Blood groups and diet

OUR ROOTS & OUR BLOOD

WELL CELL

The four blood groups as we know them today are the result of 40,000 years of evolution of the human species.

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Blood groups and diet - part 1

The man, who was originally exclusively a hunter (group O), evolved, first (about 20,000 years ago) learning to cultivate the land and feed on its fruits (group A) and subsequently (about 15,000 – 10,000 years ago) , on the heights of the Himalayas, becoming a nomad and taking care of livestock (group B). Finally, about 1,000 years ago, the AB group was formed, the only one not to be the effect of an evolutionary process, but of the mixture between the sedentary inhabitants of the Caucasian areas and the nomads from Mongolia.

What is a blood group?

When the human body is attacked by a pathogen (viruses, bacteria, etc.), it triggers a defense mechanism that attacks and neutralizes these antigens thanks to the presence of plasma proteins called antibodies.

On the surface of the red blood cells two different antigens can be distinguished: the antigen A and the antigen B. In the same way in the plasma anti-A antibodies and anti-B antibodies can exist. Both neutralize and kill red blood cells carrying the corresponding antigen.

Each blood group is therefore characterized by the presence of specific antigens and the corresponding antibodies:

1. group A contains A antigens and anti-B antibodies
2. group B contains B antigens and anti-A antibodies
3. the AB group contains antigens A, antigens B and none of the corresponding plasma antibodies
4. group 0 is antigen free but contains both anti-A and anti-B antibodies

It's clear that:

1. each individual does not have antibodies to the antigens present in his blood, otherwise he would self-destruct;
2. each individual has antibodies to fight the antigens he does not have.

Blood groups and diet - part 1

There are, therefore, 4 possible combinations:

1. in the red blood cells antigen A is present in the plasma, then the anti-B antibody. the individuals in question constitute the GROUP A.
2. in the blood cells is present the antigen B, in the plasma we therefore find the anti-A antibody. blood type is B.
3. in the red blood cells are present both the antigen A and that B. In the plasma none of the two antibodies will be present. The
   blood is from the AB group.
4. In the blood cells there is no antigen in the plasma so both the anti-A antibody and the anti-B antibody are present. the individuals in
   question belong to the GROUP 0 (zero).

Consequently:

The subject carrying the AB blood group is the most fortunate given that, being free of specific antibodies, it can receive blood from both type A, B, AB and 0 **(universal receiver).**
contrary speech for those with type 0 blood that can only receive similar blood **(universal donor)**.
The individual of group A can instead receive blood from groups A and 0; while type B blood is compatible only with groups B and groups 0

If these combinations are not respected the antibodies present in the plasma (agglutinins) attack the red blood cells of the transfused blood, neutralizing them (agglutination reaction) and forming small lumps that occlude the blood vessels causing very serious damage to the body.

The blood group to which we belong is inherited from our parents and is immutable from birth to death. The frequency of these groups varies according to the ethnicity of the population: in England about 40% of individuals are in group A and only 10% are in group B; in India group A is present in 27% of cases and group B in 50%. Blood group AB is the rarest in Europe.

Subsequent research into Landsteiner's studies revealed the existence of other antigens that are important to take into account in the practice of transfusions. Among these, the most important is the so-called Rh factor, an antigen discovered by a group of researchers led by the same Landsteiner, around 1940.
The discovery of the Rh factor was made possible by studies conducted on a group of Rhesus macaques, from which the name Rh was derived.

In the circulatory stream, regardless of the blood group, the Rh antigen may be present or be completely absent. In the first case we speak of Rh positive (Rh +), in the second case of Rh negative (Rh-) blood.

Blood groups and diet – part 2

Human race's history is marked by the struggle for survival, or rather by the ability of man to adapt to the environment in which he found himself living and to the diet that he was forced to follow. Ultimately, the real driving force of evolution was the food and migration that followed to find it.

Probably the prehistory of man began in Africa. The life of our ancestors was short, hard and rough. They fed on wild plants, larvae and the carcasses of animals killed by other predators. In fact, they were more than predators prey on germs and parasites responsible for terrible infections (many of the parasites and microorganisms found in Africa do not activate the immune system responses, therefore they do not produce antibody formation, probably because the first men with group blood 0 already had antibodies with a protective effect at birth).

When our ancestors began to move from one place to another they were forced to adapt to a different diet. The ingestion of new foods profoundly changed the digestive and immune systems. This allowed man not only to survive but also to thrive in the new habitat.

These profound changes accompany the development of the different blood groups that seem to make their appearance in critical stages of evolution:

1. The ascent of human beings towards the top of the food chain (the evolution of the type 0 blood group is the most complete expression).
2. The transition from a diet based on hunting and gathering fruit and wild plants to a diet based on rudimentary agriculture (appearance of the type A blood group).
3. The fusion of races and migrations from Africa to Europe, Asia and the Americas (type B blood group).
4. The mixing of disparate groups (appearance of type AB blood group).

