

# Blood Type O

## A VALUABLE GUIDELINE

As a Blood Type O individual, you may enjoy some of the nuances that define your type! Interest in the blood type connection began decades ago and more recently, Dr. Peter D'Adamo has been its strongest proponent. His guidelines have proven to be invaluable and can be found in his book [Eat Right 4 Your Type](#). Dr. Steven Gundry, MD, is a recent participant in the conversation on how lectins affect our health. His latest book is [The Plant Paradox](#). Both of these authors also have excellent cookbooks that you may enjoy!

Connecting the blood type O biology using Darkfield microscopy and some corresponding personality traits has been a fascination. You may resonate with some of these aspects and be able to come up with a few of your own.

Blood Type O individuals generally:

- Thrive on animal protein and oils
- Have hearty immune systems
- Can enjoy the same meals frequently
- Endure high intensity sports, activities and workplaces
- Survive nicely with simple basic foods
- Are the hunter-gatherer type historically
- Enjoy intermittent fasting and mild ketosis
- Need encouragement to eat a healthy balance of green vegetables

Your unique features:

- Dairy contributes to inflammation, weight gain and digestive issues.
- Eggs can be eaten up to 8 times per week.
- Your body is often not a fan of beans, so choose carefully.
- You are not built for wheat, as it contributes to weight gain and digestive issues, including acid reflux and coughing. Frozen sprouted manna and Ezekiel bread are allowed in moderation.
- Your blood type is vulnerable to thyroid problems and you have a sensitivity to mold.
- Coconut and coconut oil interfere with the benefits of high protein food. They can contribute to weight gain. This is true of avocado, as well. Use on occasion only.
- Pineapple and black cherry juice (in tiny amounts) support weight loss and help alkalize.
- Coffee upsets all that work you are doing by contributing more acid into your naturally high stomach acid.
- Pickled foods/ferments are not your friend.

## THE MIND

- Strong, independent
- Ambitious and project oriented
- Appreciate a matter of fact approach
- Happy to help, generous
- Outgoing for the most part but tend to get down if they are unable to fulfill expectations
- Enjoy people but also comfortable with alone time

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By following the blood type O guidelines, you avoid the associated risk factors for autoimmune disease, arthritis and other inflammatory diseases. You have a tendency to lower functioning thyroid, ulcers and allergies. It is wise to honor your blood type foods in order to avoid blood-clotting disorders.

### **WHAT CAN I EXPECT?**

The truth? At first you will likely be excited yet overwhelmed, especially if this is all very new to you. Rather than think of it as difficult, let's do things in bite size pieces. Begin by reading through this entire booklet. Get familiar. Then choose one thing to work on and build the rest from there. This is not about perfection, but rather, about making changes that produce notable improvements over time, however subtle they may be. Need support to sort through? I'm here for you!

Your changes will be affecting every cell of your body and the hard work will provide:

- ↳ Increased energy and performance
- ↳ More efficient digestion
- ↳ Reduction in body fat
- ↳ Looking and feeling less bloated
- ↳ No more cravings
- ↳ Better moods and focus
- ↳ A happier outlook in all areas of your life
- ↳ Healthier sex drive and hormonal balance

### **WHY BLOOD TYPE MATTERS**

The blood type list is a guideline that helps with your choices for optimal fuel. This fine-tunes the list above so that foods may truly be your medicine. By adhering to these suggestions, fewer lectins and undigested proteins circulate in the blood making your body better able to heal. Read more about this philosophy at:

<https://dadamo.com/>

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### **FOOD IS MEDICINE**

Food is central to how things went sideways and how you get back on track. This is not about starvation in the least and is about aligning with the new choices and enjoying the transition. Your food SHOULD taste good and be what you look forward to.

No matter what your blood type, these guidelines are extremely helpful, therefore worth considering. Each category still leaves you at choice unless the changes are not reflected by your results. I want you to want this for yourself as much as I want it for you. Seriously.

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The following list is in alphabetical order for easy reference. Read this thoroughly and apply your blood type highly beneficial and neutral choices accordingly. Follow the guidelines until you are well on the other side of your symptoms. This is your template for life.

Most people notice a marked difference in as few as ten days. To be fully transparent, this can take one to two years in some cases and it is with great anticipation that I hold out that you experience such notable improvement that this becomes a lifestyle. The more you adhere to food as your medicine, the less you will spend on supplements and practitioners. In the meantime, we are glad to remind you and support your journey.

If it's going to take more than me to convince you of how important this is, I suggest that you take some time to familiarize yourself with the documentaries on Netflix. Get to know who is in charge of our foods. Want to talk more? It's an eye opener.

## **WHAT SEEMS GOOD ISN'T ALWAYS**

### **ALCOHOL**

Yes, moderate amounts of alcohol can be most enjoyable and this is not about being a purist. However, it is my job to be sure that you know that alcoholic beverages of any kind do not support your goals.

Consider eliminating them at this time and once you are satisfied with outstanding results, we can renegotiate. NONE is best at this time.

