

TYPE A BLOOD GROUP DIET

Blood Type A Cancer Diet Checklist

- Avoid Meat. Low levels of Hydrochloric Acid and Intestinal Alkaline Phosphatase make it indigestible for Blood Type A.
- Make your primary intake for protein come from Soy products. Soy products are your best form of food to combat Cancer.
- Including regular portions of richly oiled cold-water fish as much as you can.
- Eat Snails (*Helix Pomatia*) if you can as Snails. As Snails are one of Blood Type A best Cancer fighting foods.
- Eat lots of highly beneficial fruits and vegetables, especially those high in fibre and antioxidants.
- To prevent an increase of stress and the weakening of your Immune System. Drink less or no Coffee, Alcohol or Sugar. To decrease Stress and increase your Immune System drink more Green Tea. It's a top brew.
- Lack of food can bring on STRESS. Make sure that you eat regularly and snack smart (Blood Type "A" foods) if you need more food between meals. Don't go for any fad diets as this can affect your chances to fight your Cancer problems.
- Do not eat pickled as for you Blood Group A can greatly increase the chances of getting Stomach Cancer.
- Eat as much Peanuts as you can. As peanuts have an anti-carcinogenic effect with your Blood Type A. So liberally consume all the Beneficial Nuts in your group.

Week 1

Blood Type Diet and Supplements.

- Try to drink over 3 three cups of just plain Green Tea with no SUGAR.
- Include your most important HIGHLY BENEFICIAL foods at least 3 times this week. Say cold water fish like Cod, Salmon and Sardines. Along with vegetables like Garlic, Broccoli, Spinach and Mushrooms,
- Incorporate at least one HIGHLY BENEFICIAL food into your daily diet. For example, have a handful of Peanuts as a snack and cut up a Mushroom in a mixed salad for lunch.
- Avoid foods like Red Meat, Dairy Products, Nuts containing Lectin, Beans and Seeds.

- Confirmed Cancer sufferers keep away from Wheat Products.

Exercise Regimen.

- Plan to exercise at least 4 days this week, for 45 minutes each day.

2-3 Days: Aerobic activity.

1-2 Days: Yoga or Tai Chi.

Keep a journal detailing time, activity, distance, rate, weight used and number of repetitions for each exercise.

*** Week 1 Success Strategy ***

Practice Deep Breathing to Reduce Stress

Lie on back in a quiet room. Place your fingers below your rib cage and feel your abdomen rise and fall as you breathe. Inhale through your nose for a count of 4 seconds, then exhale through your mouth for a count of 4 seconds. Pause, then repeat.

The Blood Group "A" Health Cocktails

Apricot seeds are the ultimate Cancer killer from my view as it has been giving me unbelievable results.

If you have suspected or cancer problems.

Take 6 times a day, grounded or minced up Apricot seeds in Pineapple Juice. Say 1 heap teaspoon, spaced out about 2_ hours. With 10 drops of vitamin A + E solution mixed in the drinks 3 times a day before meals. The reason I use Pineapple Juice is cause Pineapple or Papaya Juices are the best to use when wanting to soften up the cells in your body to receive the vitamins much easier.

If you don't have suspected or cancer problems and want to use the power of the Apricot seed as a preventative not to get Cancer.

Take 6 to 7 Apricot seeds once a day, grounded or minced up in Pineapple Juice.
Blend well and drink.

Flaxseed oil is also a potent cancer fighter to build up your immune system. You may want to drink this specially formulated "Membrane Fluidizer Cocktail" every day.

1 tablespoon of Flaxseed oil.

1 Tablespoon high-quality Lecithin granules.

6-8 ounces of your favourite fruit juice.

Blend well and drink.

Week 2

Blood Type Diet and Supplements.

- Eat at least 2 to 3 HIGHLY BENEFICIAL such as Soy products, Vegetables and Fish.
- Incorporate HIGHLY BENEFICIAL foods into your daily diet.
- Begin to eliminate all AVOID foods in your diet as they are bad for you.

Exercise Regimen.

- Continue to exercise at least 4 days this week, for 45 minutes each day.
2-3 Days: Aerobic activity.
1-2 Days: Yoga or T'ai Chi.

