Does the Blood Type Diet (ER4YT) correlate with Ayurvedic Principles?
CONTENTS

Research Methods and Objectives ................................................................. 3
What will this study prove?
What won’t this study prove?
Who will this study benefit? ................................................................. 4

Introduction ............................................................................................. 5
My Story – Why I chose this Topic
Why Research Diet? ........................................................................... 6
Why Ayurveda?
Should Ayurveda be mixed with Modern Theory? ................................. 7

Background Information – AYURVEDA .................................................. 8
What is Ayurveda?
Ayurveda and Diet
Prakruti
Vikruti
Food
Factors to Consider When Choosing Food for Health ............................... 9
General Ayurvedic Eating Rules
Vata Lifestyle Plan ................................................................................ 10
Pitta Lifestyle Plan .................................................................................. 12
Kapha Lifestyle Plan ................................................................................ 14

Background Information – ER4YT .............................................................. 16
What is ER4YT?
History
The Theory
Blood Type O Lifestyle Plan .................................................................. 18
Blood Type A Lifestyle Plan .................................................................. 21
Blood Type B Lifestyle Plan .................................................................. 24
Blood Type AB Lifestyle Plan ............................................................... 27

Research Results ....................................................................................... 30
Common Theories
Uncommon Theories ............................................................................. 33
Hypotheses on Ayurveda and ER4YT Connections .................................. 35
Food Lists Matching Results .................................................................. 36
Other Considerations ............................................................................. 37
Study Conclusions .................................................................................. 39

Bibliography .............................................................................................. 40
Books
Websites
Other

References .................................................................................................. 41
RESEARCH METHODS AND OBJECTIVES

Research Method
It must be realised that this is a very small and limited study in its approach and in the results it can uncover. Unfortunately, I have neither the time, nor the resources to approach this topic in the most revealing or the most scientific way, but I have done the best I could with the limited resources I had available at the time. The conclusions I make in this essay are done to the best of my abilities and I feel there are no more conclusions which it is possible to draw without a further, more in depth and much larger study, or without a large amount of intuition and open-minded understanding!

In order to write this essay, I have researched every possible source available at the present time regarding ER4YT and looked up every possible piece of information available connecting ER4YT and Ayurvedic theory. There were not many resources available on ER4YT and there were no resources available on the connection of both theories. After collecting all the information I could find on both topics, I collated it and thought through both theories intellectually to find and connect any common theories. Then I used the theories postulated by other people who have also ‘researched’ this topic, and considered their ideas. (I found only one short postulation (by an average person with a limited knowledge of Ayurveda) on the internet, and interviewed Dr Vasant Lad by email for his opinion. Dr D’Adamo couldn’t be contacted, but mentions on his website that he knows of no studies or practitioners who have connected both theories.) Finally, I sat down with diet, exercise and personality lists from both theories and manually marked off similar concepts and matching items on the food lists. I have also tried out the diet on numerous clients, friends, family and myself and noted any results. From all of the above results I have come up with conclusions, at the end of the essay.

One day, I hope either myself or someone else will be able to carry out a full study on this topic, using the following proposed method: Taking a large group of people (1,000-10,000 people would be optimal) and having 3-4 highly trained and experienced practitioners question them and take pulses and together, agree on each client’s prakruti (and vikruti). For each client get two blood tests done and compare results to ensure the test is accurate. Then make a comparison between the blood types and prakrutis to discover whether any blood type is common to any prakruti. Finally, test each client on their blood type diet and an Ayurvedic diet for at least 6 months each, in order to determine which gives the best results. From there, the people conducting the research could determine whether the diets could be somehow mixed or manipulated, or whether one diet should be used on its own and how to determine which clients will do best on which diet.

What Will This Study Prove?
I am hoping to answer, or at least remove some of the mystery from, questions such as:

- ‘What diet is really right for my client?’
- ‘Is there any dietary system I can use successfully on all of my clients?’
- ‘Should we eat the way our oldest ancestors did? How did they eat and is this relevant today?’
- “Are traditional medicine theories, which were formulated before all the scientific knowledge of the last few centuries, actually relevant to us ‘modern’ people? Can they actually correlate with what science is telling us today?”

What Won’t This Study Prove?
Due to the limitations mentioned above, this study will not be able to answer questions such as:

- Is any one blood type (or all of the blood types) more common among a certain prakruti?
- Is there any proof that either theory really works or that one theory is better than the other?
- Is there any proof that these theories are related?
- Is there a new system of treatment, which merges both old and new (traditional and modern) theory?
**Who Will This Study Benefit?**

I believe the results of this study will be of great benefit to all people, whether in the Health field or not, who are interested in diet. ER4YT is comparatively new, however information available on it is highly convincing, with the main core of the theory being used as treatment in modern oncology (use of lectins for treating and diagnosing certain cancers), and many case studies have related it’s effectiveness. To compare both ER4YT and Ayurveda, and test them practically will provide interesting results, whether the results show similarities or differences. Either way, it will throw more light on the most fascinating subject of diet. No matter what the results, whether strong differences or strong similarities are found, I think my study will force people to look further into both Ayurveda and ER4YT.

For example, if I find definite correlations, this can provide the basis for further study into ‘proving’ by the Western scientific community that Ayurveda may indeed be based on fact and be a relevant diagnosis and treatment technique. It may help bring Ayurveda into orthodox acceptance in Western Society, and it will definitely help Ayurvedic practitioners in the daunting task of discovering the prakruti (birth constitution) of their clients.

However, if I find definite differences between Ayurveda and ER4YT, it will pose even further questioning into both of these disciplines, in a quest to either prove one or the other or to find deeper or more core theories which may match in both disciplines. Either way, I know the results will answer a lot of questions in both my, and many other Natural Therapists’ minds regarding both of these topics.
INTRODUCTION

My Story - Why I Chose This Topic

Four years ago, I first heard about Ayurveda and Ayurvedic medicine, and it fascinated me from the very beginning, because it was so different to any western theory I had ever heard. I related really well with the idea of using a formal system of diagnosis and healing, rather than the wishy-washy ‘everyone’s got a different method’ which is common to most, if not all, Natural/Alternative/Complementary medicine practitioners in this country. The fact that Ayurveda was also a traditional and therefore very old system also appealed, since to me this meant its theories had been proven over time. So I slowly began learning about Ayurveda three years ago, and it really made sense to me. I liked the way that everything fitted together with a common thread, it seemed to me, that if you used this method you couldn’t go wrong!

Over the past three years I have learned everything I possibly could about the fascinating topic of Ayurvedic medicine and lifestyle, and over the past year I have been specialising in this topic, learning nothing but Ayurveda. I have incorporated many Ayurvedic lifestyle and dietary changes into my life and have found them to work (slow, but powerful) miracles. I have also had my friends and family trying out Ayurvedic changes and they have felt much better too. I came to a point where I felt Ayurveda was the be all and end all of all medical and preventative disciplines, it far surpassed Western Orthodox medicine and it improved Western Naturopathic (herbal and dietary) ideas no-end!

But in late 1999 I was thrown off track when I discovered Dr Peter D’Adamo’s book and theory ‘The Eat Right Diet’ (henceforth referred to as ‘ER4YT’ – after the book’s original and US-released name ‘Eat Right For Your Type’), describing your blood type and its relation to diet. I was told fabulous things about the theory and so I read the book, thinking it was probably just another stupid fad diet that is so incredibly common these days. Unfortunately (or fortunately) the introduction of the book, portraying the theory, history and case studies, made so much sense, I began to believe it couldn’t not be true! But I continued on and read the diet for my blood type (B) with dismay, discovering that I had to stop eating most legumes, nuts, seeds, grains and a lot of vegetables which I loved, and start eating animal products again!

I spent a long time considering my options, and having huge personal internal conflicts: “Why am I a vegan? What’s wrong with eating animal products? Why should I believe what this book says? I don’t like the diet anyway, and I have to be on it for the rest of my life!!”. Most of all, I didn’t like telling people I knew that according to ER4YT they should be eating meat, it seemed so wrong, but I could tell by their states of health that somehow, something about it was right. What was it? I just couldn’t escape the fact that the book made sense, and its theories sounded like common sense. I usually relied on a mix of common sense, intellect and intuition to make my decisions, and this book appealed to every one of these. I understood and agreed with the theory, common sense told me that the people of this world were different and needed different lifestyles and diets (that’s why I chose Ayurveda), and something else just told me that this was somehow right, maybe not the be all and end all of diets, but it was seriously on the right track. I decided enthusiastically to give it a go, but I wouldn’t eat meat or much animal product.

Three weeks after throwing away the contents of my cupboards and starting all over on the new diet, I felt really terrible, heavy and fuzzy headed and I looked awful. My skin was pale, my face sullen, I felt weak and lacked energy and my eyes had huge black rings around them. I realised with some joy that the diet hadn’t worked for me, within a day I went back to my old diet. But three weeks off legumes, grains, and certain vegetables such as tomatoes had actually had a good effect, which I didn’t notice until I gleefully began eating them again! I gorged on corn, chickpeas, tahini, tomatoes and rye – and suddenly had terrible headaches, aching joints and poor digestion. Frustrated, I again contemplated my options, but what could I do? I decided to try the diet again. It didn’t last long and I was back on my original diet again, but this time I made some changes. I didn’t add anything new (such as dairy, eggs or meat as suggested in ER4YT for blood type B), but I removed some of the grains, legumes and
vegetables which went against my blood type and which I had found (by my experience) weren’t good for me. I felt quite good, a little better than I had before, I decided that maybe there was something in this after all, though it was obviously flawed in some way.

Although the book was filled with amazing testimonies of success on the diet, I had had only minimal success on myself, so I felt it needed to be tested on others, and possibly slightly altered to fit with my own theories. I tried it out on family members, friends and clients with differing amounts of success, but each one was a success, there were no failures. I became more confused than ever, the theories (ER4YT and Ayurveda) seemed so different, yet both made sense in different ways! But I couldn’t (and still can’t) believe that there is any more than one dietary theory which can be right in this world, and I felt sure I had stumbled on the two most likely contenders. Since then, have been studying and pondering the connection between Ayurveda and ER4YT, and this essay is an account of my discoveries.

**Why Research Diet?**

Diet is one of the most, if not the most, major factor in the treatment of clients by Natural Health practitioners. The trouble is that nowadays, diets and treatments are becoming more and more complicated. As modern scientific world, including some Natural Health companies/organisations –

- Continually makes new scientific discoveries to discredit commonly held nutritional beliefs (eg. coffee is good for you, and 8 cups a day is better!)
- Brings out new drugs to try and make diet irrelevant (eg. Xenical)
- Continually makes new scientific discoveries to re-credit commonly held, but previously refuted, nutritional beliefs (eg. eggs were bad for your cholesterol levels, now they are actually good for or irrelevant to your cholesterol levels because they contain lecithin)
- Finds endless nutrients, sub-nutrients, co-factors, enzymes, mediators, etc etc... which are ‘essential’ for health and are therefore best if supplemented and put in every possible health product made, or at least while they are ‘flavour of the month’ (eg. tyrosine, d-mannose, selenomethionine, lactoperoxidase, gamma oryzanol, retinyl acetate, glutathione, co-enzyme Q10)
- Squabble amongst themselves about which treatments are most effective, taking their cases to courts or the media to be ‘proven’ that their way is better than others (eg. the case of Liam Holloway, or innumerable ‘Doctors vs Naturopaths/Herbalists/The World’ programmes on the Holmes programme)

**Why Ayurveda?**

It is my belief that this world is governed by an eternal set of laws, but we are now so out of touch, and all we need to do is re-discover these laws so we can again be healthy and happy. I personally feel that Ayurveda is this law, or if not, is very close to it. But many people still ask the question “Is Ayurveda, a 5,000 year old discipline, actually relevant to us ‘modern’ people?”. If you ask modern Ayurveda practitioners then they would answer “Of course!” but then so would most modern doctors if questioned on their methods of treatment. But I also feel it is completely relevant to us, because it goes back to the very substances we and the earth are made from, the subtle energetic elements. Therefore it is very simple, easy to remember, easy to implement and it makes sense. It is easy for the average person to help themselves using Ayurveda.

I feel that good health is a simple thing and should not be complicated with technicalities, chemicals, or even reliance on products made from so-called ‘natural’ substances. Living is about being in touch with your body and your environment, but I know the only reason this confusion has arisen is because, over the millennia, people have lost touch with their intuition. Until now, we have reached the stage where hardly anyone ‘knows’ what is right anymore so they go to someone who they think does. And the average Joe gets his/her information from someone who tells them they know, and that person is probably paid by a company which makes drugs or supplements. Since modern science and its new discoveries only have a few years to prove themselves before their products are released on the market,
I feel these ‘provings’ are irrelevant and we should look to something which has proven itself over time, and is therefore safe for our bodies and the environment as well as effective.

This is, again, where Ayurveda comes in, it is a firmly established science, with effectiveness ‘proven’, in its own way, over thousands of years. Testing this against the new theory of blood type, which has itself been proven in recent years, I hope to come up with regimes to help the average person to help themselves. They would only need to follow dietary and lifestyle regimes in order to take back the large percentage of control over their lives which, up until now, they had given to ‘Health Professionals’. Health professionals could then put their time and effort into education on prevention, and treatment of complicated problems, rather than the everyday conditions they are bombarded with daily in their practices.

Should Ayurveda be Mixed with Modern Theory?

