - 4 to 6 oz (Men) / 2 to 5 oz Women and Children

	African	Caucasian	Asian
<u>Secretor</u>	4 to 6 oz	3 to 5 oz	3 to 5 oz
<u>Non-Secretor</u>	4 to 7 oz	4 to 6 oz	4 to 6 oz

Seafood

Highly Beneficial:-

Caviar (Sturgeon), Cod, Croakers, Flounder, Grouper, Haddock, Hake, Harvest Fish, Mackerel, Mahi Mahi, Monkfish, Perch (Ocean), Pickerel, Porgy, Shad, Salomon, Sardines, Sturgeon.

Neutral:-

Abalone, Albacore (Tuna), Bluefish, Bullhead, Carp, Catfish, Chub, Cusk, Drum, Gray Sole, Herring (Fresh / Pickled / Smoked), Mullet, Muskel-lunge, Opaleye Fish, Orange Roughy, Parrot Fish, Perch (Silver/White/Yellow), Pompano, Red Rosefish, Sailfish, Salomon (Smoked), Scallop, Scrod, Scup, Shark, Smelt, Snapper, Squid (Calamari), Sucker, Sunfish, Swordfish, Tilapia, Tilefish, Tuna., Weakfish, Whitefish.

Avoid:-

Anchovy, Barracuda, Bass (All), Beluga, Butterfish, Clams, Conch, Crab, Eels, Frog, Lobster, Mussel, Octopus, Oysters, Pollock, Salmon Roe, Shrimp, Snails (Helix Pomatia / Escargot), Trout (All), Yellowtail.

Blood Type B: Eggs

Portion serves - 1 Egg

	African	Caucasian	Asian
<u>Secretor</u>	2 to 4	3 to 4	3 to 4
<u>Non-Secretor</u>	5 to 6	5 to 6	5 to 6

Blood Type B: Milk and Yogurt

Portion serves - 4 to 6 oz (Men) / 2 to 5 oz Women and Children

	African	Caucasian	Asian
<u>Secretor</u>	3 to 5	3 to 4	3 to 4
<u>Non-Secretor</u>	1 to 3	2 to 4	1 to 3

Blood Type B: Cheese

Portion serves - 3 oz (Men) / 2 oz Women and Children

	African	Caucasian	Asian
<u>Secretor</u>	3 to 4	3 to 5	3 to 4
<u>Non-Secretor</u>	1 to 4	1 to 4	1 to 4

Dairy & Eggs

Type B's are the only blood group that can adequately consume dairy products due to the antigen containing the same sugar that is present in milk.

Highly Beneficial:-

Cottage Cheese, Farmer Cheese, Feta Cheese, Ghee (Clarified Butter), Goats Cheese, Goats Milk, Kefir, Milk (Full Cream/Skim/Trim), Mozzarella Cheese, Yoghurt, Kefir, Paneer Cheese, Ricotta Cheese.

Neutral:-

Brie Cheese, Butter, Buttermilk, Camembert Cheese, Casein Cheese, Cheddar Cheese, Cream Cheese, Colby Cheese, Edam Cheese, Egg (Chicken), Emmenthal Cheese, Gouda Cheese, Gruyere Cheese, Half & Half, Neufchatel Cheese, Jarlsberg Cheese, Monterey Cheese, Munster Cheese, Parmesan Cheese, Provolone Cheese, Quark Cheese, Sherbert Cheese, Sour Cream, Swiss Cheese , Whey.

Avoid:-

American Cheese, Blue Cheese, Eggs (Duck/Goose/Quail), Ice Cream, String Cheese.

Blood Type B: Oils

Portion serves - 1 Tablespoon

	African	Caucasian	Asian
<u>Secretor</u>	5 to 8	5 to 8	5 to 8
<u>Non-Secretor</u>	3 to 7	3 to 7	3 to 6

Three times a week.

Oils & Fats

Highly Beneficial:-

Olive Oil, Linseed (Flaxseed) Oil.

Neutral:-

Almond, Black Currant Seed, Cod Liver Oil, Evening Primrose, Walnut, Wheat Germ.

Avoid:-

Borage Seed, Canola, Castor, Coconut, Corn, Cotton Seed, Peanut, Safflower, Sesame, Soy, Sunflower.

Blood Type B: Nuts and Seeds

Portion serves - Whole (hand full), Nut Butters (2 Tablespoons)

	African	Caucasian	Asian
<u>Secretor</u>	4 to 7	4 to 7	4 to 7
<u>Non-Secretor</u>	5 to 7	5 to 7	5 to 7

Times per week.

Nuts & Seeds

Highly Beneficial:-

Walnuts (Black).

