

O TYPE BLOOD GROUP DIET

Blood Type O 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 O.
- If you are to eating dairy products, introduce Rice Milk gradually, after you have been on the Blood Type O Diet for several weeks. Begin with products such as Beef or Lamb and Garlic, which are more easily tolerated than Smoked Salmon or Avocado.
- Including regular portions of richly oiled cold-water fish.
- Avoid foods that contain disease-promoting lectins. For Blood Type O, these include Pork, Corn, Barley, Couscous, Peanuts, Pistachio, Wheat (Bran / Germ).
- 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** Pork and products, Dairy and products, Wheat (Bran / Germ). These foods seriously interfere with proper metabolism.
- Include your most important **HIGHLY BENEFICIAL** foods at least 3 times this weeks. These include Beef, Lamb or Seafood. Try to consume.

- Incorporate at least one HIGHLY BENEFICIAL food into your daily diet. For example, have a handful of walnuts as a snack and eat mixed salads 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.

- Eat at least 2 to 3 HIGHLY BENEFICIAL animal proteins every day-such as Beef, Lamb or Seafood.
- Incorporate at least one HIGHLY BENEFICIAL food into your daily diet. For example, have a handful of walnuts as a snack or eat salads for lunch. 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 natural ability to relive stress through Meditation or Guided Imagery. Of all the Meditation Techniques, "T.M." or Transcendental Meditation, has been the most thoroughly studied for it's 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 Beef over Lamb or Blueberries over an Orange.
- 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 O

Cancer Fighting Super Foods

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

Broccoli - Protects against polyamines.

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

Dill Weed - Inhibits Polyamine production.

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

Fava (Broad Bean) - Lectin stimulates cell differentiation.

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

Garlic - Inhibits Polyamine production.

Guava - Source of the Antioxidant Lycopene.

Green Tea - Inhibits Tumour promoting enzymes and enhances Antioxidants.

Jackfruit - Lectin agglutinates T Antigen.

Mushrooms (Domestic) - Lechin stimulates cell differentiation.

Onion - Inhibits polyamine production.

Pomegranate - Lowers polyamines.

Richly Oiled Cold Water Fish - Source of Omega 3 Acids.

Seaweed - Immune modulator. **Tarragon** - Inhibits Polyamine production.

Turmeric - Inhibits Polyamine production.

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

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 O: Meats / Poultry

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

	African	Caucasian	Asian
<u>Secretor</u>	6 to 9 oz	6 to 9 oz	6 to 9 oz
<u>Non-Secretor</u>	7 to 12 oz	7 to 12 oz	7 to 11 oz

Meat

Highly Beneficial:-

Beef, Buffalo, Lamb, Liver (Calf), Heart (Calf), Mutton, Sweet Breads, Veal, Venison.

Neutral:-

Chicken, Cornish Hen, Duck, Goat, Goose, Grouse, Guinea Hen, Horse, Ostrich, Partridge, Pheasant, Rabbit, Squab, Squirrel, Turkey,

Avoid:-

All commercially processed meats, Bacon, Ham, Pork, Poussin, Quail, Turtle.

Blood Type O: Fish / Seafood

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

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

Seafood

Highly Beneficial:-

Bass (All), Cod, Halibut, Perch (All), Pike, Red Snapper, Shad, Sole (All Except Grey), Sturgeon, Swordfish, Tilefish, Trout (Rainbow), Yellowtail.

Neutral:-

Albacore (Tuna), Anchovy, Beluga, Bluefish, Bullhead, Butterfish, Carp, Caviar (Sturgeon), Chub, Clams, Crab, Croaker, Cusk, Drum, Eels, Flounder, Gray Sole, Grouper, Haddock, Hake, Halfmoon Fish, Harvest Fish, Herring (Fresh), Lobster, Mackerel, Mahi Mahi, Monkfish, Mullet, Mussels, Opaleye Fish, Orange Roughy, Oysters, Parrot Fish, Pickerel, Pompano, Porgy, Rosefish, Sailfish, Salomon, Sardines, Scallop, Scrod, Shark, Shrimp, Smelt,), Snails (Helix Pomatia / Escargot), Sucker, Sunfish, Tilapia, Trout (Brook / Sea), Weakfish, Whitefish, Whiting.