We live in a modern world, and with this world comes all the trappings of modern life, things which may have never even been imagined in the times of the ancient sages who ‘discovered’ Ayurveda. When the rishis first meditated and discovered the principles of Ayurveda around 5000 years ago, it is commonly thought that the world was in its beginnings. It was clean, sparsely populated and in its most natural and healthy state; animals and humans lived in harmony with nature rather than working against it, and therefore life (and all that comes with it, including disease) was simple.

Nowadays, our type of life is so far removed from this ideal, it is hardly the same place it was back then. Humans have tried to conquer nature (and each other), we’ve manipulated, polluted and mutated our environment, we have pollution, genetic engineering, artificial radiation, land air sea and space vehicles... I could go on and on. Our bodies are exposed daily to thousands of times more toxins, radiation, manufactured substances and thousands of times less nutrients and quality sustenance than 5000 years ago. We have changed genetically, even if just a little, we have polluted our bodies, depleted our immunity, altered our lifestyles, diets, mental and emotional states and changed our goals in life dramatically. This gives us a lot more things to consider when treating a patient and living our own lives. For example – we can’t just go outside and do pranayama every morning without considering acid rain, air pollution, smog, chemical sprays, electromagnetic radiation, and many many other factors which were most likely missing in the times of the rishis. We also have to consider our much different ways of living, with jobs and cars and offices and computers. For these reasons alone I feel it is necessary to incorporate new theories into our ways of treating, because we suddenly have so much more to treat, so much more in the environment and in our minds to overcome before we can be healed, if we can even be healed at all in the state we are all in!

Over the last 5000 years, it is theorised by anthropologists that we have at least one new blood type which didn’t exist at all until around 900AD. This is blood type AB, a mix of types A and B. It is the most adaptive blood type, with the most sensitive digestive tract and tolerant immune system, with built-in creativity to overcome the emergence of new problems brought about by different types of society changes, intermingling of peoples and blending of cultures. The emergence of a new blood type suggests the need for changes in our physical bodies to cope and adapt with the changes on the planet, and when you consider the changes which have occurred since this blood type came about (900AD – the dark ages of Europe), you’d have to wonder whether we don’t need a few more new blood types to cope with technology, stress, pollution, global warming, world travel, chemical and genetic drugs, radiation, genetic engineering! It is for this reason that in this study, I am considering the mixing of an ancient discipline with a modern theory to discover if this could be a new and improved way to prevent and fight illness in our disease-ridden modern times.

So why not test this theory of mine, by finding something which has been proven to be successful – ER4YT - (again in its own way, through modern scientific theory and the convincing results of many clients who have tried it and found it effective), and see if there are any correlations between it and Ayurveda? The findings could give us very relevant information on how to treat our patients, and ourselves.
BACKGROUND INFORMATION - AYURVEDA

What is Ayurveda?
Ayurveda is an ancient system of medicine and healing, which has been estimated to be at least 5,000 years old. It is said that all of the knowledge of Ayurveda came through spiritual realisation or messages from what we may call "God". There was no guesswork or testing involved, it was and is pure knowledge. And it is thought that Ayurveda was the healing system which gave birth to all others throughout the world - Chinese and Tibetan, which spread through to the Middle East, Egypt, Persia, and ancient Greece, where the origins of modern Western medicine lie. Although ancient, the system has been carried through and is used to this day in India, being recognised by the Government as a legitimate system of healing which works alongside conventional western medicine. Disregarding this, its 5,000 year history alone gives it the credibility of tried and proven success. Ayurvedic Medicine has been proven successful over and over and there are archives of modern documented research in India to prove this.

Ayurveda and Diet
A major foundation of Ayurvedic treatment and lifestyle is the diet. "You are what you eat" is a common western phrase which could have easily sprung from the Ayurvedic teachings. No disease can be treated without consideration of the diet, and no disease will be successfully prevented or eliminated without dietary compliance. Our diets feed, build, protect and maintain our bodies, and are therefore considerations integral with our health and wellbeing.

According to Ayurveda all things on the planet consist of the fundamental energies of the universe in different proportions, allowing for differing manifestations or physical structure from the same common elements. This goes for human beings as well as for food. It’s easy to see how this correlates with western thought that all things are made up of 'elements' such as iron, phosphorus, boron, hydrogen etc... And when this is taken into account it is easy to see how diet so strongly affects an individual.

Prakruti
The elements in your body determine your prakruti (constitution). Your prakruti is determined by many factors, including place and season of conception and birth, but most importantly, the prakruti of your parents and the lifestyle, mental state and diet of your father pre-conception, and of your mother pre-conception, and during pregnancy and lactation. For instance, if your body is made up of predominantly earth and water elements you are of Kapha prakruti, predominantly fire and water and you are a Pitta, predominantly air and ether and you are a Vata, or you could be a combination of two or three of these. You need to follow diet and regimens which suit your prakruti otherwise you risk creating imbalances.

Vikruti
Most people's bodies are out of balance, they have not eaten right or followed the right regimens for their entire lives and so the elements of the body have been disturbed from their perfect balance. Sometimes the bodies, diets and regimens of the parents were so imbalanced that the infant was born in an imbalanced state. This state of imbalance is called Vikruti and must always be considered when giving diet and regimens. For instance, today's world is mainly a place of extreme Vata, most people have some type of Vata imbalance and certainly, all diseases are caused by Vata. So if you are of Kapha prakruti, but have Vata vikruti, you may need to follow both Vata and Kapha reducing or balancing regimens and diet in order to correct imbalances and create better health.

Food
All plants and animals are made up in the same way, you could say they have their own constitutions, but we say they have their own 'Guna, Rasa, Virya, Vipaka and Prabhava'. Guna describes the quality of the food - light, heavy, oily, dry etc... Rasa describes the taste of the food - Sour, Salty, Sweet, Bitter, Pungent, or Astringent. Virya describes the energy of the food - Heating or Cooling. Vipaka describes the post-digestive taste of the food - Sweet, Sour, or Pungent. Prabhava describes any unique or
uncommon qualities of the food - Medhya (intelligence creating), etc... As above, any food with predominantly earth and water is sweet, cooling, sweet, heavy etc... A food with predominantly water and fire is sour, heating, pungent etc... A food with predominantly air and ether is bitter, cooling, pungent, light, mobile etc... The environment, place and season in which the food grows or has as a habitat determines the 'prakruti' of that food. You must ensure the prakruti of the food is not imbalancing to your prakruti or current state (vikruti).

Factors to Consider When Choosing Food for Health
As an example of 'You are what you eat', if you are of Kapha prakruti (made of mainly earth and water), eating foods of mainly earth and/or water elements is going to increase those elements in your body. On the other hand, eating foods of the opposite elements (air, ether, and/or fire) is going to deplete the earth and water in you. Increasing the elements of the body can be good if you are in a state of depletion or imbalance, but it can often be hazardous, creating an excess of some elements in your body. Depleting your body of the elements of which it is made up can again, in some cases be called for, but generally its an obvious way to hinder nutrition, and therefore function on a cellular level. By creating either an excess or a depletion you are going to create the same effect - hindering cellular function, which will inhibit the tissue formation, which inhibits organ and system function leading to malfunction of the body, poor health or 'disease'.

But it doesn't stop there - there are many other factors to consider! The seasons and your environment have their own prakrutis and also play a role in the way your body functions. Kapha increases in cool, damp weather or climate; Pitta increases in hot, humid weather or climate; Vata increases in cold, dry weather or climate. So you must choose foods which will not imbalance your body if the season has similar qualities to the food or to yourself. Another factor to consider is digestive function, in fact this is one of the most important factors in all disease according to Ayurveda. Poor digestive function is at the root of all diseases, because it creates ama (a broad term for various types of toxic build-up). Ama will block the channels of digestion, absorption and elimination and hamper the movement of the elements (nutrients) around the body - this in turn leads to disease. Another diet must therefore also be considered also in Ayurveda, not only those relating to Prakruti, Vikruti, Environment, and Season, but also to Ama. Ama is mainly formed when the digestive function is low, when the food is of poor quality and the environment/mental patterns are not conducive to good digestion. Poor quality food will hamper digestion - the qualities of amagenic food are heavy, slow, immobile, sticky, damp, rotten, old, etc... An anti-ama diet prohibits foods of these qualities.

General Ayurvedic Eating Rules
1 Discover your Prakruti and Vikruti.
2 Consider the season and your environment (country, town, work, and home environments).
3 Diet and regimens specific to Prakruti, Vikruti, environment and season, should be followed to prevent and/or treat disease.
4 An Anti-Ama diet should also be followed at all times, especially when digestive function is poor and in chronic disease.
VATA LIFESTYLE PLAN
AIR AND ETHER
Weak or fluctuating digestive system, Low or fluctuating immunity, Fluctuating energy, Most slender type, Quick in thought and action, Poor circulation, Dryness and coldness of body; Prone to ageing, infertility, circulation, joint and bone, nervous systems problems

BASIC GUIDELINES
Large amounts of proteins and fats, medium amount of carbohydrates

Foods to Avoid:
Dry, rough, cold, bitter, pungent, astringent, very light or very heavy foods; Raw foods, salads, dry grains, crackers, chips, processed foods., soft drinks, frozen foods

Foods to Indulge In:
Oily, smooth, warm, sweet, sour, salty, grounding, easily digestible foods; Cooked foods, root vegetables, oils and fats, soups, stews, hot drinks

MEAT AND SEAFOOD
Eat Most
White meats (small amounts only)
chicken and turkey
goose and lamb (not regularly)
venison
fish

Eat Least or Avoid
Red meats
Shellfish

DAIRY AND EGGS
butter (in small amounts)
eggs
ghee
milk

hard cheeses
cream
cold unspiced yoghurt
ice cream

OILS, FATS, NUTS AND SEEDS
Ghee
Sesame oil
Olive oil
Almonds and oil (soaked and peeled, small amounts)
Pumpkin seeds
Mustard oil
Sesame seeds and oil (small amounts of seed)
Water chestnut

coconut oil
peanuts
safflower oil

LEGUMES
Well cooked with spices, properly soaked only
Adzuki
Chickpeas
Lentils (black and red)
Mung (green and yellow)
Split peas (red and yellow)
Tofu
Urid dahl

GRAINS
Well cooked with spices, properly soaked only
Adzuki
Chickpeas
Lentils (black and red)
Mung (green and yellow)
Split peas (red and yellow)
Tofu
Urid dahl

buckwheat
corn
millet
rye
Fermented/yeasted bread

VEGETABLES
Raw Vegetables
Sweet, cooked vegetables
Asparagus
Avocado
Beets
Carrots
Green beans
Kumara
Okra

broccoli
cabbage
celery (raw – juice is best)
cucumber
eggplant (eat well cooked and only rarely)
lettuce
Onion  mushrooms (raw)
Parsnip  peas (raw)
Pumpkin and Squash (well cooked only)  Salads (best with dressing only)
Radish  spinach (raw)
Turnip  tomatoes
Zucchini (cooked only)

FRUITS AND JUICES
Sweet and Sour fruits
Apples (cooked only)
Apricots
Banana (ripe only)
Berries
Cherries
Dates (fresh)
Figs (fresh)
Grapefruit
Grapes
Lemons
Mangoes
Nectarines
Oranges (sweet)
Peach
Persimmons
Pineapples
Plums
Raisins (small amounts)

HERBS, SPICES AND CONDIMENTS
Asafoetida (hing)  fenugreek
Black pepper  white sugar
Cumin
Fennel seed
Garlic
Ginger
Honey
Sandalwood

BEVERAGES
Warm water
Vata pacifying tea
Stimulants
Coffee
Tea
Alcohol (best>worst = wine, beer, spirits)
Soft drinks

EXERCISE
Regular and relaxational exercises – yoga, meditation, tai chi, gentle walking, swimming, natural environments (eg. Beach, bushwalks), rhythmic exercise, regular weight training, folk dances, steam rooms;
Avoid: airconditioned environments such as a gym, overexertion, strenuous, stressful, endurance or competitive sports

PERSONALITY
Easily stressed or anxious, worry a lot, unstable of mind – changes mind a lot, erratic emotions, fearful, holds in emotions due to fear, anxiety etc, lively and enthusiastic, erratic memory, learns and forgets quickly, difficulty making decisions, talkative, thinks, talks, acts quickly, restless imaginative mind, variable sex drive, energy fluctuations and low endurance, irregular lifestyle patterns, short interrupted sleep, crave companionship and demand solitude, short-lived friendships, love travelling, flexible and adaptable, easily detached, insecure, can be fanatical, good hearing, theorists, fidgety.
PITTA LIFESTYLE PLAN
FIRE AND WATER
Strong or overactive digestive system, Good immunity, Lively energy, Medium body frame, Logical in thought and focused in action, Sharp intelligence, Good circulation, Oiliness and warmth of body; Prone to inflammatory, muscular, neurological and rheumatic conditions

BASIC GUIDELINES
**Foods to Avoid:**
- Oily, pungent, sour, salty, spicy, hot, foods;
- Red meat, alcohol, vinegar and fermented foods, hot spices, sour fruits

**Foods to Indulge In:**
- Dry, cool, sweet, bitter, astringent, light, soothing, easily digestible foods;
- Fresh fruits, vegetables and juices, cooling dairy drinks