*** Week 2 Success Strategy ***

If taking Chemotherapy, battle nausea with these strategies

1. Drink plenty of water and nonacidic juices (No caffeine - it dehydrates).
2. Eat small ,frequent meals through out the day.
3. drink little or no liquids with your meals.
4. Exercise to reduce stress, which can promote nausea.
5. Avoid the sight and smell of offensive foods as they can make you vomit.
6. Avoid being around smoker.
7. Take ginger Rhizome as a supplement.

Week 3

Blood Type Diet and Supplements.

- When you plan your meals for week 3, choose HIGHLY BENEFICIAL foods to replace NEUTRAL foods whenever possible. For example, choose Tofu over Chicken or Blueberries over a Apple.
- Eliminate all AVOID foods.
- Completely wean yourself from Coffee and substitute Green Tea.
- Try to incorporate HIGHLY BENEFICIAL foods in your diet.

Exercise Regimen.

- Continue to exercise at least 4 days this week, for 45 minutes each day.
2-3 Days: Aerobic activity.
1-2 Days: Yoga or T'ai Chi.
Add one day of unstructured exercise, Walking, Biking or Swimming.

*** Week 3 Success Strategy ***

Apricot - Pineapple Slushy

- 250 ml Pineapple Juice
- 6 to 14 Apricot seeds.
- A mint sprig
- Blend in a blender till the right consistency.

Week 4

Blood Type Diet and Supplements.

- Continue at the week 3 level, focusing on HIGHLY BENEFICIAL foods.
- Evaluate the first 3 weeks and make adjustments.
- Completely wean yourself from Coffee and substitute Green Tea.

Exercise Regimen.

- Continue at the week 3 level.
- Evaluate your progress, referring to your journal. Make adjustments to improve your performance.

*** Week 4 Success Strategy ***

Keep The Growth Factor In Check

Control the Epidermal Growth Factor (E.G.F.) with these foods. They contain mannose - Binding lectins that inhibit E.G.F. receptors.

Aloe
Leek

Corn
Onion

Garlic

Blood Type A Cancer Fighting Super Foods

- Amaranth** - Lectin inhibits cancer cell growth.
- Blueberry** - Inhibits Toxins (O.D.C.).
- Broccoli / Broccoli Leaves** - Protects against polyamines.
- Cherry** - Inhibits Toxins (O.D.C.).
- Dill Weed** - Inhibits Polyamine production.
- Elderberry** - Inhibits Toxins (O.D.C.).
- Fava (Broad Bean)** - Lectin stimulates cell differentiation.
- Flax (Linseed) Oil** - Alpha Linolenic Acid may help prevent metastasis of Breast Cancer Cells.
- Garlic** - Inhibits Polyamine production.
- Green Tea** - Inhibits Tumour promoting enzymes and enhances Antioxidants.
- Jackfruit** - Lectin agglutinates T Antigen.
- Mushrooms (Domestic)** - Lectin stimulates cell differentiation.
- Onion** - Inhibits polyamine production.
- Peanut** - Lectin inhibits cancer cell growth.
- Red Grapefruit** - Source of Antioxidants Lycopene
- Richly Oiled Cold Water Fish** - Source of Omega 3 Acids.
- Snail (Helix Pomatia / Escargot)** Lectin detects and destroy Cancer Cells.
- Soy Foods** - Lectin agglutinates and destroy Cancer Cells.
- Tarragon** - Inhibits Polyamine production.
- Turmeric** - Inhibits Polyamine production.
- Watermelon** - Source of Antioxidants Lycopene.
- Walnuts** - Inhibits Toxins (O.D.C.).

Weight Reducing Foods

Green Vegetables, Meat, Eggs, Liver, Licorice Tea

Blood Type A: Meats / Poultry

Portion serves - 4 to 6 oz (Men) / 2 to 5 oz Women and Children

	African	Caucasian	Asian
<u>Secretor</u>	0 to 2 oz	0 to 3 oz	0 to 3 oz
<u>Non-Secretor</u>	2 to 5 oz	2 to 4 oz	2 to 3 oz

Meat

Highly Beneficial:

None at all.

Neutral:

Chicken, Cornish Hen, Grouse, Guinea Hen, Ostrich, Squab, Turkey.

Avoid:

All commercially processed meats, Bacon, Beef, Buffalo, Duck, Goat, Goose, Ham, Heart (Beef), Horse, Lamb, Liver (Calf), Mutton, Partridge, Pheasant, Pork, Poussin, Quail, Rabbit, Squirrel, Sweet Breads, Veal, Turtle, Venison.