### **ANIMAL PROTEIN**

Do everything you can to source organic grass-fed or hormone-free animal protein and wild-caught fish. It really is that important. Avoid ALL deli and processed meats.

NOTE: If you have cancer or another serious condition or disease, it is advisable to replace animal protein with a plant-based approach. This is not about making you a vegetarian or a vegan, but rather, about removing circulating undigested proteins in service of your improved health profile.

### **ARTIFICIAL SWEETENERS & PACKAGED FOODS**

Be a label reader! If you can't pronounce it, it's not food. If it can't rot, it's not food. As Michael Pollen says in his book IN DEFENSE OF FOOD, if your grandmother wouldn't eat it, it's not food.

Stay FAR away from Aspartame, NutraSweet, Equal, Amino Sweet, Splenda, Sucralose, Sorbitol, Mannitol, and Maltitol (there are many more!). Also, avoid MSG, dyes, and flavorings. "Natural" does not mean "safe" or "organic", but rather, is a catchall term for what has yet to be regulated.

### **BEANS & LENTILS**

As beans and lentils are difficult to digest, they leave a trail of inflammation and incomplete digestion, including circulating lectins (sticky residue). If you must, be sure to soak and sprout and limit the amounts. Be very honoring of your blood type preferences.

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## **COFFEE**

As much as a coffee is seen as a non-negotiable part of your morning routine, DO know what this may be doing to your health. Also, eliminate black tea, cola and chocolate unless otherwise stipulated. Replace coffee with another hot beverage that you enjoy. If you drink Green tea, limit yourself to one cup a day for the highest medicinal benefits. Too much of a good thing is too much.

If you suffer from stress, anxiety, depression, low energy, insomnia or hormonal issues, coffee is definitely worth striking from your daily routine. Caffeine in all the above forms can rattle your kidneys and adrenal glands giving you false energy, which leaves your body more depleted than when you began. In this way it is similar to sugar. It also drives your pH into the ground, which again defeats all your hard work. For the moment, drink hot water with lemon, or herbal teas. If you absolutely cannot be without it, we can chat about Bulletproof Coffee down the road.

To manage withdrawal symptoms, drink copious amounts of water, include exercise, increase your magnesium and breathe in lavender oil frequently. Otherwise, your headache should subside in a day or two. Did I say drink more water??

## **DAIRY**

Dairy is congestive and alters your hormonal profile. It is also a major contributor to allergies and inflammation. For now, the only dairy that is allowed is organic grass-fed butter, organic grass-fed ghee, and colostrum. No exceptions.

Milks or “mylks” are allowed in moderation (almond, rice, hemp, coconut, etc.). Choose unsweetened versions without carageenan and other fillers. Making your own is the best.

## **EGGS**

Limit your intake to 1-2 eggs no more than 3-4 times per week.

## **FERMENTED FOODS**

This is a discussion that has sound reasoning on either side of the argument. For this experiment, please avoid.

## **FRUIT**

Fruit contains sugar therefore a contributor to fungus. Sugar also up-regulates parasites, bacteria and microbes that may be contributing to your symptoms. If we have agreed that you can eat fruit, it is best to limit your consumption to one serving per day. Choose berries, apples, pears or grapefruit. One serving is ½ cup or half a grapefruit eaten away from other foods.

## **GRAIN**

There are many aspects to grain that interfere with your desire for improved health and even weight loss. If you choose to eat grains, choose organic and gluten-free. With any inflammatory condition, experiment with eliminating ALL grains in order to appreciate the difference. This included corn, barley, cereal grains and in some cases, oats. This does indeed mean eliminating bread, crackers, muffins, baked goods, etc... for all the reasons. Repeat after me, “NO bread.”

## **JUICE**

No commercial or bottled juices, unless given the thumbs up. DIY juices will be recommended.

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## **NUTS**

Nuts are very difficult to digest therefore it is prudent to eliminate them. This is especially important if you suffer from constipation/diarrhea, intestinal issues (Crohn's, colitis, IBS etc.), allergies or sinusitis. Nuts may also contribute to fungus and digestive difficulties. Nut butters may be used in some cases but note that they will not be helpful for anyone who is water retentive or congestive.

## **OILS**

Choose extra virgin cold pressed Olive, Sesame, Avocado and Coconut oil. Avoid margarines (including Becel (all types), canola, Mazola, soybean and 'vegetable' oil).

## **SALT**

Himalayan and Celtic sea salt in moderation is acceptable unless otherwise instructed.

## **SUGAR**

ALL sugar needs to be eliminated. This includes honey, molasses and maple syrup. In some instances, the latter will be allowed in small amounts. See Artificial Sweeteners above.

## **SOY**

Soy is goitrogenic and hormone altering. This is especially important if you have hormonal issue, low libido, or thyroid issues. Avoid soy, soy products and tempeh at this time.

## **SODA & ENERGY DRINKS**

Sugar, artificial sweeteners and chemicals have a sneaky way of ending up in your beverages. Also, avoid waters that claim to be enhanced with vitamins.

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