

Introduction

Since *Live Right 4 Your Type* came out in 2001, the blood type diet underwent major changes. The discovery of the secretor sub-types doubled the number of blood type diets to become eight. Whereas the four secretor type diets closely match the original ABO Blood Type diets, the non-secretor diets, affecting 20 per cent of the population, were quite different. All non-secretors have less dairy, breads and grains in their diet, and no sugar plus they have less capacity to digest fatty foods. On the other hand, more meat and fish protein is recommended for non-secretors. Comparing the Type A secretor to the Type A non-secretor, for example, this labels the secretor as the “true vegetarian” and the A non-secretor is a “mainly vegetarian” who benefits from the protein found in poultry and fish.

The non-secretor has a tendency to experience more digestive complaints such as irritable bowel, gas pains and bloating, as well as malabsorption, a condition in which nutrients are not being fully absorbed. There are also higher incidences of autoimmune diseases such as fibromyalgia; type II diabetes; lupus; and arthritis as well as urinary tract infections. This may explain why Dr. D’Adamo says that even though non-secretors make up the minority, he believes about 80 per cent of his caseload are non-secretors searching for the “magic pill”. Just knowing this statistic confirms in many natural health care practitioners’ minds that some people have a harder time of making improvements to their health and the missing link is directly tied to the avoid foods which may have caused the immune system to turn on itself.

The “*Simply Delicious and Nutritious*” Cook Book is intended to help all blood types enjoy the benefits of preparing nutritious food despite all obstacles. As mentioned earlier, the introduction of the non-secretor blood type diets with the emphasis on less grains, dairy and no sugar poses a particular challenge since several foods have become avoids within the same blood group. For instance, the Type A and B secretors cannot have tomatoes, yet the non-secretors can. The other more striking challenge has to do with far fewer neutral foods matching all eight blood type diets. A prime example is the Type O non-secretor which is the only type that cannot have spelt, oats, apples plus farmer’s and feta cheese. We believe our Cook Book will be treasured by many due to the excellent choice of recipes it contains considering the obvious limitation of having to use neutral foods across the board. In addition, the notes regarding food substitutions are very appealing because they are geared towards adding back in as many beneficial category foods as possible for select blood types. The book also contains numerous cooking tips plus an expanded section of 40 plus pages of reference materials.

A note of explanation concerning the reference made to 80/20 compliance or the 80/20 plan is offered. Dr. D'Adamo uses this ratio to suggest that the average person with minor health complaints would be fine to eat 80 per cent of their food chosen from the "beneficial" and "neutral" categories, leaving the remaining 20 percent as "avoids". An important point of clarification; however, is that none of the avoids from the *Red Flag Avoid List* are permitted. This means that wheat is not a food to rotate through the diet at any time. We suggest that people who *must* have them occasionally, limit their intake of *Red Flag Avoid Foods* to special holidays, eg. having mom's best ever mashed potatoes on Thanksgiving.

We would like to comment on some of the more common substitutions made in this *Cook Book*. Because of the Type O N/S not being able to have any dairy, adhering strictly to the blood type diet would mean having to leave out any recipes with mozzarella or feta cheese. We wouldn't want to do that (!!) so we have included these recipes and given permission for Type O N/S's to have a little of certain foods in their 80/20 plan as a *reward*. For instance, if a Type O N/S is eating more fresh raw bitter green salads with home-made heart healthy dressings, then why not allow a sprinkle of cheese on top. We wouldn't recommend this to a non-secretor with serious health problems; however, the Type O N/S who has been following a good program and getting better can occasionally have the "real" feta cheese instead of a rice mozzarella topping on their pizza.

Although we see references made to the Type O N/S diet frequently in the *Cook Book*, other blood types surface as the occasional "spoiler" for recipes. Let's pick on the Type A Secretor, for a moment, who can't have any spuds whatsoever when their cousin Type A N/S as well as all of the rest of the types can at least have a yam or sweet potato in their diet. As you become more familiar with this book, you will notice a "polarization" in the grains category when it comes to Type Bs and the Type O N/S. When we make a pizza crust with spelt, we lose the Type O N/S and when we switch to kamut for the latter, we lose the Type B. Hence, there are a variety of grains-based recipes where Type Os and Bs are given their respective alternatives which are different from each other, whereas the Type A and Type AB merrily go on their way being able to enjoy either version.

Occasionally Type AB sides with the Type Bs and sesame seeds or black beans are eliminated. Other times Type AB sides with the Type A secretor and bananas are eliminated. We came up with the "*Better than Banana Fruit Smoothie*" as a result. The true challenge of adapting recipes to accommodate all of the blood types was finding reasonable substitutes. If a bread or grains product had to be substituted with another grain, we often include the grains which most types can have, (reason

for spelt being so popular), then other substitutions were made to accommodate the Type O N/S who doesn't have spelt in the diet. Sometimes two or more grains are listed as substitutes, and this is because certain grain flours used on their own, such as soy or millet flour, would not produce the tastiest muffin; however, if one of these flours was paired off with amaranth or brown rice flour, the texture, consistency and taste stood a very good chance of improving.

Other notes regarding substitutions have an origin in another philosophy. We endorse Donna Gate's Body Ecology Diet, 8th edition, where she proposes certain alterations to Dr. D'Adamo's B.T.D. because of her focus on strengthening the body by eliminating candida (yeast overgrowth). Here are some examples: yogurt and kefir are exempted from being an avoid for Type Os because these probiotic-rich foods are considered very healthy for all types. Another food which is allowed all types is apple cider vinegar provided it is organic. One more recommendation supported by the entire holistic community is to steer Type B & ABs away from cow's milk altogether and choose goat's milk instead.

We feel it is especially important for readers to be aware of these adaptations to Dr. D'Adamo's work since his most up-to-date *Food List* is included on pages 75-85. Body Ecologist Donna Gates recommends that everyone who has candida makes the effort to eliminate it as a priority measure while at the same time boosting the immune system by following the B.T.D.

There are a few foods which *Centre for Healthy Living* allows, albeit contrary to the blood type diet such as sugar in any form except refined sugar based on our philosophy that "all blood types deserve a dessert", even the non-secretor. We have included some healthy sweetener choices in our recipes mentioning stevia, for example, which is a sweetener 200 times stronger than sugar and completely safe for diabetics because it will not alter blood sugar levels. A lot of recipes such as cookies and muffins cannot be made with stevia though unless one uses the Stevia Cook Book by Donna Gates. For example, imagine trying to substitute a 1/2 cup of brown sugar in a cookie recipe with 1/8 tsp. of stevia. For this reason, our cookie recipes are made with sucanat which is dehydrated organic sugar cane juice. This sweetener comes with its own minerals so as not to strip our body of nutrients. Other recipes may have pure honey or maple syrup in them or even xylitol.

We hope the food substitutions in this *Cook Book* work well for you! Should you succeed in creatively adapting any of our recipes and producing some "masterpieces" of your own, we would very much appreciate hearing about your experience. Please write to luczak@rogers.com with your testimonials.