Each of the blood groups embodies the genetic message linked to the diet and behavior of our ancestors. Despite having a long journey behind them, many characteristics still connect us to the first men who populated planet hearth.

Blood groups and diet – part 2

There is a chemical reaction between blood and food that is part of our genetic background. It may seem surprising but, even though we are at the first part of the twenty first century, the digestive and immune systems still retain a predilection for foods consumed by the blood group ancestors similar to ours.

The reason lies in proteins called lectins. The latter are particularly abundant in different foods and have agglutinating properties that are expressed in the blood.

When we eat a food containing lectins incompatible with our blood group, they settle in an organ (kidneys, liver, brain, stomach, etc.) and begin to agglutinate red blood cells in that area. 95 percent of the lectins we take with food are safely removed from the body. The remaining 5 percent, however, manages to reach the blood where it triggers a series of reactions that lead to the destruction of red and white blood cells. But they can also damage the walls of the stomach and intestines, triggering a violent inflammation of the mucous membranes that causes disorders similar to those of a food allergy.

The secret is to eliminate only the lectins that are incompatible with our blood group from the diet. Gluten, for example, that is the characteristic lectin of wheat and other cereals, can be attached to the wall of the intestine causing painful inflammation: this reaction, however, occurs only in the presence of certain blood groups, especially that 0.

However, it is important to note that the same lectins that damage a specific blood group do not activate in contact with the blood of another group: therefore it is not necessary to eliminate all the foods that contain them but only and exclusively avoid those that contain the non tolerated by one's blood group.

Based on the knowledge of the characteristics of the four blood groups, in the early 50s the American doctor James D'Adamo theorizes the connection between the onset of some diseases and food intolerances.

His son, Peter D'Adamo, made his father's theory official in the 1980s and carried out studies and experiments that allowed him to identify the categories of foods that interact positively or negatively with individual groups.

Subsequently, other scholars have constantly updated and improved the diet following new discoveries in the field of the use of food as a prevention of some diseases.

More than a diet (in the traditional sense), it is a diet: it is not necessary to calculate the calories nor to weigh the foods since losing weight is not the purpose but one of the effects of this new nutritional style.

The diet consists of three categories of foods for each blood group:

1. "favorite foods", because they contain substances that favor the body's physiological processes;
2. "neutral foods", which do not interfere with the body, neither positively nor negatively;
3. "foods to avoid", which with their characteristics can damage the body.

Blood groups and diet – part 2

Of course, each of us is unique and despite belonging to a specific blood group, we have an absolutely personal history, which could be characterized by diseases or intolerances that require a particular diet (eg, diabetes, celiac disease, etc.).

In this case, it is important to integrate the indications of this diet with your dietary needs and eliminate any foods that are harmful to your health even though they are positive or neutral for the category to which they belong.

Blood groups and diet – part 3

So, in the past 2 parts we have talked of how 40,000 years ago, the first men, having large herds of animals available, inevitably became skilled hunters. The game was not lacking and therefore it was not necessary to look for other sources of sustenance until the period of the great migrations: about 30,000 years ago, the men, more and more numerous, began to settle in areas of the earth less generous in terms of game and they had, as As a result, learning to alternate hunting with fishing and picking berries, nuts and roots, gradually becoming omnivorous.

GROUP 0: the hunter – and its nutrition

The proliferation of the human species in these conditions was the result of the sum of the use of the intellect, however primitive, and of the remarkable physical resistance. The latter was guaranteed by the characteristics of the only blood type present, group O, which was able to support the digestion of large amounts of animal proteins and was particularly active against micro-organisms coming from food (this man did not have to defend himself from infections transmitted by similar in that it lived alone or, at most, in small groups. He was also a man accustomed to great physical efforts, necessary to carry out exhausting hunting trips.

These characteristics are found today in members of group O, characterized by a robust digestive system and an immune system that is particularly active against food-borne infections, but weak against viral infections. Their immune system also sins of fragility in the face of radical dietary changes, favoring the onset of allergies and autoimmune diseases. Those who suffer from food intolerances could largely solve the problem by avoiding wheat-based foods, as gluten lectins cause a strong immune reaction in group O members.

Physical activity is fundamental for the heirs of the first hunters: their muscles are structured for a rapid and massive use of energy but the changed conditions of modern life do not allow these people to burn a large amount of calories if not through a intense sporting activity. Given the characteristics of their predecessors, the recommended sports are those that require strength, endurance and skill, such as athletics, tennis, wrestling and cross-country skiing.