Blood Type A: Fish / Seafood

Portion serves - 4 to 6 oz (Men) / 2 to 5 oz Women and Children

	African	Caucasian	Asian
<u>Secretor</u>	1 to 3 oz	1 to 3 oz	1 to 3 oz
<u>Non-Secretor</u>	2 to 5 oz	2 to 5 oz	2 to 4 oz

Seafood

Highly Beneficial:

Carp, Cod, Mackerel, Monkfish, Perch (Silver / Yellow), Pickerel, Pollock, Red Snapper, Salomon, Sardines, Snails (Helix Pomatia / Escargot), Trout (Rainbow / Sea), Whitefish, Whiting.

Neutral:

Abalone, Albacore (Tuna), Bass (Sea), Bullhead, Butterfish, Chub, Croaker, Cusk, Drum, Halfmoon Fish, Mahi Mahi, Mullet, Muskel-lunge, Orange Roughy, Parrot Fish, Perch (Ocean / White), Pike, Pompano, Porgy, Rosefish, Sailfish, Salmon Roe, Scrod, Shark, Smelt, Snapper, Sturgeon, Sucker, Sunfish, Swordfish, Tilapia, Trout (Brook), Weakfish, Yellowtail.

Avoid:

Flounder, Frog, Gray Sole, Grouper, Haddock, Hake, Halibut, Harvest Fish, Herring (Fresh / Pickled / Smoked), Lobster, Mussels, Octopus, Opaleye Fish, Oysters, Salomon (Smoked), Scallop, Scup, Shad, Shrimp, Sole, Squid (Calamari), Tilefish.

Blood Type A: Eggs

Portion serves - 1 Egg

	African	Caucasian	Asian
<u>Secretor</u>	1 to 2	1 to 2	1 to 2

Blood Type A: Milk and Yogurt

Portion serves - 4 to 6 oz (Men) / 2 to 5 oz Women and Children

	African	Caucasian	Asian
<u>Secretor</u>	0 to 1	1 to 3	0 to 3
<u>Non-Secretor</u>	0 to 1	1 to 2	0 to 2

Blood Type A: Cheese

Portion serves - 3 oz (Men) / 2 oz Women and Children

	African	Caucasian	Asian
<u>Secretor</u>	0 to 2	1 to 3	0 to 2
<u>Non-Secretor</u>	0	0 to 1	0 to 1

Dairy & Eggs

Highly Beneficial:

Neutral:

Eggs (Chicken / Duck / Goose / Quail), Farmer Cheese, Feta Cheese, Ghee (Clarified Butter), Goats Cheese, Kefir, Milk (Goat), Mozzarella Cheese, Paneer Cheese, Ricotta Cheese, Sour Cream, Yoghurt.

Avoid:

American Cheese, Blue Cheese, Brie Cheese, Butter, Buttermilk, Camembert Cheese, Casein Cheese, Cheddar Cheese, Colby Cheese, Cottage Cheese, Cream Cheese, Edam Cheese, Emmenthal Cheese, Gouda Cheese, Gruyere Cheese, Half & Half, Ice Cream, Jarlsberg Cheese, Milk (Cow), Monterey Cheese, Jack, Munster Cheese, Neufchatel Cheese, Parmesan Cheese, Provolone Cheese, Quark Cheese, Sherbert Cheese, Swiss Cheese , Whey.

Blood Type A: Oils

Portion serves - 1 Tablespoon

	African	Caucasian	Asian	
<u>Secretor</u>		5 to 8	5 to 8	5 to 8
<u>Non-Secretor</u>		3 to 7	3 to 7	3 to 6

Three times a week.

Oils & Fats

Highly Beneficial:

Black Currant Seed, Flax (Linseed), Olive, Pumpkin Seed, Walnut (For Men).

Neutral:

Almond, Borage Seed, Canola, Cod Liver Oil, Evening Primrose, Safflower, Sesame, Sunflower, Soy, Wheat Germ.

Avoid:

Castor, Coconut, Corn, Cotton Seed, Peanut.

Blood Type A: Nuts and Seeds

Portion serves - Whole (hand full), Nut Butters (2 Tablespoons)

	African	Caucasian	Asian
<u>Secretor</u>	4 to 7	4 to 7	4 to 7
<u>Non-Secretor</u>	5 to 7	5 to 7	5 to 7

Times per week.

