

Type O Compact Data Disk

Congratulations on your purchase! You have truly made a wise investment in your health! By now, you will have realized that this is not an audio CD rather a Data Disk with some 200 pages of information. Basically, what you have in hand are the highlights of Dr. Peter D'Adamos' dozen or so publications conveniently organized by section in various file folders. The *Centre for Healthy Living* wishes you much luck in putting into practice some of the valuable tips and advice for how best to follow the Blood Type Diet.

How successful you will be in following your Blood Type Diet program will depend upon how organized you are and the commitment you are willing to make in terms of utilizing the amazing tools we have provided you such as the food list (secretor and non-secretor versions - choose one to follow); super food charts; the menu planner and of course the Type O Recipe Package which contains about 50 recipes. These are the documents which we feel most people will want to print off right away. Please note that your Recipe Package is to be assembled in three parts - print off the title page; two-page index; and then the 30-recipe page contents. Many of the other documents can be read on your computer screen at your leisure, and then perhaps revisited as necessary. *You could check off what you read on the T of C.*

When you open up your CD in the computer CD drive, you will see file folders which correspond to the headings shown in bold in the **Table of Contents** seen on page 2. There are some very straight-forward sections like the *Introduction* and *How to Get Started on the Blood Type Diet* which are a "priority read" so that you can understand the big picture regarding how the blood type diet works and how compliance can best be achieved.

The next step is to decide whether you would like to read the *General B. T. D. Science and Theory* section which is made up of about 25 pages in order to understand the science, such as the lectin theory OR you may elect to get down to the business of learning everything there is to know about Type Os, your specific blood group. There is no shortage of information on the latter. The **Type O file folder** contains four separate folders including **Health Profile & Supplements**. The two file folders you will see after you click on this main heading contain several pages representing all of the information concerning health challenges; food categories and portions; biochemistry information; health profile facts; recommended supplements, etc. conveniently summarized from D'Adamo books.

As you will see in the index, the other three file folders in the Type O Section are very straight forward, eg. **Food Lists**, **Recipe Packages**, and **Super Foods** and we suggest you print all of these pages. Look for the prompts regarding what to print.

TYPE O B.T.D. CD

Table of Contents

INTRODUCTION (Priority Read)

Introduction in 5 pages

B.T.D. SCIENCE & THEORY (Second Priority Read)

Dr. D'Adamo Books

Food Categories and Food Chart Tiers

How Food Lectins Interact in the Blood

The ABO Blood Groups and Lectins

Food Lectins and B.T.D. Compliance

Red Flag Avoid Lectin Chart **(print)**

The Indican Test for Bowel Putrefaction

Polyamines for Growth, Renewal & Metabolism

Secretor Vs. Non-Secretor Sub-Types **(print)**

The Secretor 80% of the Population

The Non-Secretor 20% of the Population

Stress and the Blood Type Diet **(print)**

Definition of Brain Chemicals and Insulin Resistance

Blood Type Percentages in the General Population

Blood Type O: How to Improve your Metabolism

General Introduction to All Four Blood Types

TYPE O HEALTH PROFILE & SUPPLEMENTS (Second Priority Read)

(2 folders contain the following documents). You will see that one of the folders is marked as "read first" and the other "read afterwards".

Type O Food Highlights

Type O Food Categories

Type O Health Profile **(print)**

Type O Lifestyle Prescriptions

Type O Guidelines

Type O Supplements by Disease Category **(print)**

Type O Supplement List **(print)**

Type O Dietary Recommendations

Type O & A Arthritis-Fighting Super Foods **(print)**

Type O Cancer-Fighting Super Foods **(print)**

Type O & A Diabetes-Fighting Super Foods **(print)**

Type O Top 12 Heart Healthy Foods **(print)**

Type O & A Red Flag Avoid

Type O & A Weight Loss

Type O Personality

Type O Secretor Score Card **(print)**

Type O Non-Secretor Score Card **(print)**

TYPE O FOOD LIST (Print these 6 pages)

Type O Secretor Beneficial and Neutrals Food List (3 pages)

Type O N/S Beneficial and Neutrals Food List (3 pages)

TYPE O RECIPE PACKAGE (Print these 33 pages)

Print off the Recipe Package in three sections. The title page; 2-page Index; and then 30 Pages of Recipes. There is also the Recipe Addendum package (a bonus). Please note that half of the recipes in this Package are neutral for all the blood types and the remainder are specific to Type O Blood Type.

The recipe categories include:

- Fruit Smoothies
- Heart Salads and Dressings
- Scrumptious Soups
- Dips, Sauces and Spreads
- Vegetarian Dishes and Burgers
- Bread, Wraps and Pizza Crusts
- Meat and Fish Entrees
- Delightful Desserts

Type O Menu Planner showing Recipes and Page Reference **(print)**

Type O Menu Planner (blank) for you to create your own schedule **(print)**

Shopping & Menu Planner Time Savers **(print)**

TYPE O SUPER FOODS (Choose a disease category and print)

There are four file folders separating the Super Foods by Disease.

Type O Super Foods All Four Diseases Overhead

Type O Super Foods - Core List for 4 Diseases

Type O Super Foods - Arthritis

Type O Super Foods - Cancer

Type O Super Foods - Diabetes

Type O Super Foods - Heart Disease

General Risk Factors for Arthritis

Type O Risk Factors for Arthritis

Type O Cancer Fighters 2-page Handout

Type O Diabetes Fighter 2-page Handout

Type O Heart Disease 2-page Handout

HOW TO GET STARTED ON THE B.T.D. (Priority Read)

How to Get Started on the B.T.D. is a 9-page description of how the Blood Type Diet is best followed in conjunction with various Alternative Nutrition principles.

The following three sections include some important information; however, they are best saved for reading after you read over the information related directly to the Blood Type Diet. Having said that, you will find out in the next section entitled **The Body Ecology Diet** how the *Centre for Healthy Living* modifies the Blood Type Diet. Print off the document called "**Body Ecology Diet Influences on the Blood Type Diet**". You may also wish to have the information on **Kefir** and **Cultured Vegetables** handy as well.

THE BODY ECOLOGY DIET (third priority read)

Principles of the Body Ecology Diet 9-page
Body Ecology Diet Influences on the Blood Type Diet (print)
Cultured Vegetables Recipes (print)
Kefir: A Highly Beneficial Cultured Food (print)
Kefir Cheese from Young Green Coconuts
Candida Albicans - What it is; How to Treat 3-page document

ALTERNATIVE NUTRITION (third priority read)

General Dietary and Lifestyle Recommendations (print)
Stomach Ulcer or Gastritis
The Benefits of Fasting 4-page
24-Hour Liver Cleanse (print)
Castor Oil Pack (print)
The Colon's Functions 4-page
The Role of the Liver 5-page
Preventing Constipation (print)
Improving Stomach Function
Alternative Grains & Breads
How the Digestive Organs Work

WOMEN'S HEALTH (bonus section for women)

Good Food - Good Hormones
Aromatherapy for Women's Health
PMS Recommendations/Different Types of PMS
Herbs for Women's Health
Causes of Osteoporosis
Hormone Replacement Therapy Myths vs Fact
Estrogen Dominance
How to Embark on a Natural Health Program
Menopause and Hypothyroidism
Menopause Book List

THANK YOU for making this purchase. We hope that you will tell others about the CD so that they may also benefit. Your comments about the value of this CD are welcome by contacting us at luczak@rogers.com or call 519-680-2884.

www.centreforhealthyliving.ca