### MEAT AND SEAFOOD
**Eat Most**
- White meats occasionally only (baked or broiled)
- Chicken
- Fish (white – small amounts)
- Turkey
- Rabbit
- Venison

**Eat Least or Avoid**
- Red meats
- Seafoods (especially oily fish and shellfish)

### DAIRY AND EGGS
**Eat Most**
- Butter (unsalted)
- Ghee
- Milk
- Yoghurt (spiced only)

**Eat Least or Avoid**
- Eggs (especially yolk)
- Hard cheeses
- Sour cream

### OILS, FATS, NUTS AND SEEDS
**Eat Most**
- Canola
- Coconut
- Ghee
- Pumpkin seed
- Sunflower
- Water chestnut

**Eat Least or Avoid**
- Mustard seed (seeds sparingly, don’t use oil)
- Olive
- Sesame (in summer and late spring)

### LEGUMES
**Eat Most**
- Chickpeas
- Mung dahl (yellow)
- Lentils (black, red and yellow)
- Split peas (yellow and red)
- Tofu

**Eat Least or Avoid**
- Peanuts
- Walnuts

### GRAINS
**Eat Most**
- Barley
- Bran
- Oats
- Rice (basmati, white, brown)
- Wheat
- Flat breads

**Eat Least or Avoid**
- Buckwheat
- Corn
- Millet
- Rye
- Yeasted breads

### VEGETABLES
**Eat Most**
- Asparagus
- Avocado
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrot
- Celery
- Cauliflower
- Cucumber
- Daikon
- Green beans
- Kumara

**Eat Least or Avoid**
- Capsicum
- Mushrooms
- Onion (red/purple, or raw)
- Potato (in excess)
- Pumpkin (in excess)
- Radish
- Spinach
- Tomato
Okra
Onion (white/yellow – cooked)
Peas
Potatoes (moderation)
Salads
Sprouts
Squashes
Watercress
Zucchini

FRUITS AND JUICES

Sweet fruits
Apples (sweet)
Apricot
Berries
Cherry (sweet)
Date
Dried fruits
Fig
Grapes (sweet)
Lemon (sparingly)
Lime (sparingly)
Mangoes
Melons
Nectarines
Oranges (sweet)
Peaches
Pears
Persimmons
Pineapple (sweet)
Plum
Pomegranate (sweet)

Sour fruits
banana (in moderation)
papaya
tamarind
tamarillo

HERBS, SPICES AND CONDIMENTS

Cooling spices
black pepper
Basil (fresh)
cayenne
Cardamom
chilli
Cinnamon
garlic (in excess)
Coriander (fresh and seed)
honey (in excess)
Cumin (with coriander only)
molasses
Dill
mustard seed (in excess)
Fennel (seed and leaf)
sauces – ketchup, mayonnaise, mustard, soya, worcester
Ginger (fresh – small amounts)
salt
Liquorice
vinegars
Turmeric
yeasts

BEVERAGES

Cool water
Stimulants
Pitta pacifying tea
Coffee
Tea
Alcohol
Soft drinks

EXERCISE

Team sports, nature activities, vigorous exercise – weightlifting, basketball, volleyball, backpacking, tramping, taichi, yoga, swimming (non-competitive), water-skiing, snow-skiing.

PERSONALITY

Tendency to anger, irritability, jealousy, criticism, impatience, argument, judgement, discriminative; goal oriented, can be set in his/her ways, intelligent, responsible, organised, decisive, convincing, precise speech, laughing, sharp clear memory, sound short sleep, moderate sex drive, passionate, purposeful walk, medium speed, strong and forceful, practical, intolerant, egotistic, leaders, vision-oriented, implement new ideas well, intense.
KAPHA LIFESTYLE PLAN

WATER AND EARTH
Medium to weak digestive system, Slow but steady immunity, Low energy with good stamina, Largest body type, Slow, methodical and graceful in thought and action, Average circulation, Oiliness and coolness of body; Prone to obesity, diabetes, mucus and cholesterol build up, respiratory, heart, stomach problems

BASIC GUIDELINES
Small amounts of food in general, especially of protein and fats, low carbohydrates also

Foods to Avoid:
Oily, cold, sweet, sour, salty, heavy foods; Root vegetables, heavy grains, excess dairy/animal products/nuts, excess sugary foods, fried foods

Foods to Indulge In:
Dry, light, warm, bitter, pungent, astringent, easily digestible foods; Cooked foods, diuretic grains, spices, light grains and legumes, light fruits and vegetables

MEAT AND SEAFOOD
Eat Most
Light white meats only (if any, not fried)
Chicken
Turkey
Venison

Eat Least or Avoid
Marshy, water dwelling animal meats
Seefood
eels

DAIRY AND EGGS
Eggs
Goat milk (very small amount)
Ghee (moderation)

Cheeses
Cream
Ice cream

OILS, FATS, NUTS AND SEEDS
Almonds and oil (small amounts)
Canola oil
Corn oil
Ghee (moderation)
Mustard oil (moderation)
Pumpkin seed (moderation)
Safflower oil
Sesame seed/oil (moderation)
Sunflower seed/oil (moderation)

Olive oil
Peanuts and oil
Walnuts and oil
Water chestnuts

LEGUMES
Most beans (esp. black, mung, pinto)
Most dahls and lentils (esp. red)
Most peas
Tofu (moderation)

Lentils (black)
Kidney beans
Soya products (tofu, tempeh)

GRAINS
Raw grains
Rolled oats
Wheat and products

VEGETABLES
Asparagus
Beets
Bitter melon
Broccoli
Cabbage
Carrots
Garlic
Leafy vegetables
Onion (cooked)

Sweet, watery and root vegetables
Avocado
Cucumber (in excess)
Eggplant
Kumara
Mushroom
Potato
Pumpkin
Parsnip
Spinach  Sea vegetables  tomatoes  Watercress  
Sprouts  tomatoes  
Squashes  
Turnips 

Cooked, light fruits  
Apple  Raw fruits (in winter/spring)  
Apricot  banana 
Berries  pineapple 
Cranberries  
Dried fruits  
Mangoes  
Peaches  
Pears  
Pomegranate  
Prunes  

FRUITS AND JUICEs  
Hot and diuretic spices  
Basil  sauces (soya, ketchup, mayonnaise…)  
Chilli sugar (in excess)  
Cinnamon  
Clove  
Cumin seed  
Fenugreek  
Garlic  
Ginger  
Honey (moderation)  
Mustard seeds  
Pepper  
Turmeric  

HERBS, SPICES AND CONDIMENTS  
Stimulants (in moderation)  
Tea  
Warm drinks  
Kapha pacifying tea  

BEVERAGES  
Alcohol (best>worst = wine, liquor, beer)  
Coffee  
Soft drinks  

EXERCISE  
Stimulating vigorous exercise, endurance, cycling, jogging, running, walking, swimming, aerobics, tai chi and yoga for more lazy or overweight types - anything which will get them active.  

PERSONALITY  
Calm, steady, considerate, take their time with life and decisions, logical analysis, social, loyal, complacent, not easily upset, emotionally sensitive, forgiving/or hold grudges a long time, understanding, long term memory is very good, enjoy sleeping and eating, save money, reluctant to take on new responsibility, tendency to greed, laziness and selfishness, pleasure-oriented, patient, humble, have long-term friendships, stable, committed, stubborn, lack motivation due to self-satisfaction, steady faith, maintain status quo, compassionate and maternal, learn through touch, taste, emotion and sensation, don’t crave excitement and stimulation
BACKGROUND INFORMATION – ER4YT

What is ER4YT?
ER4YT is an abbreviation for ‘Eat Right for Your Type", the name given to the dietary plans constructed by Dr Peter D'Adamo, of Connecticut in the United States. The dietary plans were formulated from research which suggested that people of different blood types respond differently to the same foods. Dr D'Adamo's theory is that therefore, people of different blood types should be on different diets. Almost all of the research done in this area is limited to just one book, Dr D'Adamo's own "The Eat Right Diet"- 1998. This book, along with a limited number of websites on the internet, has been almost my sole resource on this topic.

History
Research started around the 1930s on blood type and its relation to health. This was done by orthodox medical doctors, such as Dr William Boyd (an anthropologist and physician), who developed the first theories on blood type development and was also the first (in the 1940s) to demonstrate that many lectins were blood group specific. They discovered that certain blood types were more prone to certain diseases than others (eg. Type Os were more prone to peptic ulcers, due to having more Hydrochloric acid in their stomachs). They also discovered that the blood types was “the most reliable measure of your identity than race, culture or geography [and could be] used extensively by forensic scientists and criminologists as well as those who research the causes and cures of disease”i.

Dr D'Adamo's father, Dr James D'Adamo Sr was the first person to conduct extensive research into the topic of Blood Type and its relation to diet and health. He was a Naturopathic Physician, who graduated in the United States in 1957. He was inspired by the saying "One man's food is another man's poison", and so began his own research into the field of blood type and diet. His first book was entitled "One Man's Food", published in 1980.

Dr Peter D'Adamo himself began researching in 1982, and found a large amount of medical literature proving that people of different blood types certainly have different susceptibility to diseases, and different bodily composition. He also discovered a book named "You are Your Blood Type", printed in 1980 by Nomi and Alexander Besher. It describes the theory that people of different blood types have different personality traits. This has become big business in Japan and a society named "The ABO Society" was formed to use blood type analysis for corporate managers to hire workers, Market Researchers to predict buying habits of consumers, and for common people to choose friends and partners. He did a lot more research and formulated his own theories based on scientific testing of foods and people, when he wrote his book in 1996, he had successfully treated more than 4000 people on the diet.

The Theory
Although the theory behind ER4YT has three legs, it revolves mainly around a substance called a 'lectin', different forms of which are found in all types of foods. The other two legs are secretory differences between the blood types of enzymes and stomach acid, and differing food interactions with intestinal flora. The lectin theory is based on blood reactions to the lectins we come in contact with, mainly through foods we eat. All blood types have antibodies to different things, diseases, viruses, bacteria and to the other blood type antigens (except type O, which has no antibodies to the other types). If the blood comes into contact with something for which it has an antibody, the cells in the blood will agglutinate, as a natural immune response to something abnormal. It has been proven that different types of foods cause the cells of some blood types to agglutinate. This is due to the fact that some lectins in food have characteristic very similar to blood antibodies - for example, milk has qualities like the B antigen, so a person of B blood can drink milk without a problem, but an O or an A (who both have antibodies to B blood) cannot drink milk without a type of immune reaction, or agglutination in the blood.
Lectin activity can be reduced or removed in some foods by cooking, but some food lectin activity can be either unaffected or increased by cooking. For example, banana lectin activity is increased by cooking, and kidney bean lectins are still intact after 3 hours or cooking, but will be reduced after cooking if they’ve been soaked first. The following has been theorised by Tom Kruzel ND, based on the theories of Dr James D’Adamo, regarding the role of digestion and cooking on reducing the harmful effects of lectins: “If digestion is compromised, a small percentage [of lectins] will make it through into the intestinal tract. If raw foods are eaten, a greater percentage of lectins will pass into the intestinal lumen. However, if the proper amount of food enzymes are present, this does not occur as the enzymes will complete the digestion”ii.

According to research stated in Dr D’Adamo’s book, food lectins cannot be broken down by acid hydrolysis in the stomach, and therefore stay intact in the body. They can stay in the GI tract, or may be absorbed into the body, wherever they go, they will cause the cells in that area to become agglutinated and therefore to be targeted for destruction by the immune system. Irritations or malfunctions can result from this agglutination of lectins in different parts of the body, problems such as irritable bowel syndrome, liver cirrhosis or kidney failure have been found to be caused by accumulation in the intestines, liver, or kidneys, and severe inflammations (such as arthritis) or allergic reactions can result from lectin presence. Nervous tissues are very sensitive to agglutination by lectins, and conventional Western medicine has used this to this effect in the treatment of cancers such as leukaemia, while it is theorised that mental illnesses such as schizophrenia could be treated by removing problem lectins from the diet. Malignant cancer cells are up to 100 times more sensitive to the agglutinating effects of lectins than that of normal cells, so lectins have consequently been used in the treatment of some types of cancer.

Dr D’Adamo used the Indican Scale to test patients for exposure to damaging lectins. This is a urine test which measures “bowel putrefaction occurring when liver and intestines don’t metabolise proteins and produce toxic byproducts called indols”iii. High levels of lectins in the diet will increase indigestible substances in the body, leading to a build up of toxic substances and carcinogens, indicated by a high Indican Scale reading.

Due to all of the factors involved in this diet and lifestyle plan, it is highly complicated and there is no way to anticipate or separate out groups or types of foods to be avoided or eaten most. For this reason, people following this plan have to rely solely on the lists produced by Dr D’Adamo in his book/website. I have reproduced the plan in the simplest form possible below (there are more complicated forms available on D’Adamo’s website, in which you choose dietary plan according to blood type and racial background.
BLOOD TYPE O LIFESTYLE PLAN

THE HUNTER

Hardy digestive tract, Overactive immune system, Intolerant to environmental and dietary adaptations, Responds to stress with intense physical activity, Acidic body, Energy made from ketones, Prone to thyroid problems

BASIC GUIDELINES

High protein (17%) and fat (45%), low carbohydrates (38%)

Foods to Avoid:

Wheat and Corn slow metabolism, interfere with insulin production; kidney and navy beans and lentils impair calorie utilization; Brussel sprouts, Cauliflower, mustard greens inhibit thyroid hormones.; Dairy and Legumes.

