



by Jacques-Pascal-Cusin

The Blood Type Diet

This international hit is apparently attractive to the thousands who have attempted to adopt it. The diet claims to improve health, regulate weight and prevents aging. Dr. Peter D'Adamo presents the work that his father developed over several decades. They are not biochemists but hold a sincere belief in their work which holds as its central hypothesis that each blood type requires certain foods and rejects others.

The blood type diet is a diet advocated by Dr. D'Adamo, a naturopathic physician, and outlined in his book *Eat Right 4 Your Type*. D'Adamo's theory is that ABO blood type is the most important factor in determining a healthy diet.

D'Adamo's premise is that human blood type is key to the body's ability to differentiate self from non-self. Lectins in foods, he asserts, react differently with each ABO blood type and to a lesser extent with an individual's secretor status.

Throughout his books he cites the works of biochemists and glycobiologists who have researched blood groups, claiming or implying that their research supports this theory. In his book, *Eat Right 4 Your Type*, "Lectins: The Diet Connection," and in following chapters, lectins which interact with the different ABO type an-

tigens are described as incompatible and harmful, therefore the selection of different foods for A, AB, B and O types to minimize reactions with these lectins.

This displays the power that removing processed and refined foods has in developing better health. Precluded from the diet are the thoughts about geography, culture, ethnicity, individuality, age and ecology. When presented as a biochemical possibility to biochemist, it is readily dismissed. There is overwhelming evidence by observing dietary patterns of different cultures that neuter the majority of substance out of this theory. Should we eat a heavily endowed meat diet since we possess a certain blood type when there is unanimous consensus of its destructive history among astute observers? The diet ignores what we have learned about people around the world. Do the people from Vilacamba Ecuador, the Hunzas from Cashmere, the Abkhaz from Caucasus, the Japanese from Okinawa, the Seventh Day Adventist from North America, and the Cretins from Greece, apply the blood type philosophy? Certainly not. Yet, they live in cultures with extraordinarily healthy populations.

They harvest their food from their environment using what surrounds them. In other words, what is locally abundant and historically sound. Each of these groups represent a powerful example of why blood type plays little to no role in creating health and longevity since these very groups are among the strongest and longest living on the planet. Their

food intake and their way of life grew out of the geography they share and the climate they experience. Genetic need (usually nutrient dense and easily digestible food) is a central contributing factor to their excellent physical state. In modern urban industrial cities, our life is less diversified and many of our food choices are poor and harmful. Cut off from our heritage and tradition, we subconsciously desperately search for our instinctual dietary needs but are easily seduced by the simple diet promises and "miracle recipes" like the blood type diet.

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Organizations such as Hippocrates Health Institute stand scientifically opposite to the D'Adamo's work. Over five decades, hundreds of thousands placed on a well-researched living food diet displayed improvements in their biochemistry. Their improvements are supported by the results of blood tests at the beginning and end of their residencies. Follow up blood profiles establishes that all, regardless of blood type, stabilize and strengthen on highly nourishing foods. I honor the contribution of the D'Adamo's since those living on a European or North American diet will improve when they adopt the blood type theory, though they will fall far short of their true potential.

My conclusion is that the blood type diet, taken glibly as a valid prescription, is dangerous. All dogmas that preach religious adherence in food consumption lack the sensitivity, observation, and nuance that it takes in an authentic health building lifestyle. For some of you, this may be a first good step on your way to betterment. Just, don't get lost on the stairs; and forget you need to reach the next floor.

Jacques-Pascal-Cusin is an Author, Nutritional and Sustainability Expert residing in Geneva Switzerland and Paris France.



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