

Body Ecology Diet Influences on the Blood Type Diet

Cultured Foods: Cultured foods help to digest any food eaten with it especially protein. Great for Type O's with their beef and venison as well as Bs with game meat. Read the Cultured Vegetables handout for description of how cultured vegetables are made into a healthy sauerkraut (mainly using cabbage and adding other vegetables which ferment over 5-7 days). Cultured foods also help vegetarians to digest vegetable proteins such as nuts, seeds, whole grains, beans and legumes.

Pickles: Not recommended for anyone because they severely irritate the stomach lining plus they often contain far too much refined salt and sugar.

Food Combining: Dr. D'Adamo mentions food combining but doesn't explain that it is very important for reducing toxicity and preventing digestive distresses. For some people, food combining will significantly help soothe digestive complaints.

Apple Cider Vinegar: Apple cider vinegar is a healthy fermented food for all types. It is highly medicinal and alkalizing. Besides adding it to your salad dressing you can also bathe in it or add a teaspoon to water before eating a meal as a digestive aid.

Sprouting Nuts, Seeds & Grains: In order to be able to digest these foods, sprouting or soaking is required. Body Ecology Diet explains how easily almonds can be sprouted and then added to your salad providing easily digestible protein. Soak your oatmeal flakes in water the night before you have it for breakfast. Nuts and seeds have enzyme inhibitors so they are best soaked before eating or using in a recipe such as fruit smoothies.

Soy Milk Products: Donna Gates believes that unfermented soy is difficult to digest and creates acidity in the body which means that we have to rely on our mineral reserves to alkalize the acidity. This can leach minerals from your body. If eating unfermented soy foods, balance them with lots of minerals in the same meal or consider them to be a protein. Fermented soy products such as miso, tempeh and wheat-free tamari sauce are best.

Wheat Products: The protein lectin found in wheat and other grains irritate the lining of the small intestines, Donna Gates concurs. She points out that Dr. D'Adamo includes some wheat in his original book for As and ABs, however, the more recent Library Series of Diseases books show wheat as being pro-inflammatory for all blood types. This means that the Blood Type Diet now considers wheat as an avoid for all blood types.

Coconut Oil: Coconut oil does not raise cholesterol levels as is stated in Eat Right. rather Donna Gates says research shows it's the lack of omega 3 fats like those available in fish that causes cholesterol levels to rise to an unhealthy level.

Dairy: Cow milk is not recommended for any type because it cannot be digested and also tends to be mucous forming. Goat milk is better for Bs, ABs & A secretors because it is alkaline-ash forming. Cultured dairy like kefir and yogurt is best!