Foods to Indulge In:

Kelp, Seafoods, Iodine increase thyroid hormone production; Liver, Red Meat, Kale, Spinach, Broccoli aid efficient metabolism; Eat organic, free range and game meats only

MEATS

<table>
<thead>
<tr>
<th>Eat Most</th>
<th>Eat Some</th>
<th>Eat Least or None</th>
</tr>
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<tbody>
<tr>
<td>Beef</td>
<td>Oxtail</td>
<td>Bacon</td>
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<tr>
<td>Heart</td>
<td>Sweetbreads</td>
<td>Goose</td>
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<tr>
<td>Kidney</td>
<td>Tripe</td>
<td>Ham</td>
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<tr>
<td>Lamb</td>
<td>Veal</td>
<td>Pork</td>
</tr>
<tr>
<td>Liver</td>
<td>Venison</td>
<td></td>
</tr>
<tr>
<td>Mutton</td>
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SEAFOOD

<table>
<thead>
<tr>
<th>Bluefish</th>
<th>Swordfish</th>
<th>Barracurda</th>
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<tbody>
<tr>
<td>Cod</td>
<td>Tuna</td>
<td>Catfish</td>
</tr>
<tr>
<td>Hake</td>
<td>Anchovy</td>
<td>Caviar</td>
</tr>
<tr>
<td>Halibut</td>
<td>Carp</td>
<td>Conch</td>
</tr>
<tr>
<td>Mackerel</td>
<td>Clam</td>
<td>Herring – pickled</td>
</tr>
<tr>
<td>Red Snapper</td>
<td>Crab</td>
<td>Octopus</td>
</tr>
<tr>
<td>Perch</td>
<td>Crayfish</td>
<td>Smoked Salmon</td>
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<tr>
<td>Pike</td>
<td>Crocker</td>
<td></td>
</tr>
<tr>
<td>Rainbow Trout</td>
<td>Eels</td>
<td></td>
</tr>
<tr>
<td>Salmon</td>
<td>Frogs Legs</td>
<td></td>
</tr>
<tr>
<td>Sardine</td>
<td>Grouper</td>
<td></td>
</tr>
<tr>
<td>Snapper</td>
<td>Haddock</td>
<td></td>
</tr>
<tr>
<td>Sole</td>
<td>Herring</td>
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</tr>
<tr>
<td>Striped Bass</td>
<td>Lemon Sole</td>
<td></td>
</tr>
<tr>
<td>Sturgeon</td>
<td>Lobster</td>
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DAIRY AND EGGS

<table>
<thead>
<tr>
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<th>Butter</th>
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</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>Feta</td>
<td>Gruyere</td>
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<tr>
<td>Goat cheese</td>
<td>Mozzarella</td>
<td>Brie</td>
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<td>Buttermilk</td>
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<tr>
<td></td>
<td></td>
<td>Camembert</td>
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<tr>
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<td></td>
<td>Cheddar</td>
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<td></td>
<td></td>
<td>Munster</td>
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<tr>
<td></td>
<td></td>
<td>Crème fraîche</td>
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<td>Edam</td>
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<td></td>
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<td></td>
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<td>Fromage frais</td>
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<td></td>
<td>Goat Milk</td>
</tr>
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<td></td>
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<td>Gouda</td>
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OILS, FATS, NUTS AND SEEDS

<table>
<thead>
<tr>
<th>Linseed</th>
<th>Canola</th>
<th>Corn oil</th>
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<tbody>
<tr>
<td>Olive</td>
<td>Cod Liver</td>
<td>Cottonseed</td>
</tr>
<tr>
<td>Pumpkin Seed</td>
<td>Sesame</td>
<td>Groundnut</td>
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<tr>
<td>Walnut</td>
<td>Almond</td>
<td>Brazil nut</td>
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<tr>
<td></td>
<td>Chestnut</td>
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<tr>
<td></td>
<td>Hazelnut</td>
<td>Peanut</td>
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<tr>
<td></td>
<td></td>
<td>Pistachio</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Poppy Seed</td>
</tr>
</tbody>
</table>
### BEANS AND LEGUMES
- Adzuki
- Black eye beans
- Pinto beans
- Blackbeans
- Broadbeans
- Cannellini
- Chickpeas
- Mungbean
- Greenbeans
- Lima beans
- Peas
- Sugarsnap
- Yicama bean
- Kidney beans
- Navy beans
- Lentils
- Soy beans

### CEREALS AND GRAINS
- Essene Bread
- Millet
- Oat bran, meal
- Rice
- Rye
- Quinoa
- Corn
- Familia
- Wheat bran
- Farina
- Wheat germ
- Couscous
- Semolina

### VEGETABLES
- Beetroot leaf
- Seaweed
- Broccoli
- Spinach
- Collard
- Kumara
- Dandelion
- Swiss chard
- Endive
- Tapioca
- Garlic
- Turnip
- Artichoke
- Pumpkin
- Horseradish
- Kale
- Kohlrabi
- Leek
- Okra
- Onion
- Parsley
- Parsnip
- Red Capsicum
- Asparagus
- Mesclun Salad
- Bamboo
- Mushrooms
- Beetroot
- Green/Red Pepper
- Carrot
- Radicchio
- Celery
- Radish
- Chervil
- Rappini
- Chicory
- Rocket
- Chili Pepper
- Jalapeno
- Coriander
- Shallot
- Courgette
- Spring Onion
- Cucumber
- Squash
- Daikon
- Swede
- Dill
- Tempah
- Fennel
- Tofu
- Ginger
- Tomato
- Green Olive
- Water chestnut
- Lettuce
- Watercress
- Mangetout
- Yam

### FRUITS AND JUICES
- Figs
- Apples
- Limes
- Prunes
- Apricots
- Loganberries
- Black cherry
- Bananas
- Lychees
- Pineapple
- Blackberries
- Blueberries
- other Melons
- Boysenberry
- Nectarine
- Cherry
- Papaya
- Cranberry
- Peach
- Currant
- Pear
- Red dates
- Persimmons
- Elderberry
- Pineapple
- Gooseberry
- Pomegranate
- Grapefruit
- Prickly pear
- Grapes
- Raisins
- Guava
- Raspberry
- Kiwifruit
- Starfruit
- Kumquat
- Watermelon
- Lemons
- Apple juice/cider

### SPICES AND CONDIMENTS
- Carob
- Agar
- Chervil
- Cayenne
- Allspice
- Chives
- Curry
- Anise
- Chocolate
- Seaweed
- Arrowroot
- Cloves
- Tumeric
- Barley Malt
- Coriander
- Basil
- Cream of Tartar
- Bay leaf
- Cumin
- Bergamot
- Dill
- Ketchup
- Pickles
- Nutmeg
- Pepper
- Vanilla
- Vinegar
- Relish
Capers  Garlic  Caraway  Gelatine  Cardamom  Honey  Horseradish  Rosemary  Maple syrup  Saffron  Marjoram  Sage  Mint  Salt  Miso  Savory  Molasses  Soy sauce  Mustard  Spearmint  Paprika  Sugar  Peppercorn  Tamari  Peppermint  Tamarind  Pimento  Tarragon  Rapadura  Thyme  Mayonnaise  Worcestershire sauce

**HERBS**

Cayenne  Peppermint  Catnip  Mullein  Alfalfa  Rhubarb  Chickweed  Rosehip  Chamomile  Raspberry leaf  Aloe  Senna  Dandelion  Sarsaparilla  Dong quai  Sage  Burdock  Shepherd’s Purse  Fenugreek  Elderflower  Ginseng  Skullcap  Coltsfoot  Hypericum  Ginger  Green Tea  Thyme  Echinacea  Yellow Dock  Hops  Lime Leaf  Linden  Lime Leaf  Hawthorn  Horehound  Valerian  Gentian  Parsley  Liquorice  Yarrow  Red Clover

**BEVERAGES**

Soda water  Lager  Coffee  Seltzer water  Wine  Spirits  Carbonated Drinks  Tea

**SUPPLEMENTS**

Vitamin B, Vitamin K, Calcium, Iodine, Manganese, Pancreatic Enzymes

**EXERCISE**

Intense physical activity needed - Aerobics, Swimming, Jogging, Weight Training, Treadmill, Stair Climbing, Martial Arts, Contact Sports, Calisthenics, Cycling, Brisk walking, Dancing, Rollerblading, Skating

**PERSONALITY**

Strong, Social, Humane, Streetsmart, Good endurance, Self Reliant, Daring, Intuitive, Optimistic, Focused, Drive, Self-preserving, Self-reliant, Good self esteem, Leadership qualities, Certain, Powerful, Risk-Takers, Control feelings, Straight forward, Realistic, Generous, Individualistic, Assertive, Expressive, Can’t ignore instinct, Cautious
**BLOOD TYPE A LIFESTYLE PLAN**

**THE CULTIVATOR**
First Vegetarian, Sensitive Digestive Tract, Low Stomach Acid, Tolerant Immune System, Adaptive to Environment, Responds to Stress with Calming Action; Prone to cancer, diabetes, heart disease, anemia, obesity/emaciation

**BASIC GUIDELINES**
Low fat (8%), medium protein (20%), high carbohydrates (72%)°

** Foods to Avoid:**

**Foods to Indulge In:**
Vegetables and Vegetable Oils aid digestion and prevent fluid retention. Soy aids digestion and speeds metabolism. Pineapple increases intestinal motility and calorie utilisation.

<table>
<thead>
<tr>
<th>MEATS</th>
<th>Eat Most</th>
<th>Eat Some</th>
<th>Eat Least or None</th>
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<tbody>
<tr>
<td>None</td>
<td>Chicken</td>
<td>Bacon</td>
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<td>Turkey</td>
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<td>Ham</td>
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<table>
<thead>
<tr>
<th>SEAFOOD</th>
<th>Eat Most</th>
<th>Eat Some</th>
<th>Eat Least or None</th>
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</thead>
<tbody>
<tr>
<td>Carp</td>
<td>Paua</td>
<td>anchovy</td>
<td>Lobster</td>
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<tr>
<td>Cod</td>
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<td>cray</td>
<td>Shrimp</td>
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<td>sturgeon</td>
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<td>sole</td>
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<td>Halibut</td>
<td>squid</td>
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<td></td>
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<td>Herring</td>
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<table>
<thead>
<tr>
<th>DAIRY AND EGGS</th>
<th>Eat Most</th>
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<td>icecream</td>
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<td>Kefir</td>
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<td>Milk</td>
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<td>cheddar</td>
<td>Munster</td>
</tr>
<tr>
<td>Quark</td>
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<td>Parmesan</td>
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<table>
<thead>
<tr>
<th>OILS AND FATS, NUTS AND SEEDS</th>
<th>Eat Most</th>
<th>Eat Some</th>
<th>Eat Least or None</th>
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<tbody>
<tr>
<td>Linseed</td>
<td>Canola</td>
<td>Pine nut</td>
<td>corn oil</td>
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<tr>
<td>Olive oil</td>
<td>cod liver oil</td>
<td>Poppy seed</td>
<td>cottonseed</td>
</tr>
<tr>
<td>Peanut</td>
<td>almond</td>
<td>Sesame</td>
<td>groundnut</td>
</tr>
<tr>
<td>Pumpkin seed</td>
<td>chestnut</td>
<td>Sunflower</td>
<td>safflower oil</td>
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<tr>
<td>Haelznut</td>
<td>Hazelnut</td>
<td>Tahini</td>
<td>brazil nuts</td>
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<tr>
<td>Hickory</td>
<td>Walnut</td>
<td></td>
<td>cashew</td>
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<tr>
<td>Macadamia</td>
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<td>pistachio</td>
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<tr>
<th>BEANS AND LEGUMES</th>
<th>Eat Most</th>
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<th>Eat Least or None</th>
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<tr>
<td>Adzuki</td>
<td>Broad</td>
<td>chickpeas</td>
<td>garbanzo</td>
</tr>
<tr>
<td>Black</td>
<td>cannellini</td>
<td>kidney</td>
<td></td>
</tr>
<tr>
<td>Black-eyed</td>
<td>green</td>
<td>lima</td>
<td></td>
</tr>
<tr>
<td>Lentils</td>
<td>sugar snap</td>
<td>navy</td>
<td></td>
</tr>
<tr>
<td>Pinto</td>
<td>peas</td>
<td>red</td>
<td></td>
</tr>
<tr>
<td>Red soya</td>
<td>white beans</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CEREALS AND GRAINS
Amaranth barley wheat (bran, germ..)
Buckwheat corn Couscous
Essene bread Kamut, quinoa
Soya flour grape nuts
Rye Millet, tapioca
Soba noodles durum wheat
Rice Oats (bran, meal, rolled…)
Spelt whole wheat
Plain wheat semolina

VEGETABLES
Alfalfa parsnip asparagus mushroom eggplant
Beetroot pumpkin avocado green olive broad beans
Broccoli spinach bamboo spring onion cabbage
Cos lettuce tofu beetroot radicchio chilli peppers
Endive tempeh bok choy radish jalapeno
Garlic turnip carrot rocket shitaki
Artichoke cauli seaweed black olive
Horseradish (wasabi) coriander squash capsicum
Kale cucumber swede potato
Leek daikon corn kumara
Okra fennel water chestnut tomato
Onion lettuce water cress yam
parsley mung bean sprouts