Avoid:-

Abalone, Barracuda, Catfish, Conch, Frog, Herring (Pickled / Smoked), Muske-lunge, Octopus, Pollock, Salmon Roe, Salomon (Smoked), Squid (Calamari).

Blood Type O: Eggs

Portion serves - 1 Egg

	African	Caucasian	Asian
<u>Secretor</u>	1 to 4	3 to 6	3 to 4
<u>Non-Secretor</u>	2 to 5	3 to 6	3 to 4

Blood Type O: Milk and Yogurt

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

	African	Caucasian	Asian
<u>Secretor</u>	0 to 1	0 to 3	0 to 2
<u>Non-Secretor</u>	0	0 to 2	0 to 3

Blood Type O: Cheese

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

	African	Caucasian	Asian
<u>Secretor</u>	0 to 1	0 to 2	0 to 1
<u>Non-Secretor</u>	0	0 to 1	0

Dairy & Eggs

Highly Beneficial:-

Ghee (Clarified Butter),

Neutral:-

Eggs (Chicken / Duck), Butter, Farmer Cheese, Feta Cheese, Goats Cheese, Mozzarella Cheese..

Avoid:-

American Cheese, Blue Cheese, Brie Cheese, Buttermilk, Camembert Cheese, Casein Cheese, Cheddar Cheese, Colby Cheese, Cottage Cheese, Cream Cheese, Edam Cheese, Eggs (Goose/Quail), Emmenthal Cheese, Goats Milk (Full Cream/Skim/Trim), Gouda Cheese, Gruyere Cheese, Half & Half, Ice Cream, Jarlsberg Cheese, Kefir, Milk (Cow / Goat), Monterey Cheese, Jack, Munster Cheese, Neufchatel Cheese, Paneer Cheese, Parmesan Cheese, Provolone Cheese, Quark Cheese, Ricotta Cheese, Sherbert Cheese, Sour Cream, String Cheese, Swiss Cheese , Whey, Yoghurt (All).

Blood Type O: Oils

Portion serves - 1 Tablespoon

	African	Caucasian	Asian
<u>Secretor</u>	3 to 8	4 to 8	5 to 8
<u>Non-Secretor</u>	1 to 7	3 to 5	3 to 6

Three times a week.

Oils & Fats

Highly Beneficial:-

Flax (Linseed), Olive

Neutral:-

Almond, Black Currant Seed, Borage Seed, Cod Liver Oil, Canola, Sesame, Walnu.

Avoid:-

Castor, Coconut, Corn, Cotton Seed, Evening Primrose, Peanut, Safflower, Soy, Sunflower, Wheat Germ.

Blood Type O: Nuts and Seeds

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

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

Times per week.

Nu

ts & Seeds

Highly Beneficial:-

Flax (Linseed), Pumpkin Seeds, Walnuts (Black).

Neutral:-

Almond, Almond Butter, Almond Cheese, Almond Milk, Butternut, Filbert (hazelnut), Beechnut, Brazil Nuts, Butternut, Chestnuts, Hickory, Macadamia, Peacan, Pignolia (Pine Nut), Safflower Seeds, Sesame Butter (Tahini),
Sesame Seed, Walnuts (Walnut)

Avoid:-

Beechnut, Brazil, Cashews, Litchi, Peanut, Peanut Butter, Pistachio, Poppy Seeds, Sunflower Butter, Sunflower Seed.

<u>Blood Type O: Beans and Legumes</u>			
Portion serve - 1 Cup (Cooked)			
	African	Caucasian	Asian
<u>Secretor</u>	1 to 3	1 to 3	2 to 4
<u>Non-Secretor</u>	0 to 2	0 to 3	2 to 4
Times per week.			