Nuts & Seeds

Highly Beneficial:

Flax (Linseed), Peanut, Peanut Butter, Pumpkin Seeds, Walnuts (Black/English)

Neutral:

Almond, Almond Butter, Almond Cheese, Almond Milk, Beechnut, Butternut, Chestnuts, Filbert (Hazelnut), Hickory, Litchi, Macadamia, Peacan, Pignolia (Pine Nut), Poppy Seeds, Sesame Butter (Tahini), Sesame Seed, Sunflower Butter, Sunflower Seed

Avoid:

Brazil Nuts, Cashews, Pistachio.

<u>Blood Type A: Beans and Legumes</u>			
Portion serve - 1 Cup (Cooked)			
	African	Caucasian	Asian
<u>Secretor</u>	5 to 7	5 to 7	5 to 7
<u>Non-Secretor</u>	3 to 5	3 to 5	3 to 5
Times per week.			

Beans & Legumes

Highly Beneficial:

Adzuki Beans, Bean (Green/Snap/String), Black Bean, Black-Eyed Peas, Fava (Broad Beans), Lentils (All), Miso, Pinto Bean Soy Bean, Tempeh, Tofu.

Neutral:

Cannellini Beans, Jicama Bean, Lima Bean, Mung Bean (Sprouts), Northern Bean, Pea (Green/Pod/Snow), White Bean.

Avoid:

Copper Bean, Garbanzo (Chickpea), Kidney Bean, Navy Bean, Tamarind Bean.

<u>Blood Type A: Grains, Starches & Pastas</u>			
Portion - 1 dry cup - Grains or Pasta / 1 Muffin / 2 slices of Bread			
	African	Caucasian	Asian
<u>Secretor</u>	7 to 10	7 to 9	7 to 10
<u>Non-Secretor</u>	5 to 7	5 to 7	5 to 7
Times per week.			

Grains, Starches & Pastas

Highly Beneficial:

Amaranth, Buckwheat, Essene Bread (Manna), Ezekiel 4:9 Bread, Oat Bran, Oat Flour, Oatmeal, Rice (Whole), Rice Bran, Rice Cakes, Rice Flour, Rice Milk, Rye (Whole), Rye Flour / Products, Soba Noodles (100% Buckwheat), Soy Flour / Products.

Neutral:

Barley, Grits, Kamut, Quinoa, Rice Wild, Sorghum, Spelt (Whole), Spelt Flour Products, Wheat (Refined-Unbleached), Wheat (Semolina), Wheat (White Flour), 100% Sprouted Grain Products (Except For Essene / Ezekiel).

Avoid:

Cornmeal, Couscous, Millet, Popcorn, Tapioca, Teff, Wheat (Whole), Wheat Bran, Wheat Germ.

<u>Blood Type A: Vegetables</u>			
Portion - 1 cup, prepared (Cooked or Raw)			
	African	Caucasian	Asian
<u>Secretor Beneficials</u>	Unlimited	Unlimited	Unlimited
<u>Non-Secretor Beneficials</u>	Unlimited	Unlimited	Unlimited
Times per day.			

Vegetables, Sprouts, Soy Products

Highly Beneficial:

Alfalfa Sprouts, Aloe, Artichoke, Bean (Green / Snap / String), Beet Greens, Broccoli, Carrot, Celery, Chicory, Collard, Dandelion, Escarole, Fennel, Garlic, Horse Radish, Kale, Kohlrabi, Leek, Lettuce (Romaine), Mushroom (Maitake / Silver Dollar), Okra, Onion (All), Parsnip, Pumpkin, Rappini (Broccoli Rabe), Spinach, Swiss Chard, Turnip.

Neutral:

Arugula, Asparagus, Asparagus Pea, Bamboo Shoot, Beet, Bok Choy, Brussels Sprout, Cabbage (Juice), Cauliflower, Celeriac, Corn, Cucumber, Daikon Radish, Endive, Fiddlehead Fern, Lettuce (Except Romaine), Mushroom (Abalone / Enoki / Oyster / Portobello / Straw / Tree Ear), Mustard Greens, Olive (Green), Pea (Green / Pod / Snow), Pickle (In Brine), Poi, Radicchio, Radish (Sprouts), Rutabaga, Scallion, Shallot, Squash (All), Taro, Water Chestnut, Watercress, Zucchini.