Blood groups and diet – part 3

Group 0 (ie without any antigen on the red blood cell membrane) prefers a diet rich in animal protein and an intense physical activity program. Its digestive system belongs to the most ancient genetic thread: the primitive hunter and predator.

It is able to tolerate a slight state of ketosis well, that is an alteration of the metabolism in which a certain amount of proteins and fats can be demolished only up to a certain limit, beyond which substances called ketone bodies are formed: these last, if in the other groups they produce liver function disorders, in group 0, within certain degrees, they can be used by the brain and heart as alternative energy to glucose.

Subject 0 is therefore available for a diet rich in meat, although it will still have to limit its consumption to those that are lean to not charge itself with saturated fats and alter the wall of the arteries.

It does not tolerate dairy products and cereals, to which its digestive system has not yet completely adapted.

Weight loss for group 0

Type 0 must limit the consumption of cereals and legumes. The major cause of its weight gain is gluten contained in wheat germ and, more generally, in wheat-based products. Gluten lectins inhibit insulin activity and prevent the body from using calories for energy purposes. Even the lectins contained in certain legumes, such as Spanish beans and lentils, have a strong affinity for muscle tissue, making it alkaline and therefore less suitable for storing energy. People of type 0, in fact, if they manage to keep their muscles in a slight state of acidity they keep the line because only in that way will they quickly burn the calories introduced with food. Another element common to group 0 is a sluggish thyroid that fails to produce the amount of hormones needed to make the metabolic processes work at full speed. Carbonated drinks should also be avoided.

They determine weight gain

Wheat and maize gluten because they interfere with the efficiency of insulin and slow down the metabolism. Spanish beans, white beans, lentils – alter the use of calories. Cauliflower, white and red cabbage, Brussels sprouts, mustard – inhibit thyroid function.

Blood groups and diet – part 3

Particular foods for group 0

Seaweed, fish and seafood, iodized salt because they contain iodine for thyroid function. Liver for vitamin B content activates metabolism. Red meat, cabbage, spinach, broccoli because they activate the metabolism.

Meat and poultry The organism of group 0 has great need of animal proteins (but watch out for the portions: not more than 180g per meal). It digestes and assimilates the meat well because the stomach produces a good amount of hydrochloric acid and hormones that preside over gastric digestion. However, it is good to balance the intake of protein with sufficient amounts of vegetables and fruit, otherwise the gastric juices would become excessively acidic and therefore harmful to the wall of the stomach and duodenum.

Prefer lamb, beef, veal **Indifferent** duck, rabbit, chicken, quail, turkey **To avoid** pork, goose, cold cuts in general

Fish, shellfish and seafood It is another excellent source of animal protein. Fish coming from cold waters, such as mackerel, cod and herring contain, as is now known, fats that thin the blood because they reduce platelet aggregation and thrombus formation. They are also rich in iodine and therefore suitable for stimulating the sluggish thyroid of group 0.

To avoid pickled herring, octopus, caviar, smoked salmon

Milk, dairy products and eggs Their consumption must be drastically limited, because group 0 fails to subject them to adequate metabolism. This is not the most known food allergy since it is not caused by digestive problems but by a reaction of the entire immune system that produces specific antibodies against milk and derivatives. Instead, it is a food intolerance that involves only the digestive system, favoring less massive disorders.

You can also eat 4 or 5 eggs a week but only small amounts of dairy products.

Indifferent butter, milk flakes, goat cheese, milk and soy cheeses, mozzarella **Avoid** all other cheeses including yogurt.

Oils and fats

- Only peanut and corn oil should be avoided.
- Seeds and nuts are a good source of protein.
- Only peanuts and pistachios should be avoided.

Legumes Type 0 subjects are unable to adequately metabolize certain types of legumes; all this involves reducing the acidity and functionality of their muscle tissue. Green beans with the eye are preferred **Indifferent** chickpeas, cannellini beans, red beans, broad beans, peas, green beans **Avoid** white and Spanish beans, lentils

Blood groups and diet – part 3

Cereals Group 0 does not tolerate wheat-based products at all, since they contain some lectins that react with both the blood components and the digestive system, interfering with proper absorption. Wheat is primarily responsible for the weight gain of group 0 subjects. Couscous should also be avoided. Only the rice flour, spelled, buckwheat, puffed millet, barley and puffed and polished rice, rye soy bread and gluten-free bread, barley and rye flour (but not the Rye bread).

Vegetables They play an important role in the diet of group 0 but not all. **To avoid** some brassinaceae such as cabbage, Brussels sprouts, cauliflower and mustard because they can inhibit the thyroid; some solanaceous such as eggplant and potato, because they can cause joint disorders because their lectins tend to settle at the level of the joints. Corn tends to favor obesity and diabetes by interfering with insulin activity.