FRUITS AND JUICES
Apricots apple nectarines banana
Cherry all berries peaches coconut
Fig dates pears mango
Grapefruit grapes persimmons cantaloupe
Lemon guava pomegranates honeydew
Pineapple kiwifruit starfruit orange
Plums kumquats currant papaya
Prunes limes watermelon rhubarb
Raisins other melons tangerine

SPICES AND CONDIMENTS
Malt agar maple syrup gelatine
Molasses allspice marjoram pepper
Garlic aniseed mint vinegar
Ginger arrowroot nutmeg ketchup
Miso basil paprika mayonnaise
Soy sauce bay parsley worcestershire
Tamari bergamot peppermint cayenne
Mustard capers pimento
Caraway rosemary
Cardamom saffron
Carob sage
Chervil salt
Chives savory
Chocolate spearmint
Cinnamon sugar
Coriander tarragon
Cream of tartar thyme
Cumin tumeric
Curry vanilla
Dill pickles
Honey
Horseradish (wasabi)

HERBS
Alfalfa chickweed raspberry leaf catnip
Aloe coltsfoot sage cayenne
<table>
<thead>
<tr>
<th>Herbs</th>
<th>Other Herbs</th>
<th>]Herbs</th>
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<tbody>
<tr>
<td>Burdock</td>
<td>dandelion, sarsaparilla</td>
<td>cornsilk</td>
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<tr>
<td>Chamomile</td>
<td>dong quai, senna</td>
<td>red clover</td>
</tr>
<tr>
<td>Echinacea</td>
<td>elderflower, shepherd’s purse</td>
<td>yellow dock</td>
</tr>
<tr>
<td>Fenugreek</td>
<td>gentian, skullcap</td>
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<tr>
<td>Ginseng</td>
<td>golden seal, spearmint</td>
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</tr>
<tr>
<td>Ginger</td>
<td>hops, strawberry leaf</td>
<td></td>
</tr>
<tr>
<td>Green tea</td>
<td>horehound, thyme</td>
<td></td>
</tr>
<tr>
<td>Hawthorn</td>
<td>liquorice, vervain</td>
<td></td>
</tr>
<tr>
<td>Milk thistle</td>
<td>linden, yarrow</td>
<td></td>
</tr>
<tr>
<td>Rosehip</td>
<td>parsley</td>
<td></td>
</tr>
<tr>
<td>St John’s wort</td>
<td>peppermint</td>
<td></td>
</tr>
<tr>
<td>Valerian</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**BEVERAGES**

- Coffee
- Green tea
- Water
- Red wine
- white wine
- lager
- distilled spirits
- tea
- soda

**SUPPLEMENTS**

- Vitamin Bs (especially B12), Vitamin C, Vitamin E, Calcium, Iron, Zinc, Selenium, Chromium (to balance blood sugar), Quercetin, Bromelain

**EXERCISE**

- Tai chi, Yoga, Martial arts, Golf, Cycling, Brisk walking, Hiking, Swimming, Dancing, Low impact aerobics, Stretching, Meditation and relaxation (deep breathing)

**PERSONALITY**

- Adaptive, tolerant, co-operative, considerate, independent, decent, orderly, law-abiding, self-controlled, group-oriented, clever, sensitive, passionate, smart, logical, perfectionist, introvert, shy, slow to trust, desires transformation and rejects worldly things, less expressive, emotional wounds heal slowly, interests fluctuate, concerned with surroundings, likes peace; bottles up anxiety, eats impulsively to suppress frustration, easily stressed, can be paranoid under stress, can be hypersensitive, and obsessed with order.
BLOOD TYPE B LIFESTYLE PLAN

THE NOMAD
Balanced, Strong Immune system, Tolerant and flexible Digestive Tract, Responds to stress with creativity, Tallest type; Prone to Autoimmune disorders - Chronic Fatigue, Multiple Sclerosis, Systemic Lupus Erythematous, Diabetes.

BASIC GUIDELINES
Medium fat (11%), High protein (33%), Medium-low carbohydrates (56%)

Foods to Avoid:
**Corn** inhibits insulin function, slows metabolism; **Lentils** cause hypoglycaemia, inhibit nutrient uptake, slow metabolism; **Peanuts** cause hypoglycaemia, slow metabolism, inhibit liver function; **Sesame Seeds** cause hypoglycaemia, slow metabolism; **Buckwheat** slow metabolism, cause hypoglycaemia, inhibit digestion; **Wheat** slows digestion and metabolism, causes food to be stored as fat.

Foods to Indulge In:
Green Vegetables, Meat, Eggs, Liver aid efficient metabolism, Liquorice Herb counters hypoglycaemia.

---

**MEAT**

<table>
<thead>
<tr>
<th>Eat Most</th>
<th>Eat Some</th>
<th>Eat Least or None</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamb</td>
<td>Beef</td>
<td>Heart</td>
</tr>
<tr>
<td>Mutton</td>
<td>Liver</td>
<td>Partridge</td>
</tr>
<tr>
<td>Rabbit</td>
<td>Pheasant</td>
<td>Pork</td>
</tr>
<tr>
<td>Venison</td>
<td>Turkey</td>
<td>Poussin</td>
</tr>
<tr>
<td></td>
<td>Veal</td>
<td>Ham</td>
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**SEAFOOD**

<table>
<thead>
<tr>
<th>Cod</th>
<th>Red Fish</th>
<th>Bluefish</th>
<th>Rainbow Trout</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grouper</td>
<td>Salmon</td>
<td>Carp</td>
<td>Sailfish</td>
</tr>
<tr>
<td>Haddock</td>
<td>Sardines</td>
<td>Catfish</td>
<td>Scallop</td>
</tr>
<tr>
<td>Hake</td>
<td>Sea Trout</td>
<td>Caviar</td>
<td>Shark</td>
</tr>
<tr>
<td>Halibut</td>
<td>Shad</td>
<td>Crockers</td>
<td>Smelts</td>
</tr>
<tr>
<td>Mackerel</td>
<td>Sturgeon</td>
<td>Herring</td>
<td>Snapper</td>
</tr>
<tr>
<td>Mahi Mahi</td>
<td>Mussels</td>
<td></td>
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<tr>
<td>Monkfish</td>
<td>Paua</td>
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<td>Squid</td>
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<td>Pike</td>
<td>Pollock</td>
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<td>Swordfish</td>
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<tr>
<td>Porgy</td>
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**DAIRY AND EGGS**

<table>
<thead>
<tr>
<th>Cottage Cheese</th>
<th>Brie</th>
<th>Gruyere</th>
<th>Blue Cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feta</td>
<td>Butter</td>
<td>Jarlsburg</td>
<td>Ice Cream</td>
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<tr>
<td>Goat cheese</td>
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<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Goat milk</td>
<td>Camembert</td>
<td>Munster</td>
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<tr>
<td>Kefir</td>
<td>Cheddar</td>
<td>Neufachatel</td>
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<tr>
<td>Skim Milk</td>
<td>Crème fraiche</td>
<td>Quark</td>
<td></td>
</tr>
<tr>
<td>Mozzarella</td>
<td>Edam</td>
<td>Parmesan</td>
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<tr>
<td>Ricotta</td>
<td>Emmenthal</td>
<td>Provolone</td>
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<tr>
<td>Frozen Yoghurt</td>
<td>Fromage Frais</td>
<td>Soy Milk</td>
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<tr>
<td>Eggs</td>
<td>Gouda</td>
<td>Whey</td>
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**OILS, FATS, NUTS AND SEEDS**

<table>
<thead>
<tr>
<th>Olive Oil</th>
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<tbody>
<tr>
<td>Ghee</td>
<td>Cashews</td>
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<tr>
<td>Linseed</td>
<td>Corn Oil</td>
<td>Poppy Seeds</td>
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<tr>
<td></td>
<td>Cottonseed</td>
<td>Safflower</td>
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</tr>
<tr>
<td></td>
<td>Groundnut</td>
<td>Sunflower Seeds</td>
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<td></td>
<td>Hazelnuts</td>
<td>Sesame</td>
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<tr>
<td></td>
<td>Peanuts</td>
<td>Tahini</td>
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**LEGUMES**

<table>
<thead>
<tr>
<th>Kidney Bean</th>
<th>Broad Beans</th>
<th>Peas</th>
<th>Adzuki Beans</th>
<th>Lentils</th>
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<tbody>
<tr>
<td>Lima Beans</td>
<td>Cannellini Beans</td>
<td>Black Beans</td>
<td>Mung Beans</td>
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</tr>
<tr>
<td>Navy Beans</td>
<td>Green Beans</td>
<td></td>
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</tr>
<tr>
<td>Red Soya Beans</td>
<td>Mangetouts</td>
<td>Chickpeas/Garbanzos</td>
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**CEREALS AND GRAINS**

<table>
<thead>
<tr>
<th>Millet</th>
<th>Familia</th>
<th>Spelt</th>
<th>Amaranth</th>
<th>Soba Noodles</th>
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</thead>
<tbody>
<tr>
<td>Oat (bran, rolled, whole)</td>
<td>Farina</td>
<td>Sprouted Wheat</td>
<td>Barley</td>
<td>Stevia</td>
</tr>
</tbody>
</table>
Rice (bran, puffed)  Graham flour  Buckwheat  Tapioca
Spelt  Grape Nuts  Bulgur Wheat  Wild rice
Essene Bread  Plain flour  Corn (meal, polenta)  Wheat bran
Wasa Bread  Pumpernickel  Couscous  Wheatgerm
Quinoa  Rice  Durum wheat  Whole wheat
Semolina  Gluten flour  Shredded Wheat
Soya Flour  Kamut  Rye

VEGETABLES

Eggplant  Alfalfa  Kohlrabi  Avocado
Beetroot/leaf  Asparagus  Leeks  Artichokes
Brussel Sprouts  Bamboo  Lettuce  Mung Beans Sprouts
Cabbage  Bok choy  Mesclun Salad  Olives
Capsicum  Celery  Mushrooms  Pumpkin
Carrot  Chervil  Okra  Radish
Cauliflower  Chicory  Onions  Corn
Collard  Chili Peppers  Potatoes  Tempeh
Kale  Coriander  Raddichio  Tofu
Kumara  Courgette  Radipini  Tomatoes
Mustard Greens  Cucumber  Rocket  
Parsley  Daikon  Seaweed  
Parsnip  Dandelion  Shallots  
Shiitake Mushroom  Dill  
Yams  

FRUITS AND JUICES

Bananas  Apples  Lemons  Coconuts
Cranberries  Apricots  Limes  Persimmons
Grapes  Blackberries  Loganberries  Pomegranates
Papaya  Blackcurrants  Lychees  Prickly Pears
Pineapple  Blueberries  Mangos  Rhubarbs
Plums  Boysenberries  Melons  Star Fruit
Cherries  Nectarines  
Dates  Oranges  
Elderberries  Peaches  
Figs  Pears  
Gooseberries  Prunes  
Grapefruit  Raspberries  
Guava  Redcurrants  
Kiwifruit  Strawberries  
Kumquats  Tangerines  
Watermelon  

SPICES AND CONDIMENTS

Curry  Agar  Molasses  Allspice
Horseradish (Wasabi)  Aniseseed  Mustard  Almond Essence
Parsley  Arrowroot  Nutmeg  Malt
Bayleaf  Basil  Paprika  Cinnamon
Bergamot  Bayleaf  Red Pepper  Gelatine
Capers  Bergamot  Peppermint  Ketchup/Tomato Sauce
Caraway  Caps  Pickles  Pepper (black/white)
Caraway  Pimento  
Cardamom  Rosemary  
Carob  Saffron  
Cayenne  Sage  
Chives  Salt  
Chocolate  Savory  
Coriander  Spearmint  

25
Cream of Tartar Soy Sauce
Cumin Sugar
Dill Tamarind
Garlic Tarragon
Honey Thyme
Maple Syrup Tumeric
Marjoram Vanilla
Mayonnaise Vinegar
Mint Worcestershire Sauce
Miso

HERBS
Ginger Raspberry Leaf
Ginseng Rosehip
Liquorice Sage
Parsley
Peppermint

BEVERAGES
Green Tea Coffee Wine Distilled Spirits
Water Lager Tea Seltzer Water
Juices (from lists)

SUPPLEMENTS
Magnesium, Digestive Enzymes (bromelain), Lecithin Granules

EXERCISE
Aerobics, Tennis, Martial Arts, Calisthenics, Hiking, cycling, Swimming, Brisk Walking, Jogging, Weight Training, Golf, Tai Chi, Yoga. No competitive sports. Ensure even balance between relaxing and intense exercise.

PERSONALITY
Flexible, creative, easy going, tolerant, balanced, survivors, relate easily, less inclined to challenge and confront, empathic, enjoy life as a blending of mind, soul and matter; emotional wounds heal quickly, doesn’t like restrictions or customs, non-stereotyped (different or strange) activities and interests, wide ranging interests, independent, can reject expert opinions in favour of own, self conscious, self absorbed, antisocial, unambitious, flexible comprehension, compassionate, capricious, wild swings of emotion – expresses feelings well, rapid movements, quick-witted, perceptive, resourceful, researchers, enthusiastic, gourmets and food enthusiasts – not interested in sticking to a diet – but easily absorbed with food. These people crave salt, so they should restrict intake.
**BLOOD TYPE AB LIFESTYLE PLAN**

**THE ENIGMA**
Chameleon response to environment changes, Sensitive digestive tract, Tolerant immune system, Responds to stress spiritually, physically and creatively, Evolutionary mystery

**BASIC GUIDELINES**
High protein (20%) and fats (20%), with lower carbohydrates (60%)\(^{vi}\)

**Foods to Avoid:**
- **Red Meat** poorly digested, stored as fat; **Kidney Beans, Lima Beans, Seeds, Corn, Buckwheat** inhibit insulin production causing hypoglycaemia; **Wheat** decreases metabolism causing inefficient use of calories

**Foods to Indulge In:**
- **Tofu, Seafood, Green Vegetables** promote efficient metabolism; **Kelp, Dairy** improve insulin production; **Alkaline Fruits (see list)** increase muscle performance; **Pineapple** aids digestion, stimulates intestines.