Beans & Legumes

Highly Beneficial:-

Adzuki Beans, Black-Eyed Peas, Fava (Broad Beans).

Neutral:-

Bean (Green/Snap/String), Black Bean, Cannellini Beans, Jicama Bean, Lima Bean, Miso, Mung Bean (Sprouts), Northern Bean, Pea (Green/Pod/Snow), Soy Bean, Soy Cheese, Soy Milk, Tempeh, Tofu, White Bean, Garbanzo (Chickpea).

Soy Bean, Tamarind Bean,.

Avoid:-

Copper Bean, Kidney Bean, Lentils (All), Navy Bean, Pinto Bean, Tamarind Bean.

<u>Blood Type O: Grains, Starches & Pastas</u>			
Portion - 1 dry cup - Grains or Pasta / 1 Muffin / 2 slices of Bread			
	African	Caucasian	Asian
<u>Secretor</u>	1 to 6	1 to 6	1 to 6
<u>Non-Secretor</u>	0 to 3	0 to 3	0 to 3
Times per week.			

Grains Starches & Pastas

Highly Beneficial:-

Essene Bread (Manna).

Neutral:-

100% Sprouted Grain Products (Except For Essene Bread), Amaranth, Ezekiel 4:9 Bread, Kamut, Quinoa, Soy Flour / Products, Buckwheat, Millet, Oat Bran, Oat Flour, Oatmeal, Rice (Whole), Rice Wild, Rice Bran, Rice Cakes, Rice Flour, Rice Milk, Rice (Puffed), Rye (Whole), Rye Flour / Products, Soba Noodles (100% Buckwheat), Tapioca, Teff.

Avoid:-

Barley, Barley Flour, Cornmeal, Couscous, Grits, Popcorn, Sorghum, Wheat (Refined-Unbleached), Wheat (Semolina), Wheat (White Flour), Wheat (Whole), Wheat Bran, Wheat Germ.

Blood Type O: Vegetables

Portion - 1 cup, prepared (Cooked or Raw)

	African	Caucasian	Asian
<u>Secretor Beneficials</u>	Unlimited	Unlimited	Unlimited
<u>Secretor Neutrals</u>	2 to 5	2 to 5	2 to 5
<u>Non-Secretor Beneficials</u>	Unlimited	Unlimited	Unlimited
<u>Non-Secretor Neutrals</u>	2 to 3	2 to 3	2 to 5

Times per day.

Vegetables, Sprouts, Soy Products

Highly Beneficial:-

Artichoke, Beet Greens, Broccoli, Chicory, Collard, Escarole, Garlic, Horse Radish, Kale, Kohlrabi, Lettuce (Romaine), Mushroom (Abalone / Enoki / Maitake / Oyster / Portobello / Silver Dollar / Straw / Tree Ear), Okra, Onion (All), Parsnip, Potato (Sweet), Pumpkin, Seaweed, Spinach, Swiss Chard, Turnip .

Neutral:-

Arugula, Asparagus, Asparagus Pea, Bamboo Shoot, Bean (Green / Snap / String), Beet, Bok Choy, Brussels Sprout, Cabbage, Carrot, Celeriac, Celery, Dalkon Radish, Dandelion, Eggplant, Endive, Fennel, Fiddlehead Fern, Lettuce (All Except Romine), Olive (Greek / Green / Spanish), Pea (Green / Pod / Snow), Pepper (All), Poi, Radicchio, Radish (Sprouts), Rappini (Broccoli Rabe), Rutabaga, Scallion, Shallot, Squash, String Bean, Tomato, Water Chestnut, Watercress, Yam, Zucchini.

Avoid: -

Alfalfa Sprouts, Aloe, Cauliflower, Corn, Cucumber, Leek, Mushroom (Shitake), Mustard Greens, Olive (Black), Pickle (In Brine Or Vinegar), Potato, Rhubarb.

