



# Blood type A

## Dr. Peter D'Adamo's monograph on Blood Type A

### What Makes a 'Type A' an Individual?

What makes *Me You and Me You*? This is the question that is at the heart of the genetic puzzle. It is also central to our exploration of blood types. The key is genetic heritage – the storyline of your life. Even though you are living in the 21st century, you share a common bond with your ancestors. The genetic information that resulted in their particular characteristics has been passed on to you. A blood type has a different set of features than people who are Type O – they are susceptible to various diseases. They should eat other foods and exercise in a completely different manner. Some believe that personality is influenced by blood type! Dr. D'Adamo, the author of the best-selling books *Eat Right for Your Type*, among others, gives us a blueprint for living in his books. Read on to learn more about the Type A individual.

### Type A History

Type A emerges into the 21st century with many more complex challenges than their ancestors could have imagined. The critical factor in the development of Type A can be traced to the struggle for survival long ago when there was a rapidly dwindling supply of hunting game stock. Having exhausted the great game herds of Africa, humans pushed farther out from their ancestral home into Europe and Asia. The cultivation of grains and livestock changed everything. For the first time, people were able to forego the hand-to-mouth lifestyle of the hunter/gatherer and establish stable communities. Over time the adaptations that produced Blood Type A were based on the need to utilize nutrients from carbohydrate sources fully. These biological adaptations can still be observed today in Type A's digestive structure. **Low levels of hydrochloric acid in the stomach** and high intestinal disaccharide digestive enzyme levels permit the more efficient digestion of carbohydrates. According to Dr. D'Adamo, these are also the same factors, along with **low levels of intestinal alkaline phosphatase, that make it difficult for Type As to digest and metabolize animal protein and fat.**

### What Makes Type A Unique

Many neurochemical factors in the Type A genetic disposition favor a structured, rhythmic, harmonious life surrounded by a positive, supportive community. The harried pace and increased sense of isolation experienced by so many in today's society often make these needs difficult to achieve. Type A best exemplifies the robust interconnections between mind and body. This was vital to the shift away from hunting and procurement to building and growing. However, Type A's more internalized relationship to stress, which served your ancestors well, can be a challenge for the modern Type-A. The Blood Type Diet's proactive mix of lifestyle strategies, hormonal equalizers, gentle exercise, and specialized dietary guidelines will maximize your overall health; decrease your natural risk factors for cancer, diabetes, and cardiovascular

disease. The result: high performance, mental clarity, greater vitality, and increased longevity.

## Type A Diet

“When we discuss ‘diet,’ we are not talking necessarily about a weight loss plan; that’s a side benefit to following this plan. We are discussing diet in the more traditional sense, meaning a way to eat,” explains Dr. D’Adamo. Type As flourish on a vegetarian diet – if you are accustomed to eating meat, **you will lose weight and have more energy once you eliminate the toxic foods from your diet.** Many people find it difficult to move away from the typical meat and potato fare to soy proteins, grains, and vegetables. But it is essential for sensitive Type As to eat their foods in as natural a state as possible: pure, fresh, and organic. “I can’t emphasize enough how this critical dietary adjustment can be to the sensitive immune system of Type A. With this diet, you can supercharge your immune system and potentially short circuit the development of life-threatening diseases.”

## Handling Stress

In this busy, ever-changing world, it’s almost impossible to avoid everyday stress. Type As has a naturally high level of the stress hormone cortisol and produces more in stressful situations. Cortisol is released in 24-hour patterns, typically in the early morning between six and eight A.M. with a gradual decrease during the day. It helps to cue the body’s other cyclical rhythms. **Due to the naturally elevated cortisol in Type A’s, additional stress often manifests in several ways; disrupted sleep patterns, daytime brain fog, increased blood viscosity (thickening), and promotes muscle loss and fat gain.** In extreme cases in Type As, stress can manifest in more severe ways, causing obsessive-compulsive disorder, insulin resistance, and hypothyroidism. To help balance cortisol levels, Dr. D’Adamo recommends that you limit sugar, caffeine, and alcohol. **Don’t skip meals, especially breakfast;** eating smaller, more frequent meals will also help to stabilize blood sugar levels. He also points out that the following factors are known to increase cortisol levels and increase mental exhaustion for Type As – be aware and limit your exposure when possible:

- Crowds of people
- Loud noise
- Negative emotions
- Smoking
- Strong smells or perfumes
- Too much sugar and starch
- Overwork
- Violent TV and movies
- Lack of sleep
- Extreme weather conditions (hot or cold)

## Calming Exercise – The Critical Component for Health and Well Being

Heightened cortisol levels make it harder for Type A’s to recover from stress. Research

has demonstrated that overall cortisol levels can be lowered through a regular exercise program that provides focus and calming effects. Make these activities a common – and life-saving – part of your lifestyle. Dr. D’Adamo recommends Hatha Yoga, Tai Chi, and Meditation and Deep Breathing Exercises. Meditation has been studied for its effects on stress hormones. It was found that after meditation, serum cortisol levels were significantly reduced. He writes Dr. D’Adamo, “While it’s fine for Type As to participate in more intense physical activity when healthy and in good condition, be aware that these forms of exercise do not act as safety valves for stress in your blood type. I have seen Type As excel at weightlifting and aerobic activities, but you have to be careful about not overtraining, as that will raise cortisol levels.”