Neutral:-

Almonds, Almond Butter, Almond Cheese, Almond Milk, Beechnut, Brazil Nuts, Butternut, Chestnuts, Hickory Nuts, Hickory, Flax (Linseed), Litchi, Macadamia, Peacan, Walnuts (Walnut)

Avoid:-

Cashews, Filbert (hazelnut), Peanuts, Peanut Butter, Pignolia (Pine Nut), Pistachio, Poppy Seeds, Pumpkin Seeds, Sesame Butter (Tahini), Sesame Seed, Sunflower Butter, Sunflower Seeds.

Blood Type B: Beans and Legumes

Portion serve - 1 Cup (Cooked)

	African	Caucasian	Asian
<u>Secretor</u>	5 to 7	5 to 7	5 to 7
<u>Non-Secretor</u>	3 to 5	3 to 5	3 to 5

Times per week.

Beans & Legumes

Highly Beneficial:-

Kidney Beans, Lima Beans, Navy Beans.

Neutral:-

Beans (Green/Snap/String), Cannellini Beans, Copper Beans, Fava (Broad Beans), Jicama Beans, Northern Bean, Pea (Green/Pod/Snow), Soy Bean, Tamarind Bean, White Bean.

Avoid:-

Adzuki Beans, Black Beans, Black-Eyed Peas, Garbanzo (Chickpea), Lentils (All), Miso, Mung Bean (Sprouts), Pinto Beans, Soy Cheese, Soy Milk, Tempeh, Tofu.

Blood Type B: Grains, Starches & Pastas

Portion - 1 dry cup - Grains or Pasta / 1 Muffin / 2 slices of Bread

	African	Caucasian	Asian
<u>Secretor</u>	5 to 7	5 to 9	5 to 9
<u>Non-Secretor</u>	3 to 5	3 to 5	3 to 5

Times per week.

Grains, Starches & Pastas

Highly Beneficial:-

Brown Rice Bread, Essene Bread (Manna), Fin Crisps, Millet, Oat Bran, Oat Flour, Oatmeal, Rice Bran, Rice Cakes, Rice Flour, Rice Milk, Rice (Puffed), Srouted-wheat, Wasa Bread, Spelt.

Neutral:-

Barley, Ezekiel 4:9 Bread, Cream Of Rice, Familia, Farina, Gluten-free Bread, Graham Flour, Granola, Grape Nuts, Hi-protein Bread, Ideal Flat Bread, Oat Bran Muffins, Plain Flour, Pumpernickel Bread, Quinoa, Rice (Basmati/Brown/White), Rice Flour, Rice (Whole), Self-raising Flour, Semolina Pasta, Soy Flour / Products, Spelt (Whole), Spelt Flour / Products 100%, Spinach Pasta, Sprouted Grain, Quinoa, Wheat (Refined-Unbleached), Wheat (Semolina), Wheat (White Flour)

Avoid: -

Amaranth, Barley, Barley Flour, Buckwheat, Buckwheat Flour, Buckwheat Noodles, Bulgar Flour, Couscous, Cornmeal, Couscous, Durum Wheat Flour, Gluten Flour, Grits, Kamut, Popcorn, Rice (Wild), Rye (Whole), Rye Flour / Products, Soba Noodles (100% Buckwheat), Sorghum, Tapioca, Teff, Wheat Bran, Wheat Germ, Wholewheat Flour, Wild Rice, Wheat Hole.

Blood Type B: Vegetables

Portion - 1 cup, prepared (Cooked or Raw)

	African	Caucasian	Asian
<u>Secretor</u>	Unlimited	Unlimited	Unlimited
<u>Non-Secretor</u>	Unlimited	Unlimited	Unlimited

Times per day.

Vegetables, Sprouts, Soy Products

Highly Beneficial:-

Aubergines, Beet (Greens),Beetroots, Broad Beans, Broccoli, Brussel Sprouts, Cabbage (Chinese/Red/White), Cabbage Juice, Capsicum, Carrot, Cauliflower, Garlic, Collard, Kale, Mushrooms (Shiitake/Silver Dollar), Mustard Greens, Onions (All), Parsley, Parsnip, Pepper (All), Spinach, Sweet Potatoes, Yam.

Neutral:-

Alfalfa Sprouts, Arugula, Asparagus, Asparagus Pea, Bamboo Shoots, Bean (Green/Snap/String), Bok Choy, Carrot Juice, Celeriac, Celery, Chervil, Chicory, Cucumbers, Courgettes (Zucchini), Daikon Radish, Dandelion Greens, Endive, Escarole, Fennel, Fiddlehead Fern, Horseradish, Kohlrabi, Leek, Lettuce (Butterhead / Cos / Iceburge / Webb), Mesclun Salad Mix, Mushrooms (Abalone / Cultivated / Enoki /Maitake / / Porcini / Portobello / Tree Ear), Okra, Oyster Plant, Pea (Green / Pod / Snow), Pickle (In Brine Or Vinegar), Poi, Potato, Radicchio, Rappini (Broccoli Rabe), Rocket, Rutabaga, Mangetouts, Scallion, Seaweed, Shallots, Squash (All), Swiss Chard, Swedes, Taro, Turnip, Water Chestnut, Watercress, Yucca.