Avoid:

Cabbage, Eggplant, Mushroom (Shitake), Olive (Black / Greek / Spanish), Pepper (All), Pickle (Vinegar), Potato, Potato (Sweet), Rhubarb Tomato, Yam, Yacca.

Blood Type A: Fruits and Fruit Juices

Portion - 1 cup

	African	Caucasian	Asian
<u>Secretor</u>	2 to 4	3 to 4	3 to 4
<u>Non-Secretor</u>	2 to 3	2 to 3	2 to 3

Times per day.

Fruits

Highly Beneficial:

Apricot, Blackberry, Blueberry, Boysenberries, Cherry (All), Cranberry, Elderberry (Dark / Blue / Purple), Fig (Fresh / Dried), Grapefruit (Red / White), Jackfruit, Lemmon, Lime, Pineapple, Plum (All), Prune, Watermelon.

Neutral:

Apple, Asian Pear, Avocado, Breadfruit, Canang Melon, Cantaloupe, Casaba Melon, Christmas Melon, Cranberry (Juice), Crenshaw Melon, Dewberry, Gooseberry, Grape (All), Guava, Kiwi Fruit, Kumquat, Loganberry, Mulberry, Muskmelon, Nectarine, Peach, Pear, Persian Melon, Persimmon, Pomegranate, Prickly Pear, Raspberry, Sago Palm, Spanish Melon, Youngberry.

Avoid:

Banana, Bitter Mellon, Coconut, Current, Date, Honeydew Melon, Mango, Orange, Papaya, Plantain, Quince, Raisin, Star Fruit (Carambola), Strawberry, Tangerine.

Spices / Condiments / Sweeteners

Highly Beneficial:

Apple Pectin, Barley Malt, Dill, Fenugreek, Garlic, Ginger, Horse Radish, Miso, Molasses (Black Strap), Mustard (Dry), Parsley, Soy Sauce, Tamari (Wheat Free), Tarragon, Turmeric.

Neutral:

Agar, Allspice, Almond Extract, Anise, Arrowroot, Basil, Bay Leaf, Bergamot, Brown Rice Syrup, Caraway, Cardamom, Carob, Chervil, Chive, Chocolate, Cilantro (Coriander Leaf), Cinnamon, Clove, Coriander, Cornstarch, Corn Syrup, Cream Of Tartar, Cumin, Dextrose, Fructose, Guarana, Honey, Lecithin, Licorice Root, Mace, Malto-Dextrin, Maple Syrup, Marjoram, Mint (All), Molasses, Nutmeg, Oregano, Paprika, Rice Syrup, Rosemary, Saffron, Sage, Savory, Sea Salt, Seaweed, Senna, Stevia, Sugar (Brown / White), Tamarind, Thyme, Vanilla, Vegetable Glycerine, Yeast (Baker's Brewer's).

Avoid:

Aspartame, Capers, Carrageenan, Chilli Powder, Gelatine (Except Veg-sourced), Gums (Acacia / Arabic / Guar), Juniper, Mayonnaise, M.S.G., Pepper (Black / White), Pepper (Cayenne), Pepper (Peppercorn / Red Flakes), Pickle Relish, Sucanat, Tomato Sauce, Vinegar (All), Winter Green.

Herbal Teas and Drinks

Highly Beneficial:

Alfalfa, Aloe, Burdock, Chamomile, Dandelion, Echinacea, Fenugreek, Gentian, Ginger, Ginseng, Ginkgo Biloba, Hawthorn, Holly Basil, Milk Thistle, Parsley, Rosehip, Slippery Elm, St John's Wort, Stone Root, Tea (Green), Valerian, Wine (Red).

Neutral:

Chickweed, Coltsfoot, Dong Quai, Elderberry, Goldenseal, Hoops, Horehound, Licorice Root, Linden, Mulberry, Mullein, Peppermint, Raspberry Leaf, Sage, Sarsaparilla, Senna, Shepherd's Purse, Skullcap, Spearmint, Strawberry Leaf, Thyme, White Birch, White Oak Bark, Wine (White), Yarrow.

Avoid:

Beer, Catnip, Coffee (Regular / Decaffeinated), Corn Silk, Liquor, Pepper (Cayenne), Red Clover, Rhubarb, Seltzer, Soda (Club), Soft Drinks, Tea (Black / Decaffeinated), Yellow Dock.

**For much more information please refer to Dr. D'Adamo's book "The Eat Right Diet"
for further information (Publishers Century Books Ltd 1998)**