### MEAT

<table>
<thead>
<tr>
<th>Eat Most</th>
<th>Eat Some</th>
<th>Eat Least or None</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamb</td>
<td>Liver</td>
<td>Bacon</td>
</tr>
<tr>
<td>Mutton</td>
<td>Pheasant</td>
<td>Heart</td>
</tr>
<tr>
<td>Rabbit</td>
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<td>Beef</td>
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<tr>
<td>Turkey</td>
<td></td>
<td>Partridge</td>
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</tbody>
</table>

### SEAFOOD

<table>
<thead>
<tr>
<th>Cod</th>
<th>Sailfish</th>
<th>Bluefish</th>
<th>Smelts</th>
<th>Anchovy</th>
<th>Pickled Herring</th>
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</thead>
<tbody>
<tr>
<td>Grouper</td>
<td>Salmon</td>
<td>Carp</td>
<td>Snapper</td>
<td>Baracuda</td>
<td>Lobster</td>
</tr>
<tr>
<td>Bake</td>
<td>Sardines</td>
<td>Catfish</td>
<td>Sole</td>
<td>Clams</td>
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<td>Mackerel</td>
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<td>Caviar</td>
<td>Squid</td>
<td>Conch</td>
<td>Oysters</td>
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<td>Mahi Mahi</td>
<td>Shad</td>
<td>Croakers</td>
<td>Swordfish</td>
<td>Crab</td>
<td>Plaice</td>
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<td>Snails</td>
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<td>Pike</td>
<td>Sturgeon</td>
<td>Mussels</td>
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<td>Eels</td>
<td>Shrimp</td>
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<tr>
<td>Porgy</td>
<td>Tuna</td>
<td>Paua</td>
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<td>Frogs Legs</td>
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<td>Red Fish</td>
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<td>Scallops</td>
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<td>Haddock</td>
<td>Striped Bass</td>
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<tr>
<td>Rainbow Trout</td>
<td></td>
<td>Shark</td>
<td></td>
<td>Halibut</td>
<td></td>
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</tbody>
</table>

### DAIRY AND EGGS

<table>
<thead>
<tr>
<th>Cottage Cheese</th>
<th>Cheddar</th>
<th>Skim Milk</th>
<th>Blue Cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>Crème Fraiche</td>
<td>Munster</td>
<td>Brie</td>
</tr>
<tr>
<td>Farmers Cheese</td>
<td>Edam</td>
<td>Neufachet</td>
<td>Butter</td>
</tr>
<tr>
<td>Goat Cheese</td>
<td>Emmenhal</td>
<td>Quark</td>
<td>Buttermilk</td>
</tr>
<tr>
<td>Goat Milk</td>
<td>Fromage Frais</td>
<td>Soya Cheese</td>
<td>Camembert</td>
</tr>
<tr>
<td>Kefir</td>
<td>Gouda</td>
<td>Soya Milk</td>
<td>Ice Cream</td>
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<td>Mozzarella</td>
<td>Gruyere</td>
<td>Whey</td>
<td>Parmesan</td>
</tr>
<tr>
<td>Ricotta</td>
<td>Jarlsburg</td>
<td>Frozen Yoghurt</td>
<td>Provolone</td>
</tr>
</tbody>
</table>

### OILS, FATS, NUTS AND SEEDS

<table>
<thead>
<tr>
<th>Eat Most</th>
<th>Eat Some</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Chestnuts</td>
<td>Almonds</td>
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<tr>
<td>Olive Oil</td>
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<tr>
<td>Peanuts</td>
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<td>Corn Oil</td>
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<td>Walnuts</td>
<td>Cashew</td>
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<td></td>
<td>Groundnuts</td>
<td>Tahini</td>
</tr>
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</table>

### LEGUMES

<table>
<thead>
<tr>
<th>Green Lentils</th>
<th>Red Soya Beans</th>
<th>Broad Beans</th>
<th>Tamarind Beans</th>
<th>Adzuki Beans</th>
<th>Kidney Beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Navy Beans</td>
<td></td>
<td>Cannellini Beans</td>
<td>Brown/Red Lentils</td>
<td>Black Beans</td>
<td>Lima Beans</td>
</tr>
<tr>
<td>Pinto Beans</td>
<td></td>
<td>Green Beans</td>
<td>Jicama Beans</td>
<td>Black Eye Beans</td>
<td>Mung Beans</td>
</tr>
<tr>
<td>Red Beans</td>
<td></td>
<td>Peas</td>
<td></td>
<td>Chickpeas/Garbanzos</td>
<td></td>
</tr>
</tbody>
</table>

### CEREALS AND GRAINS

<table>
<thead>
<tr>
<th>Essene Bread</th>
<th>Wasa Bread</th>
<th>Amaranth</th>
<th>Pumpernickel</th>
<th>Buckwheat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Millet</td>
<td></td>
<td>Barley</td>
<td>Quinoa</td>
<td>Corn (flakes, meal..)</td>
</tr>
<tr>
<td>Oats (meal, bran, rolled..)</td>
<td></td>
<td>Bulgur Wheat</td>
<td>Rice</td>
<td>Kamut</td>
</tr>
</tbody>
</table>
Rice (puffed, bran..)  Couscous  Semolina  Polenta
Rye  Durum Wheat  Shredded Wheat  Soba Noodles
Spelt  Familia  Spelt  Tapioca
Soy  Farina  Wheatgerm/bran  Soba Noodles
Sprouted Wheat  Graham  Wholewheat

VEGETABLES

Alfalfa Sprouts  Kelp  Asparagus  Mesclun Salad  Avocado
Eggplant  Beetroot/leaf  Bok Choy  Okra  Capsicum
Broccoli  Brussel Sprouts  Cabbage  Green Olives  Chilli Peppers/Jalapeño
Cauliflower  Carrots  Chervil  Onions  Artichokes
Celery  Chichory  Chervil  Potatoes  Mung Bean Sprouts
Collard  Collard  Courgette/zucchini  Raddish  Shiitake/Abalone Mushrooms
Dandelion  Coriander  Corn  Corn
Eggplant  Daikon  Courgette/zucchini  Corn
Garlic  Daikon  Shallot  Corn
Kale  Endive  Spinach  Corn
Kumara  Fennel  Squash  Corn
Mustard Greens  Ginger  Swedes  Corn
Parsley  Horseradish  Swiss Chard  Corn
Parsnip  Kohlrabi  Tomatoes  Corn
Tempeh  Leeks  Turnips  Corn
Tofu  Lettuce  Water Chestnut  Corn
Yams  Mangeouts  Watercress  Corn

FRUITS AND JUICES

Cherries  Grapes  Apples  Blueberries  Bananas  Persimmons
Cranberries  Loganberries  Apricots  Boysenberries  Coconuts  Pomegranates
Figs  Plums  Blackberries  Dates  Guavas  Prickly Pears
Gooseberries  Pineapples  Blackcurrants  Elderberries  Mangoes  Rhubarb

SPICES AND CONDIMENTS

Curry  Agar  Mint  Allspice
Horseradish  Arrowroot  Molasses  Almond essence
Miso  Basil  Mustard  Aniseed
Parsley  Bay Leaf  Nutmeg  Malt

28
HERBS

Alfalfa  Catnip  Raspberry Leaf  Aloe  Shepherds Purse
Burdock  Cayenne  Sage  Coltsfoot  Skullcap
Echinacea  Chamomile  Sarsaparilla  Cornsilk  Fenugreek
Ginseng  Chickweed  Spearmint  Gentian  Ginger
Dandelion  Dong Quai  St Johns Wort  Hops  Green Tea
Dong Quai  Elderflower  Strawberry Leaf  Thyme  Hawthorn
Elderflower  Golden Seal  Valerian  Linden  Liquorice
Horehound  Vervain  Mullein  Rosehip
Parsley  Yarrow  Red Clover  Peppermint  Yellow Dock
Peppermint  Senna

BEVERAGES

Coffee  Soda/Seltzer Water  Distilled Spirits  Tea
Green Tea  Lager  Carbonated Drinks
Wine

SUPPLEMENTS

Vitamin C, Zinc, Selenium, Quercetin, Bromelain;

EXERCISE

Tai Chi, Yoga, Aikido, Golf, Cycling, Brisk Walking, swimming, Dance, Aerobics, Hiking, Stretching

PERSONALITY

Not worried about small details, spiritual, embraces all aspects of life, friendly to all, appealing, captivating, charismatic, popular, don’t hold grudges, diplomatic, often healers and spiritual teachers, can be unloyal, flaky and unaware of consequences, very rational, take life easily and as it comes, social (can be overly social), good at implementing plans but sometimes don’t follow them through, control emotions, least expressive of the types with least attachment to life, avoid power struggles, personality has been described as ‘mixed’ or ‘variable’ – can have personality fluctuations from one extreme to the other, superficially soft and gentle to hide inner emotions and personality from those not well known; heavily into food, lack stamina in diets. These people dislike raw foods and prefer highly processed foods, which they should avoid.
**Common Theories**

I found that ER4YT and Ayurveda had a surprising amount of common theories, and many of the food lists and personality descriptions matched quite closely, suggesting there are definite correlations between the two theories. Below are some of examples of common theories shared by both ER4YT and Ayurveda, followed by a table (Table A) with more details on each common theory.

1. Both theories note the relevance of the Nightshade family of vegetables in arthritic conditions, especially rheumatoid arthritis.
2. Both theories are based on the individuality of the person being treated, noting specifically that not all people are alike, so no people should be treated exactly the same. Ayurveda does appear to have a much more individual way of treating than ER4YT at present, but that could be because the ER4YT theory is still in its infancy, as compared with Ayurveda’s ancient wisdom.
3. Blood type is derived from the parents, and it is known that the blood type comes from the genes, and is therefore encoded into the DNA of the individual. Prakruti is also known to be mainly derived from the parents, though other factors (such as season, climate, lifestyle of parents etc) are also involved.
4. Unlike other dietary theories, once you’ve found your ER4YT or Ayurvedic type, you can never change it, the personality and body tendencies and the diet and lifestyle suggestions are set for life. Blood type has been known to change on extremely rare occasions (in serious disease only), and prakruti can never change, although diet and lifestyle regimens will alter slightly with season and in imbalance.
5. Neither system takes into account race, culture, or geography, both recognising that every person has their own type, and that these types are the same the world over. However, Ayurveda does take into account the climate and season where you are at the present time and believes that this also plays a role in your prakruti development. ER4YT theorises that changes in climate and lifestyle of races long ago helped spur the creation of new blood types.
6. Both systems recognise that each person can have both a primary and a sub-type, and the sub-types usually only play a very minor role in diet and lifestyle.
7. Both systems recognise that your ‘type’ will affect your whole body, mentally, physically and emotionally. Therefore, neither system relies only on the use of diet for treatment or prevention of illness, both systems use lifestyle as well as dietary choices, and both agree that your type has a strong influence on your personality traits and therefore job, recreational and friendship choices.
8. Both theories have an important aspect in common which is often missing from modern nutritional theory. Both say that cooking food aids proper digestion, whereas many modern theories state that foods are best eaten raw as cooking destroys essential nutrients and enzymes.
9. Both theories recognise that a certain factor in disease is a type of toxin in the body which damages and disturb cellular function. In Ayurveda this is called ‘ama’, a type of toxic build up from improperly digested food waste. In ER4YT, it is called a ‘lectin’, which is a substance found in foods.
10. Both systems recognise that some food types are beneficial, others neutral and others are highly toxic and should be avoided.
11. Wrong food choice can cause mental or psychological problems in both systems, something which is not commonly recognised in most Western nutritional or psychological theory.
12. Peanuts and tomatoes are recognised by both systems to be bad for almost every type of person. ER4YT suggests that they both suppress immunity, and Ayurveda says they are both very amagenic, which in the long run, will also suppress immunity.
13. Both theories understand the role of food choices in diabetes – in ER4YT, lectins are known to block insulin; and in Ayurveda, habitual use of Kaphagenic foods create most forms of diabetes.
<table>
<thead>
<tr>
<th>Table A</th>
<th><strong>AYURVEDIC THEORIES</strong></th>
<th><strong>ER4YT THEORIES</strong></th>
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<tbody>
<tr>
<td>1</td>
<td>“Rheumatoid Arthritis - You should eliminate all [lists other foods] and nightshades from your diet for at least six weeks...they may have caused part of the problem.” Ayurveda also recognises many foods in the nightshade family as amagenic (especially tomatoes) and ama is a main cause of most types of arthritis.</td>
<td>“Many people with arthritis feel that avoiding the so-called ‘nightshade’ vegetables, such as tomatoes, aubergines and white potatoes, seems to help their arthritis. That’s not surprising, since most nightshades are very high in lectins.”</td>
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<tr>
<td>2</td>
<td>“You personal constitution is your individual metabolic makeup...this is why everyone who eats the same food does not necessarily suffer from exactly the same mental or physical effects from it.” “Constitutional types do not bind you to a stereotype.”</td>
<td>“Any time you see a new diet plan that claims to work the same way for everyone, be sceptical. Listen to your blood type. Appreciate your individuality.”</td>
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<tr>
<td>3</td>
<td>“Your personal constitution was determined by the state of the bodies of your mother and father at the time of your conception. Your constitution is influenced by your parents’ genetics, by your mother’s diet and habits during her pregnancy, and by abnormal events at the time of your birth.”</td>
<td>“Your blood type is determined by two sets of genes – the inheritance you receive from your mother and father. It is from those genes commingling that your blood type is selected, at the moment of your conception.”</td>
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<tr>
<td>4</td>
<td>“Once your personal constitution and its accompanying tendencies have been set they cannot be permanently altered. Like your genes, you have your constitution for the rest of your life, like it or not. You can, however, learn to adjust for your constitution so that you are less affected by its distortions. You can learn how to prevent imbalances when they arise.”</td>
<td>“Blood type changing is very rare. It has only known to occur in extreme illnesses such as cancer.”</td>
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<tr>
<td>5</td>
<td>“Ayurveda is based on the principle that everything in this universe is composed of five elements.” The elements are the same the world over and are used to make up everything, living or not, on this planet. This means that no matter where you are in the world, no matter what race you are, or even whether you are human or not, the doshas which make up constitution are always the same. This means that gender, race, creed, culture, etc, have no relevance when it comes to prakruti.</td>
<td>“Your blood type is a more reliable measure of your identity than race, culture or geography.” “Change in climate and available food produced new blood types. [These] ultimately reflect upon the human ability to acclimatize to different environmental challenges. For the most part, these challenges impacted the digestive and immune systems. As the human race moved around and was forced to adapt its diet to changing conditions, the new diet provoked adaptations in the digestive tract and immune system necessary for it to first survive and later thrive in each new habitat. These changes are reflected in the development of the blood types, which appear to have arrived at critical junctures of human development.”</td>
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<tr>
<td>6</td>
<td>Your prakruti is made up of the elements in varying proportions. The predominant elements indicate the predominant constitution/s of the person. All elements are always present, but the less predominant elements play a less important role in deciding the constitution of the individual and are Regarding the Rhesus and MN factors, secretors and non-secretors: “These variations, or subgroups within blood types play relatively insignificant roles. More than 90 percent of all the factors associated with your blood type are related to your primary type – O, A, B, or AB.”</td>
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7 “Your constitution is that set of metabolic tendencies which determine how your body and mind will instinctively react when they are confronted by a stimulus. Many of the traits you prize in your personality arise from and are dependent on these metabolic tendencies. Your constitution affects your emotions, and the tastes you crave, via your genes.”xxi “Understanding your prakruti gives you insight into why you do the things you do, and can give you clues on how to improve yourself.”xxii