<u>Blood Type O: Fruits and Fruit Juices</u>			
Portion - 1 cup			
	African	Caucasian	Asian
<u>Secretor</u>	2 to 4	3 to 5	3 to 5
<u>Non-Secretor</u>	1 to 3	1 to 3	1 to 3
Times per day.			

Fruits

Highly Beneficial:-

Banana, Blueberry, Cherry (All), Elderberry (Dark / Blue / Purple), Fig (Fresh / Dried), Guava, Jackfruit, Mango, Pineapple, Plum (All), Pomegranate, Prune.

Neutral:-

Apple, Apricot, Boysenberries, Breadfruit, Canang Melon, Casaba Melon, Christmas Melon, Cranberry, Crenshaw Melon, Current, Date, Dewberry, Gooseberry, Grape (All), Grapefruit, Kumquat, Lemmon, Lime, Loganberry, Mulberry, Muskmelon, Nectarine, Papaya, Peach, Pear, Persian Melon, Persimmon, Prickly Pear, Quince, Raisin, Raspberry, Sago Palm, Spanish Melon, Star Fruit (Carambola), Strawberry, Watermelon, Youngberry.

Avoid:-

Asian Pear, Avocado, Bitter Mellon, Blackberry, Cantaloupe, Coconut, Honeydew Melon, Kiwi Fruit, Orange, Plantain, Rhubarb, Tangerine.

Spices / Condiments / Sweeteners

Highly Beneficial:-

Carob, Dill, Fenugreek, Garlic, Ginger, Horse Radish, Parsley, Pepper (Cayenne), Seaweed, Turmeric.

Neutral:-

Agar, Allspice, Almond Extract, Anise, Apple Pectin, Arrowroot, Barley Malt, Basil, Bay Leaf, Bergamot, Caraway, Cardamom, Chervil, Chilli Powder, Chive, Chocolate, Cilantro (Coriander Leaf), Cinnamon, Clove, Coriander, Cream Of Tartar, Cumin, Gelatine, Honey, Lecithin, Licorice Root, Marjoram, Maple Syrup, Mayonnaise, Mint (All), Miso, Molasses, Molasses (Black Strap), Mustard (Dry), Nutmeg, Oregano, Paprika, Pepper (Pepper Corn / Red Flakes), Rice Syrup, Rosemary, Saffron, Sage, Savory, Sea Salt, Senna, Soy Sauce, Sucanat, Sugar (Brown / White), Worcester Shire Sauce, Stevia, Tamari (Wheat Free), Tamarind, Tarragon, Tomato Sauce, Thyme, Vanilla, Vegetable Glycerine, Vinegar (Apple Cider), Winter Green, Yeast (Baker's Brewer's).

Avoid:-

Aspartame, Capers, Carra Greenan, Cornstarch, Corn Syrup, Dextrose, Fructose, Guarana, Gums (Acacia / Arabic / Guar), Juniper, Mace, Malto-Dextrin, M.S.G., Nutmeg.

Herbal Teas and Drinks

Highly Beneficial:-

Chickweed, Dandelion, Fenugreek, Ginger, Hoops, Linden, Mulberry, Peppermint, Rosehip, Sarsaparilla, Slippery Elm, Tea (Green).

Neutral:-

Catnip, Chamomile, Dong Quai, Elder, Ginseng, Hawthorn, Horehound, Licorice, Mullein, Raspberry Leaf, Seltzer, Senna, Skullcap, Soda (Club), Spearmint, Valerian, White Birch, White Oak Bark, Wine (Red), Yarrow.

Avoid:-

Alfalfa, Aloe, Beer, Burdock, Coffee (Regular / Decaffeinated), Coltsfoot, Corn Silk, Echinacea, Gentian, Goldenseal, Liquor, Red Clover, Rhubarb, Shepherd's Purse, Soft Drinks, St John's Wort, Strawberry Leaf, Tea (Black / Decaffeinated), Wine (White), Yellow Dock.

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