### **The Personality Connection**

Blood Type is a marker of individuality – and perhaps of personality as well. In Japan, it has long been believed that Blood Type is an indicator of personality; you are likely to be asked your blood type in a job interview or while out on a date with a potential mate! In a study conducted by Dr. D’Adamo in 1999, he found some interesting connections between blood type and personality. Type As most often described themselves in ways related to the following characteristics: sensitive to the needs of others, good listeners, detail-oriented, analytical, creative, and inventive.

### **Live Right!**

In addition to exercise, stress management, and eating the right foods, here are some key lifestyle strategies for Type A individuals.

- Cultivate creativity and expression in your life
- Establish a consistent daily schedule
- Go to bed no later than 11:00 PM and sleep for eight hours or more. Don’t linger in bed; as soon as you get up, get going!
- Take at least two breaks of twenty minutes each during the workday. Stretch, take a walk, do deep breathing exercises or meditate.
- Don’t skip meals
- Eat more protein at the start of the day, less at the end
- Don’t eat when you are anxious
- Eat smaller, more frequent meals.
- Engage in thirty to forty-five minutes of calming exercise at least three times a week.
- Plan regular screening for heart disease and cancer prevention.
- Constantly chew food thoroughly to enhance digestion. Low stomach acid makes digestion more difficult.

### **Supplement Solutions for Common Type A Challenges**

- **Stress Response:** Enhance natural recovery from occasional stress with Dr. D’Adamo’s exclusive formula, **Cortiguard**. This formula is designed to enhance the

health of the nervous system and strengthen resistance to the physical effects of occasional stress, especially in those individuals who are type A.

- **Support Type A Digestive health:** In *Live Right For Your Type*, Dr. D'Adamo writes about Type A and the **liver/gall bladder health**. The herb Phyllanthus and Milk Thistle are two of three important herbs, found in **LV/GB Formula** for supporting optimal liver function and bile production, which can be especially important for Blood Type A.
- Dr. D'Adamo's exclusive **Helix Plus** formula has a powerful component, which helps the immune system to function more effectively and efficiently. This allows your immune system to distinguish between healthy and unhealthy cells more accurately, especially in blood type A.

Order supplements at: <https://us.fullscript.com/welcome/theherbdoc>

# Blood Type A: Food List

Ref. by Dr. Peter D'Adamo, *Eating Right for your Blood Type*

## Meat & Poultry

- Beneficial – None
- Neutral – Chicken, turkey, Cornish game hens
- Harmful – Bacon, beef, ground beef, buffalo, duck, goose, liver, mutton, partridge, pheasant, pork, quail, rabbit, veal

## Seafood

- Beneficial – carp, cod, grouper, mackerel, monkfish, pickerel, red snapper, rainbow trout, salmon, sardine, perch, whitefish
- Neutral – tuna, mahi-mahi, pike, sea bass, swordfish, yellowtail
- Harmful – anchovy, barracuda, catfish, caviar, clam, conch, crab, eel, flounder, sole, haddock, halibut, herring, lobster, lox, mussels, octopus, oysters, scallop, shrimp, squid, striped bass

## Eggs & Dairy

- Beneficial – soy cheese, soy milk
- Neutral – farmer cheese, feta, goat cheese, goat milk, kefir, mozzarella (low fat), ricotta (low fat), string cheese, yogurt with fruit, frozen yogurt, eggs
- Harmful – American cheese, blue cheese, brie, butter, buttermilk, camembert, casein, cheddar, Colby, cottage cheese, cream cheese, edam, emmenthal, gouda, ice cream, jarlsberg, Monterey jack, Munster, parmesan, provolone, sherbet, skin or 2% milk, Swiss, whey, whole milk

## Oils & Fat

- Beneficial – flaxseed & oil, olive oil
- Neutral – cod liver oil, canola oil
- Harmful – corn, peanut, safflower and sesame oils

