



# 2020 Nutrition Challenge: August The Blood Type Diet

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## *Eat Right for Your Type!*

What if we just decided to only eat healthy foods that resonated with our body?! I had serious doubts. I graduated from the University of Michigan; a center for research excellence. My nursing degree was focused on evidence-based data, not observation and correlation. *Correlation is not Causation!* I believed that this Blood Type Diet was hokum. Skeptics please take the stand.



*Eat Right for Your Type* is a diet based on thousands of observational data correlating blood type, food and symptoms. The author and naturopathic physician, Dr. Peter J. D'Adamo, has connected this information into a coherent guide for good health. This approach has been widely criticized as unscientific, but it remains popular 2 decades after being published. As a nutritionist, I have been asked more about this diet than any other. It was a natural fit for my '12 Diets in 12 Months' nutrition challenge.



We know that every person is inherently unique. Our fingerprints and our eye scans have become standard identifiers. Even facial recognition can identify a stranger in a crowd of thousands. On a cellular level, our biological makeup is a special combination of thousands of chemical elements, which respond to every signal and nutrient that comes their way.

Each food has a different reaction in each person. Let's face it, my roast beef sandwich is my brother's stomachache. Observing our responses to foods gives us tremendous insight into our health. Dr. D'Adamo has taken this concept of body wisdom and designed a flexible program connected to the 4 blood types (O, A, B, AB). Each blood type has a buffet of options sorted into Beneficial foods, Neutral foods and Avoid foods. As long as you stay within the formula below, then you are on track.



$$\text{Calorie Intake} = (80\% \text{ Beneficial} + \text{Neutral}) + (20\% \text{ Avoid})$$

## I am a Type O

First, I purchased an in-home blood test kit and verified my blood type.



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Then I downloaded the Blood Type app. This app is AMAZING. You can easily search the food groups, build a shopping list, and even cross reference compatible foods for households that have different blood types. I love myself a good tool, and this was used daily! Mic drop.





## 12 Diets in 12 Months: 2020 Nutrition Challenge

August 9 at 3:54 PM · 🌐



### What just happened?

I've been struggling with other diets (Vegetarian, VEGAN, Probiotic-Rich, Intermittent Fasting, KETO) and their rules and special foods: Tempeh, Fat bombs and Fermentation. It took one day on the Blood Type Diet to make me a fan. But would it last?

YES. My digestion and GI system has always been good, but on these regular foods, it was next level calm and happy! My mental attitude was also impacted positively. I floated through stressful situations that would normally drift negative. I could use the app and EASILY order at a restaurant. The small room for "Avoid" foods gave me the flexibility to stay balanced and not deprived.

It was a revelation to me. I found myself looking at the app lists and nodding my head in agreement. When I thought about the foods on the Avoid list, like bulgur, calamari, pistachios and beer, I realized that much of this I inherently knew. It was a sigh of relief that I could trust my gut!

## Nutritional Assessment

According to [www.cronometer.com](http://www.cronometer.com), every week I fell short of Calcium, Potassium and Magnesium. Calcium-**enriched** foods are relied upon in most diets. It's not safe to take large potassium supplements unless your doctor is following your lab work. Diet is the key here.

I did eat a generous dark green salad a few times every week. Given that potassium and magnesium deficiency is a common theme across diets, I'm thinking that perhaps I need to buy a green superfood powder to add to my water in order to finally meet that RDA.

Essential Amino Acids were plenty, even when calculated without supplements.

My macros were a little off, with a lower than recommended carb level. This is primarily due to the fact that very few grains were okay for me. I did enjoy rye bread and an occasional slice of Essene bread. Essene bread sits heavy with me, even though it is highly nutritious.

**SUMMARY:** Because the Blood Type Diet *OPTIMIZES* your foods, by establishing them as Beneficial, Neutral and Avoid, you will be able to eat a balanced diet. I could choose which meat or fish or cheese to eat. I was always satisfied and had no desire to overeat.



## But what about the rebuttals that the Blood Type Diet advice is hokum?



I'd say that sometimes we need to listen more to how our bodies respond than ignore the aches and pains that experts claim are normal. I'm sure there are many people who feel great on foods that are not recommended for them. Good for them? We are unique in how we respond to food.

My personal experience testing out this theory, was that Dr. Peter J. D'Adamo is not a fraud. He is sincere in his effort to help people find the right balance of health. He is not on a path to vilify entire food groups, or to tell us that he has the only answer. This approach resonated with me. It worked. . .Have you ever had to repent?



The evidence presented to me was found to be admissible. I am Guilty as charged.

## A Note about Exercise

Dr. D'Adamo also recommends certain types of exercise for the different blood types. Those of you who have been following my blog know how much I love to run. I also like to sweat and work hard. These activities are in alignment with the recommendations for my blood type O. In addition to this, I actually FELT like exercising. Contrast this to the KETO diet that kept me grumpy and unmotivated. KETO deprives the body of glycogen stores, making exercise difficult because you are always at 'the wall.' Not here. I felt good through and through. My weight remained steady with an average calorie intake of about 1700/day.

- ♥ I don't have any special recipes for this diet
- ♥ There are no special shortcuts or hacks
- ♥ It's okay to trust your body

<https://www.patienttherapies.com>

<https://www.patienttherapies.com/12-diets-challenge>

<https://www.cronometer.com>



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