

## Food Lectins and B.T.D. Compliance

Lectins are proteins found in all foods. They are blood type specific which means that the lectins found in foods on our *avoid list* are harmful to us. The word lectin comes from the Latin meaning “to choose”. When lectins from our avoid list foods come in contact with our blood antigen, they choose to “agglutinate” or stick.

As a result, they interfere with digestion causing a build-up of toxins whereby digestive organs suffer, such as the stomach becoming enzyme depleted; the liver becoming overloaded; toxic bile is produced by the gall bladder; and the colon becomes sluggish due to build-up of fecal matter or perhaps irritated because of poor digestion leading to irritable bowel syndrome. Do you know how common this problem is? Extremely common.

The *Red Flag Food Lectins* (see reverse page) are a group of about seven foods for each blood group which Dr. D’Adamo theorizes cause actual holes to the intestinal wall known as leaky gut. When this damage occurs, it is in an environment where an indigenous yeast called candida albicans begins to grow out of balance and people start to suffer a wide range of conditions from bloating, gas or diarrhea to respiratory conditions with lung or throat problems to itchy skin with outbreaks to foggy brain.

With this syndrome which requires following an anti-candida diet and taking some supplements to kill and clear out the microorganisms, protein food particles eaten in any meal are not being digested properly and the immune system is triggered. If this happens with every meal – three to four times a day – it’s no wonder that our immune system gets suppressed and we become so tired, achy and dragged out.

The lectins found in avoid meats, beans & legumes, nuts and seeds, and grains cause the most destruction of red and white blood cells. Hormone receptor sites can also be occupied by lectins leading to hormonal imbalances. Think of the blood type O who has a tendency for thyroid problems and is more susceptible to constipation problems due to a fondness for harmful foods such as wheat and corn which damage the bowels. These are the two main reasons for Type O weight challenges.

When making a decision concerning how much compliance to exercise with the blood type diet, one must have specific goals in mind. Are you ready to say good-bye to uncomfortable symptoms? Some people might say know, but remember that since food sensitivities can “make you crazy”, eliminating harmful foods help a person to comply. Begin by limiting *Red Flag Avoid Foods* to special occasions only. But only if you want to – why spoil Christmas?

Dr. D’Adamo recommends eating 7 out of 10 foods in the beneficial category every day. In terms of eliminating the avoids, once you’ve tackled the *Red Flag Avoid Foods*, bravo, the pathway to clearing out toxins is opened up. As to all other avoid foods, people who do not have a suppressed immune system or diagnosis, eg. diabetes or heart disease requiring medication or the elderly can incorporate a 80/20 plan whereby there is a “window” of about 20% of avoid foods which can safely be eaten. Again, excluding *Red Flag Avoid Foods*.