8 Ayurveda suggests that most people eat a mainly cooked diet, as most people do not have perfect digestive function, and cooking food makes it easier to digest and helps to avoid indigestion of food and limit ama (toxin) formation. It also states that proper agni (digestive function, hydrochloric acid and enzymes) will digest foods properly and completely, therefore preventing formation and build up of ama in the body.

9 “When the main digestive fire, which is in our small intestine and stomach, is not balanced then food eaten will not be digested properly and undigested food mass – ama – will be formed and stuck there. This ama in turn will hamper the balance of Tridosha, which ultimately will be responsible for more depletion of agni and more ama will be formed and it will block the channels or get into different organs to create more imbalances and then the disease manifests.”xxvi “The continuous presence of ama in the system creates a condition of permanent immune alert, an allergic [inflammatory] state.”xxvii

10 “Any substance can act as food, medicine or poison for Ahamkara [the self]. Food nourishes the body, mind and spirit. Medicine improves digestion to enhance nourishment. Poison impedes digestion and disturbs nutrition.”xxvii “Highly beneficial is a food that acts like a medicine; Neutral is a food that acts like a food; and Avoid is a food that acts like a poison. [The best] approach is to eliminate all foods on your avoid list, and reduce or eliminate those neutral foods that are prone to cause weight gain for your blood type. That will leave you with a
<table>
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<th>balanced diet and a healthier method of weight loss. &quot;xxxii</th>
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<tr>
<td>11</td>
<td>“Each food article you eat alters your mental disposition. “xxxiii “Every food substance has its own personality, a taste personality which interacts with your consciousness and affects it.”xxxiv Ayurveda says that ama can be deposited in either physical or mental levels, if ama created is located in the nervous system or brain, it will create disorders in the function of that area, creating mental disorders.</td>
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<td></td>
<td>“Nervous tissue is very sensitive to the agglutinating effect of food lectins. This may explain why some researchers feel that allergy-avoidance diets may benefit in treating certain types of nervous disorders, such as hyperactivity. Russian researchers have noted that the brains of schizophrenics are more sensitive to the attachment of certain common food lectins.&quot;xxxv</td>
</tr>
<tr>
<td>12</td>
<td>Generally tomatoes and peanuts are seen to be very heavy, hard digest, irritating and amagenic, they should be avoided by anyone with ama in the body or with any imbalances. “Tomatoes are not good when raw, but tomato sauce may be suitable because the indigestible tomato skin and seeds have been removed. Peanuts encourage the blood to clot, and should not be eaten by anyone whose circulation is impaired.”xxxvi Peanut agglutinin has been used to isolate suppressor T-cells in vivo. Tomato lectin has been shown to inhibit the transformation of peripheral lymphocytes challenged by recall antigens, and actually suppressed spontaneous DNA synthesis.&quot;xxxvii</td>
</tr>
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<td></td>
<td>“These particular lectins [chicken, buckwheat, beans and corn – in B blood type] can also block the effects of insulins, which explains why diabetes [can become] increasingly difficult to control.”xxxviii “For type Bs, the biggest factors in weight gain are corn, buckwheat, lentils, peanuts and sesame seeds. Each of these foods has a different lectin, but all of them affect insulin production, resulting in fatigue, fluid retention and hypoglycaemia.”xl</td>
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<tr>
<td>13</td>
<td>Ayurveda recognises that diabetes is caused by excess Kapha in the diet and lifestyle, and can therefore be easily controlled by controlling these factors. “People who choose to obtain life’s sweetness through food may become addicted to the pleasures of eating and may become obese. Eventually excess fat makes your insulin less sensitive to your blood sugar level. Then your blood sugar begins to increase above normal, which means diabetes. Like all ‘diseases of affluence’, it responds well to austerity.”xxxvii</td>
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**Uncommon Theories**

I also found that there were quite a few theories which didn’t match or actually contradicted each other when comparing ER4YT with Ayurveda. This suggests that although there are definite correlations, there are also differences, which in my opinion are considerably minor when compared with the common theories. I believe that further analysis and research on the parts of either ER4YT or Ayurveda, or both will bring about changes in some of these conflicting theories, and in time, both will be much more compatible. Below are some examples of this, followed again by a table (Table B) with more information on each theory.

1. ER4YT says that new blood types can develop over time, suggesting that evolution is in control of the types rather than Ayurveda’s fundamental laws of nature.
2. ER4YT doesn’t take into account anything which can’t show up on slides or scales, no energetic properties are relevant in its scientific view of the world, Ayurveda is based on subtle energy.
3. There are conflicts on the roles of proper digesting and chewing, ER4YT says lectins can be more powerful than our digestive power, Ayurveda says that ama is destroyed by proper agni.
4. In ER4YT there is no way you can negate the effects of a bad food choice, whereas Ayurveda has food antidotes, as well as least harmful times and seasons to consume such foods.
5. ER4YT and Ayurveda have conflicting theories on allergies, though both agree they are frequently misdiagnosed, they disagree on the cause.
<table>
<thead>
<tr>
<th>Table B</th>
<th><strong>AYURVEDIC THEORIES</strong></th>
<th><strong>ER4YT THEORIES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ayurveda believes, as stated in numbers 5 and 6 in Table A, that the types come from different proportions of the five elements. Considering these five elements are static and unchangeable fundamentals which make up every aspect (good and bad) of our world, there is no chance (nor any need for) new types to emerge.</td>
<td>Considering that ER4YT believes the blood types to have emerged as a result of changes in society and the environment, it also feels that more changes are possible, if not inevitable: “Perhaps a new blood type will emerge – call it Type C. This new blood type will be able to create antibodies to fend off every antigen that exists today, and any future permutation of antigens that develops. In an overcrowded, polluted world with few natural resources left, the new type Cs will come to dominate their societies. The antiquated blood types will begin to die off in an increasingly hostile environment for which they are no longer suited.”</td>
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<td>2</td>
<td>The basis of Ayurveda goes back to what some may call a type of religious theory. It is based on the origins of the universe, the elements which form our bodies and everything in our universe spring from Tamas, which is a subtle manifestation of an energy which forms the mind of each human being (or soul). As you can tell, the theory is deeply metaphysical, and wouldn’t be accepted by orthodox Western science.</td>
<td>ER4YT is based in scientific theories and tests. There is the lectin theory and the numerous laboratory studies on them; the indican test; blood typing tests and antigen/antibody scientific theories, even the origins of the blood type are the result of orthodox anthropological speculation. In most peoples’ eyes, all of these tests and orthodox theories constitute the closest thing to truth, but in many others’ eyes all of the theorising and speculation is just disguising the real truth. Indeed there have already been (in the Japanese ABO camp) doubts over the certainty of the theory of evolution of the blood types. In the end, it’s up to each one of us to decide who or what to believe!</td>
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<tr>
<td>3</td>
<td>Ayurveda says that ama is only formed when incorrect foods are eaten (or improper thoughts) and agni is impaired. It states that where agni is functioning properly and is powerful, it will destroy any ama in the body and any ama ingested. This is quite rare in the western world.</td>
<td>“The lectin protein is resistant to acid hydrolysis. It doesn’t get digested, but stays intact.” “Extra chewing of food to aid proper digestion can actually enhance lectin activity.” This theory however, in some ways goes against a statement made by Dr James D’Adamo “If digestion is compromised, a small percentage [of lectins] will make it through into the intestinal tract. However, if the proper amount of food enzymes are present, this does not occur as the enzymes will complete the digestion.”</td>
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<tr>
<td>4</td>
<td>Ayurveda recognises that each food which is not good for a certain prakruti is only such because of its predominant elements. Therefore a way has been devised to negate or lessen the bad effects of eating a food which you shouldn’t. Most (if not all) foods have antidotes to their bad qualities, and some foods can be consumed safely at certain times of the day or in certain seasons. Best of all, if your agni is very good, you are free of ama, and have a good mental state, you can eat</td>
<td>There is no way in ER4YT to ingest a food on the ‘avoid’ list without getting its bad effects. “Avoids and beneficiais don’t counteract each other,” there are no antidotes and even efficient digestion will not help you, as above, it may even worsen your situation.</td>
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</table>
According to Ayurveda, allergies are frequently misdiagnosed. Usually they are adverse reactions caused by easily rectifiable mental and physical factors (mainly ama or poor agni), or else reactions to foods which should not be eaten by the person (according to prakruti or vikruti). In all cases, the reaction can be overcome, by removing amagenic factors in the life, expelling ama from the body, increasing agni, reducing the use of wrong foods, and using food antidotes where necessary.

“Food allergies are not digestive problems, they are immune system reactions. Food intolerances are digestive reactions, due to cultural conditioning, psychological associations, poor quality food, additives, or some undefinable quirk in your system.” Dr D’Adamo states that intolerances can be overcome with gradual introduction of the food into the diet and the use of enzyme preparations: “I’ve found that lactose intolerant type Bs are often able to incorporate dairy foods after they have corrected the overall problems in their diets.”

**Hypotheses on Ayurveda and ER4YT Connections**

Upon researching the topic of the connection between Ayurveda and ER4YT, I was only able to find two ‘theories’ proposed by other people. The first is by Dr Vasant Lad (B.A.M.S.) of the Ayurvedic Institute in Albuquerque, New Mexico. According to his research, he believes the following:

“O- is related to Pitta constitution; O+ to Pitta predominant and either Vata or Kapha secondary; A to Vata predominant; B to Kapha predominant; and AB to Kapha Vata.
The "looseness" is due to the fact that each dosha has certain qualities, like light, hot, dense, spreading, etc, and the intensity of these qualities further modifies the doshic constitution.

The second is a theory proposed by Karen Watland (of unknown profession, this theory was posted on the ER4YT website):

“A’s internal nervousness is the unbalanced state of Vata;
Kapha would be O - they need the stimulation of the heavy exercise to bring tranquility to their minds;
Pitta [would be] B and/or AB [because] they are generally hot and irritable or impatient when they are unbalanced.”