Avoid: -

Aloe, Avocado, Artichokes (Jerusalem), Globe Artichokes, Mung Bean Sprouts, Olives (Black/Green/Greek/Spanish), Pumpkin, Radish Sprouts, Sweet Corn,

Blood Type B: Fruits and Fruit Juices

Portion - 1 cup

	African	Caucasian	Asian
<u>Secretor</u>	2 to 4	3 to 5	3 to 5
<u>Non-Secretor</u>	2 to 3	2 to 3	2 to 3

Times per day.

Fruits and Juices

Highly Beneficial:-

Banana, Blackberry, Blueberry, Cherry (All), Cranberry, Elderberry (Dark / Blue / Purple), Grapefruit (Red), Grapes (Black/Green/Purple/Red), Guava, Jackfruit, Lemon, Water With Lemon Juice, Papaya, Pineapple, Plums, (Green/Purple/Red), Watermelon.

Neutral:-

Apples, Apple Cider, Apricot, Asian Pear, Blackcurrants, Blueberries, Boysenberries, Breadfruit, Canang Melon, Cantaloupe, Casaba Melon, Christmas Melon, Crenshaw Melon, Dewberry, Cherry, Date, Fig (Dried/Fresh), Gooseberry, Grapefruit (White), Honeydew Melon, Kiwi Fruit, Kumquat, Lime, Loganberry, Lychees, Mangoes, Mulberry, Muskmelon, Nectarine, Orange, Peach, Pear, Persian Melon, Plantain, Prune, Prune Or With Other Vegetable Juices (Mentioned In The Vegetable Section), Quince, Raisin, Raspberry, Redcurrants, Sago Palm, Spanish Melon, Strawberry, Tangerine, Youngberry.

Avoid:-

Avocado, Bitter Mellon, Coconut, Persimmon, Pomegranate, Prickly Pear, Rhubarb, Star Fruit (Carambola), Tomato Juice.

Spices / Condiments / Sweeteners

Highly Beneficial:-

Dill, Ginger, Ginseng, Horse Radish, Licorice Root, Molasses (Black Strap), Parsley, Pepper (Cayenne), Peppermint, Raspberry Leaf, Rosehip, Rosemary, Tarragon, Turmeric.

Neutral:-

Agar, Anise, Apple Pectin, Arrowroot, Basil, Bay Leaf, Bergamot, Caper, Caraway, Cardamom, Carob, Chervil, Chilli Powder, Chive, Chocolate, Cilantro, (Coriander Leaf), Clove, Coriander, Cream Of Tartar, Cumin, Fructose, Garlic, Honey, Lecithin, Mace, Marjoram, Maple Syrup, Mayonnaise, Mint (All), Molasses, Mustard (Dry), Nutmeg, Oregano, Paprika, Pepper (Pepper Corn / Red Flakes), Pickle (All), Rice Syrup, Saffron, Sage, Savory, Sea Salt, Seaweeds, Senna, Sugar (White / Brown), Tamari (Wheat Free), Tamarind, Thyme, Vanilla, Vinegar (All), Wintergreen, Yeast (Baker's Brew's).

Avoid:-

Aspartame, Barley Malt, Carra Geenan, Cinnamon, Cornstarch, Corn Syrup, Dextrose, Gelatine (Except Vegetable Sourced), Guarana, Gums (Acacia / Arabic / Guar), Juniper, Ketchup, Malto Dextrin, Miso, M.S.G., Pepper (Black / White), Soy Sauce, Stevia, Susanat, Tapioca, Worcester Shire Sauce.

Herbal Teas and Drinks

Highly Beneficial:-

Ginger, Ginseng, Licorice Root, Parsley, Peppermint, Raspberry Leaf, Rosehip, Sage, Tea (Green).

Neutral:-

Alfalfa, Burdock, Black Tea (Regular / Decaffeinated), Beer, Catnip, Chamomile, Chickweed, Coffee (Regular/Decaffeinated), Dandelion, Dong Quai, Echinacea, Elder, Goldenseal, Hawthorn, Horehound, Mulberry, Rosemary, Sarsaparilla, Senna, Slippery Elm, Spearmint, St John's Wort, Strawberry Leaf, Thyme, Valerian, Vervain, White Birch, White Oak Bark, Yarrow, Yellow Dock, Wine (Red / White)

Avoid:-

Aloe, Coltsfoot, Corn Silk, Fenugreek, Gentian, Hops, Linden, Liquor, Mullein, Red Clover, Rhubarb, Shepherd's Purse, Seltzer, Skullcap, Soda (Club), Soft Drinks.

For much more information please refer to Dr. D'Adamo's book "The Eat Right Diet" for further information (Publishers Century Books Ltd 1998)