## Nuts & Seeds

- Beneficial – peanuts and peanut butter, pumpkin seeds
- Neutral – almond butter, almonds, chestnuts, filberts, hickory, litchis, macadamias, pine nut, poppy seeds, sesame seeds, sunflower seeds, tahini, sunflower seed butter, walnuts
- Harmful – brazil nuts, cashews, pistachios

## Beans & Legumes

- Beneficial – adzuki, black, green, pinto, red soy, lentils, black eyed peas
- Neutral – broad bean, cannellini, fava, jicama, snap peas, string beans, white beans, green peas, pea pods, snow peas
- Harmful – copper beans, chickpeas, kidney beans, lima, navy, red, tamarind

## Misc. Beverages

- Beneficial – coffee (regular and decaf), green tea, red wine
- Neutral – white wine
- Harmful – beer, distilled liquors, seltzer water, diet cola, cola, other sodas, black tea

## Grains & Pasta

- Beneficial – kasha, oat flour, rice flour, rye flour, soba noodles, artichoke pasta
- Neutral – couscous, barley, bulgur, gluten, sprouted flours, spelt noodles, quinoa, rices (basmati, brown, white, wild rice)
- Harmful – white flour, whole wheat flour, semolina pasta, spinach pasta

## Breads & Muffins

- Beneficial - Essene bread, Ezekiel bread, soy flour bread, sprouted wheat bread, rice cakes
- Neutral – brown rice bread, corn muffins, fin crisp, gluten free bread, millet, oat bran muffins, 100% rye bread, rye crisps, spelt bread, wasa bread
- Harmful – durum wheat, high protein bread, multi-grain bread, English muffins, pumpernickel, wheat bran muffins, whole wheat bread, wheat matzo

## Cereals

- Beneficial – amaranth, kasha
- Neutral – barley, corn flakes, cornmeal, cream of rice, kamut, puffed millet/rice, oat bran, oatmeal, rice bran, spelt
- Harmful – cream of wheat, granola, grape nuts, seven grain cereal, shredded wheat, wheat bran, wheat germ

## Condiments

- Beneficial – Mustard
- Neutral – jams, salad dressing
- Harmful – ketchup, mayonnaise, pickles, Worcestershire

## Spices

- Beneficial – barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari
- Neutral – agar, allspice, almond, anise, arrowroot, basil, bay leaf, carob, curry, dill, dulse, honey, horseradish, kelp, nutmeg, oregano, parsley, vanilla
- Harmful – capers, plain gelatin, black, white, red and cayenne peppers, peppercorns, apple cider vinegar, red wine vinegar, white wine vinegar, balsamic vinegar

## Vegetables

- Beneficial – alfalfa sprouts, domestic artichokes, Jerusalem artichokes, beet greens, broccoli, carrots, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, red Spanish onion, yellow onion, parsley, parsnips, pumpkin, spinach, Swiss chard, tempeh, tofu, turnips
- Neutral – arugula, asparagus, avocado, bamboo shoots, beets, bok choy, caraway, cauliflower, celery, chervil, coriander, white and yellow corn, cucumber, daikon radish, endive, fennel, fiddleheads, bib lettuce, Boston lettuce, iceberg lettuce, abalone mushrooms, enoki mushrooms, maitake mushrooms, shitake mushrooms, mustard greens, green olives, green onions, radicchio, seaweeds, shallots, Brussels sprouts, mung bean sprouts, radish sprouts, squash, chestnut, watercress, zucchini
- Harmful – Chinese cabbage, red cabbage, white cabbage, eggplant, lima beans, domestic mushrooms, black olives, Greek olives, Spanish olives, green peppers, jalapeno peppers, red and yellow sweet bell peppers, sweet potatoes, red potatoes, white potatoes, tomatoes, yams

## Juices & Fluids

- Beneficial – apricot, carrot, celery, black cherries, grapefruit, pineapple, prunes, lemon
- Neutral – apple, apple cider, cabbage, cucumber, cranberry, grape
- Harmful – orange, papaya, tomato

## Fruits

- Beneficial – apricots, black berries, blueberries, boysenberries, cherries, cranberries, dried figs, fresh figs, grapefruit, lemons, pineapple, dark plums, green plums, red plums, prunes
- Neutral – apples, black currants, red currants, elderberries, grapes (all kinds), guava, kiwi, kumquats, limes, loganberries, dates, watermelon, nectarines, peaches, pears, persimmons, pomegranates, raisins, raspberries, star fruit, strawberries
- Harmful – banana, coconut, mangoes, cantaloupe, honeydew melon, oranges, papaya, rhubarb, tangerines

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For weight loss, seafood, vegetables, pineapple, olive oil, and soy are best; dairy, wheat, corn, and kidney beans should be avoided.