After reading up on ER4YT and matching it up with what I knew of Ayurveda, I came up with two different hypotheses. After very little research, relating only to diet, this was my first hypothesis:

_Vata_ could be O blood type - because O’s eat meat and heavy foods which Vata needs for grounding. But Vata has low digestive power and O has very good digestive power, which suggests Pitta’s presence;
_Pitta_ could be A blood type - because A blood type is vegetarian and can eat some dairy, these are the types of foods Pitta needs for cooling, but A has low digestive power and Pitta has very good digestive power, which suggests Vata’s presence;
_Kapha_ seems to be B or AB blood type - because both B and AB need less meat, legumes, nuts and seeds and no dairy, all foods which are too heavy for Kapha

But after more theorising and considering the dietary factors along with the body types, personalities, and emotional tendencies, I came up with a slightly different and finalised theory:

_Type O_ must be related to Pitta – because O is a meat eater (due to high hydrochloric acid), can eat raw foods; has overactive immune system, acidic body, needs exercise; prone to ulcers, arthritis, inflammatory disorders, hayfever; controls feelings, needs power, has good endurance, drive, and
strength, is self-reliant, daring, optimistic, assertive, expressive, straight-forward, focused, generous, interested in beauty, goal-oriented, good concentration and achievement, can’t restrict instinctual desires (such as appetite).

But O types has some Kapha tendencies too (so it could possibly be Pitta Kapha) – because O can’t handle changes in environment well (needs stability), needs lots of physical activity, has good endurance; low carbohydrates, dairy and legumes needed; tendency to low thyroid, allergies, asthma, obesity, blood clots, fatigue, low metabolism, depression; controls feelings, is romantic and humane, intuitive, generous, interested in health and beauty.

Type A must be related to Vata – because A is vegetarian, sensitive, easily weakened immunity, adaptive, independent, rejects worldly things, perfectionist, eats to suppress emotions, anxious, paranoid, concerned with surroundings, likes peace, needs calming, dislikes foul smells; susceptible to more diseases, like cancer, type I diabetes, heart disease, anaemia; loses weight easily (not eating meat), low hydrochloric acid, needs lots of oily foods and pineapple (sweet).

But type A has some Kapha tendencies too (so it could possibly be Vata Kapha) – because A settles easily, is patient, slow to trust and slow to forgive, optimistic, stubborn, introverted, shy; prone to obesity (eating meat), diabetes, fluid retention; can’t eat much dairy, wheat, fat, meat.

Types B and AB are very similar, so I’ve grouped them in the same category, but they are very difficult to match. In some ways I feel they may represent a mixing of VPK. They don’t have many characteristics which definitely point to one dosha, and both are quite balanced in many ways, as they are the two newest types to emerge as a result of society becoming more modern. If anything, I feel they may relate to Kapha (with some Vata and not much Pitta) – a B and AB type is balanced, has strong immunity, is resistant, resourceful, embraces all aspects of life, sociable, self-conscious, self-absorbed, unambitious, controls emotions, superficially soft and gentle, stuck in past, compassionate, practical, flexible diet, enduring, patient, survivors, less inclined to challenge others, empathic, easily addicted to food; low HCL (in AB), small amounts of meat only needed, not much beans, grains, craves salt; prone to Chronic fatigue, Diabetes I.

But there are many aspects which suggest something other than Kapha is also involved (most likely Vata) – as a B or AB type needs a lot of dairy, eggs, seafood, liquorice, kelp (all pacify Vata and aggravate Kapha); has a fluctuating personality, rapid in movement and thought, wide-ranging interest, quick to forgive, pragmatic, unstable emotions, creative, flexible, tall, needs moderate exercise only and calming activity, relates with others well, perceptive, spiritual, mysterious, flaky (doesn’t pay attention to detail), doesn’t hold grudges, not loyal, don’t continue with plans, not attached to life; prone to autoimmune disease (MS, SLE).

Food List Matching Results
After making the above theory, I went through the diet lists to see if the diet for the blood types matched with the diet of the dosha I had connected with each. Below are the results:

Type O matched with Pitta 74% (26% of items did not match).
Type A matched with Vata 72% (28% of items did not match).
Type B matched with Kapha 59% (41% of items did not match).
Type AB matched with Kapha 53% (47% of items did not match).

As you can see, the matchings between Pitta and type O, and Vata and type A each had a positive result of substantial amount (more than chance). But the matching between Kapha with B and AB blood group resulted in a positive result of only a little more than chance. I feel it’s likely that there is some correlation between Kapha and types B and AB, but not an overly significant one.
It should also be noted that, as explained in ‘Research Methods and Objectives’, the method I used for making the above results was limited. I didn’t have detailed enough information on the diets, and less time to try and match every doshic type with every blood type. The method of matching off diet sheets is also not an entirely accurate one, as the ER4YT diet sheets often had far more foods listed than the Ayurvedic sheets, leaving few choices to match between the two. Therefore, results may not be as accurate as they could possibly be and a more in depth study using larger more complete charts and matching every blood group to each prakruti type (V, P, K, VP, VK, PK, PV, KV, KP, VPK) would make these results much clearer. However, in no way does this make these results obsolete, and I do believe they quite accurately portray the matching between ER4YT and Ayurveda.

Other Considerations
I have drawn further conclusions, but these are personal thoughts only, arrived at as a result of a lot of reading, research, and consideration of both topics. I have considered the user-friendliness and reliability of each theory in relation to each other, to use in a clinical setting, and use in everyday life.

USER-FRIENDLINESS OF THEORY
I have considered the user-friendliness of both systems, as I feel this is an important consideration when dealing with something as complex and frequently dealt with as diet. Three or more times a day, each one of us has to consider our diet, making complex decisions about what it is best to eat, in which combination, and utilising which cooking method. In addition to this, when a practitioner is dealing with a clients who we are advising to make lifestyle and diet changes, we realise that what we advise has to be easy for our clients to understand in order for them to correctly implement it. Most clients would appreciate being empowered by information and knowledge, giving them the ability to make their own decisions regarding diet rather than just following a set list, or even worse, a set diet.

Blood Type Diet
I have concluded, ER4YT is the harder theory to understand and therefore implement for the long term, due to the following reasons:

1 COMPLICATED - The only information we have to go by is a complicated list of foods which have been tested in scientific way. Although its lists are far more in depth than any Ayurvedic list I have every seen, its theories are complicated and the conclusions drawn are hard to predict. The theories revolve around lectins, subtle differences in digestive power, and imperceptible reactions in the gastrointestinal tract and different organs, information regarding such things is not accessible by anyone untrained in very specific sciences. In no way is any of this information easy for a layman (or even a specialist, untrained in scientific tests) to understand or utilise personally.

2 DETAILED - The food lists are too detailed to remember and do not follow any set theory which is easily tested or understood (eg. groupings by family, colour, food type, flavour are easy to remember), therefore a person would have to carry around a list for the rest of their life, referring to it before each meal or supermarket trip. This could lead not only frustration, but paranoia, desperation or depression on the client’s part.

3 INCOMPLETE - The food lists are not detailed enough. They don’t contain every possible food, let alone every possible different way of growing, processing and preparing each food (climate, growth and harvest method, refining, grinding, removing/adding components - oil/bran/germ, packaging, cooking and preparation methods, chewing etc…). All of these things affect not only the lectin content of each ingredient, but also digestibility and bodily reaction. Without this information, you could be eating something on the ‘Highly Beneficial’ list, but you are unaware that it has been grown, cooked, prepared, or eaten in a way which has increased lectin activity, making it non-beneficial to your body.

4 CHANGES - The science used to make this method is in its infancy. Until many decades, centuries or millennia of trials have been completed, we can never really be sure of the reliability of the data. Science is an area of constant change and fluctuation of theory, something taken as truth today, may tomorrow be discarded as flawed, nothing is ever static in science as science is only theory. What this means is that some foods may contain as
yet unrecognised substances or molecules which may enhance or counteract the lectin action, GI tract reaction, or digestive function. As Ayurveda has antidotes to the negative qualities of some foods, here too, antidotes may be found. New discoveries regarding the variables mentioned above (cooking method etc) may also be made, altering theory, and some theory may simply be found to be wrong or unfounded. This is already apparent within ER4YT circles, since the last publication, information in the book has been updated, lists altered, items moved from ‘Highly Beneficial’ to ‘Avoid’ or ‘Neutral’. The only way to access this information is through lots of searching on the internet, and new discoveries are made daily!

**Ayurveda**

Ayurvedic theory, on the other hand, is much simpler and more user-friendly, for the following reasons:

1. **NO CHANGES** - On its own, it is complicated to learn, but once learned, its rules will never be altered, and you can apply the theory to any thing in your life, fully understanding the way it works.

2. **NO LISTS** – Lists are not necessary once you’ve learned the theory, but even then, if you want to eat a food which is not found on any lists, you can easily test it yourself to discover its qualities. If, after testing, you’re still not sure of its qualities and their reactions in your body, you can try it and see how you feel afterwards.

3. **ANYONE CAN USE** - The negative reactions which occur after ingesting incompatible foods are always perceptible to every person according to Ayurvedic theory, you just have to be more aware of your body and its reactions in order to perceive whether a food is good or bad for you.

4. **ANTIDOTES** - If you do eat something incompatibly to your body, you can always antidote it with other substances, or take measures to counteract its effects.

**RELIABILITY**

The authenticity or state of completion of each theory is something which is fundamental to discovering the usefulness and reliability of each theory. As mentioned earlier, both theory has been tested to a certain extent in its own field, but which method of testing is most relevant?

**Blood Type Diet**

The theories regarding blood type began as early as blood types were first recognised, and this was in the late 1800s. Since then, new discoveries have been made continually, with information on relation to health coming about around the 1940s and information regarding diet since the 1960s or later. No proper theory has been formulated until the 1980s and there is still much testing to be done in this area. ER4YT had been applied (successfully) on more than 4,000 patients by Dr D’Adamo at the time of writing his book. Since then, I’m sure the number could be multiplied by thousands, but the results of such research or client testing has not been released as yet, so it cannot therefore be used as proof. There is a substantial amount of research which can prove certain theories, but not much research proving that it actually works. In regards to the scientific theory and proof, as I have mentioned above, this is constantly being updated and changed, and I therefore feel it cannot be trusted implicitly, it must be taken as theory only.

**Ayurveda**

The theories on which Ayurveda is based are over 5,000 years old, and as far as I know, there is no modern scientific research to prove the theory, it is purely based on knowledge passed down the generations. There is, however a lot of scientific proof, mainly undertaken in the last century in India, which proves that Ayurveda works, even if no-one in the scientific community can fully understand why at this point in time, more and more of the theories are being found to be scientifically provable when fully researched, and as time unveils more and more of the mysteries of the universe. With regards to the proof that Ayurvedic diet works, we have 5,000 years of ‘clinical research’ conducted on the people of India. This may not have been conducted in modern scientific way (as it is an ancient discipline), and we may not have much in the way of written proof, but we have oral historical proof. No matter how fantastical the theories may sound to many modern western peoples, if Ayurveda didn’t work in the real world and in practise, it would not have been passed down the generations for thousands of years.
To me, this is the real proof, but to give Ayurveda even more credibility, it is now used alongside modern medicine in India, a sign that it is accepted by many thousands of knowledgable people in orthodox medicine today, in the Eastern rather than Western world.

**Study Conclusions**

As the above results show, the matching between Ayurveda and ER4YT is in no way a perfect one at this stage. Although, I do believe that the results prove that there is enough substantial material which does correlate to warrant further investigation into this topic.

In regards with the theoretical correlations, I feel that there is enough matching theory to prove that a substantial correlation is present, and I believe the theories which don’t match are quite unimportant in comparison. I feel that the few theories which don’t match are mainly different due to the completely scientific (and in some ways, less open-minded) theory of ER4YT. And I believe that in time, ER4YT’s theories will be improved as the world is further understood by the scientific community, leading to a closer connection between ER4YT and Ayurvedic philosophy.

As for the food lists, I also believe the lack of matching in certain areas is not due to the fact that ER4YT and Ayurveda cannot be matched, but more because ER4YT is not yet refined enough to match with a philosophy so finely tuned to humanity as Ayurveda. It would be ignorant to believe that a theory which has only four set types of people could easily be matched with a theory that has ten major types of people which can manifest in infinite individual formulations. I therefore believe that as ER4YT is further researched, more specifications between the types (possibly using rhesus factor, MN types, and secretor/non-secretor status) will emerge with subtle personality and dietary differences. The day when this arrives will be an exciting one, as from that day onward, it may be possible to learn your prakruti from a simple blood test rather than in depth personality, body type and pulse analysis.

But, until the day when ER4YT is ‘perfected’ in theory and in practice, and can be perfectly matched with Ayurveda, we need to formulate a method of treatment, which takes into account both theories, as both have their relevance in today’s world. I believe you need to balance all of your Ayurvedic imbalances, perfect the digestion and eliminate all ama (toxins) before considering following the ER4YT to the letter. The first reason is due to the possibility of Ayurvedic good digestion helping the body overcome the action of lectins. Ayurveda can help the body build resistance to microbes by removing ama and increasing agni, and Dr D’Adamo states that “many microbes have the ability to mimic antigens”

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In order to help our bodies maintain perfect balance, and in doing so, achieve the digestive status alluded to in ER4YT allowing us to follow the diet, we need to start following the simple Ayurvedic rules for collection, preparation and consumption of food, along with simple lifestyle and mental regimens which will help expel the body of its ama and improve the overall function of the body. Only when the body is in balance should we worry ourselves over the most specific elements in the ER4YT diet. Until then, I believe it is sufficient to follow an Ayurvedic diet for balancing vikruti, expelling ama and not aggravating the doshas, along with the few general considerations (listed at the top of my ER4YT diet sheets) for your blood type.
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