Fresh fruit The variety of beneficial fruit for group 0 is very high. **Preferred** are dried and fresh prunes and figs because they tend to lower the acidity of the digestive tract avoiding group 0, which tends to hyperacidity, to form gastritis and ulcers. Even the melon is alkaline but it is good to consume it in moderation because it contains microscopic fungi that are not well tolerated in group 0. **To avoid** (or moderate) oranges, mandarins and strawberries, coconut, avocado because they are very acidic. Grapefruit is also acid but can be consumed in moderation because during the digestive process it behaves like an alkaline product.

The spices By choosing the right spices it is possible to increase the efficiency of the digestive and immune systems. **Prefer** parsley, cayenne pepper and curry because they stimulate the circulation of the digestive tract. Algae are a source of fucose, which protects the stomach; they also stimulate the metabolism contributing to weight loss. **Avoid** white and black pepper and vinegar because they irritate the gastric wall.

Blood groups and diet – part 4

The blood group of type A appeared 20,000 years ago, as a result of the adaptation of the hunter to the need to find new sources of livelihood due to the lack of game.

Some men first learned to feed on wild fruits and then to cultivate the land, turning from carnivores to vegetarians; furthermore, having become sedentary, they organized themselves into more and more numerous communities, exposing themselves to a greater risk of contracting diseases communicable by their own kind.

It was a huge change to which these men would not have survived without an adjustment of their physical characteristics: the triggered evolutionary process selected specimens capable of making the most of plant nutrients and effectively defending themselves against infection.

All this could not have happened without a mutation of the characteristics of the blood (which plays a fundamental role for the proper functioning of the digestive system and the immune system – see the "Blood groups and nutrition" section), generating a new blood group: the group A.

The members of group A have inherited from their predecessors a poor tolerance of animal proteins and an immune system effective against viral infections and resistant to changes but weak towards bacterial diseases (eg: bronchitis) and not paying attention to of cancer cells that do not immediately recognize as enemies.

Even the physical needs of the new man changed: while the hunter man needed great strength and physical resistance to successfully complete exhausting hunting parties, the peasant man carried out activities that required above all patience, resistance and a spirit of solidarity.

All this can be found today in the typical impatience of the members of group A towards any kind of stressful situation. For this reason, the heirs of the first peasant men should choose physical activities that favor constancy, resistance and concentration, such as martial arts and yoga that promote relaxation, but also stretching, cycling and swimming.

Blood groups and diet – part 4

Type A characteristics Type A people (that is, in possession of the antigen A on the red blood cell membrane) receive greater beneficial effects by carrying out a vegetarian diet, particularly with natural and fresh foods. It belongs to the genetic thread of the first agricultural settlements and the domestication of animals.

We could thus summarize the type A profile

- it is the first vegetarian: it requires a peasant diet to stay in line and conserve energy.
- has a sensitive digestive system
- has an immune system that is too tolerant and not very alert
- suitable for stable environmental and dietary conditions
- reacts well to stress by practicing relaxing activities

Type A is predisposed to cardiovascular disorders and hyperglycemia due to reduced pancreatic insulin activity. After taking unsuitable foods (red meat), his renal apparatus performs less excretory activity with fluid retention, his digestive system has a slower digestive process and generally feels numb and tired.

Group A, unlike group 0, suffers in particular from a lower acidity in the gastric cavity which does not allow a total demolition of meat proteins. Dairy products also slow down their metabolism and because they are rich in saturated fats, they are a danger to the artery wall.

Wheat is considered ambivalent: if ingested in excessive quantities it causes excessive acidity at the level of the muscles leading to greater fatigue (unlike group 0 where the muscles tend to work better if maintained in a slight acidosis condition)

Let's now see together what determine weight gain for Group A

1. meat because it is poorly digested and favors the accumulation of fats and toxins
2. milk and dairy products because they slow down the metabolism of other nutrients
3. Spanish beans and lima beans because they interfere with digestive enzymes and slow down the metabolism
4. excess wheat because it inhibits insulin activity and hinders the utilization of calories

Consequently what causes weight loss for the Group A

1. vegetable oils because they make digestion more efficient and prevent fluid retention
2. soy-based foods because they make digestion more efficient and are metabolized rapidly
3. vegetables because they are rapidly metabolized and increase intestinal motility
4. pineapple because it increases the utilization of calories and intestinal motility.

Blood groups and diet – part 5

On part four of this mini series we have started to review the blood type A, from the ancient times till now we have seen the change from a carnivore man into a more vegetarian type. On part 5 we will go straight into talking of the particular foods that suit better the group A blood type. So Without further adding anything let's delve right into it.

Meat and poultry

To achieve the greatest benefits, type A should eliminate all types of meat from the diet; however it is enough to increase the consumption of fish and prefer the leanest meat such as chicken and baked or grilled turkey. Stay away from sausages because they contain nitrites, poorly tolerated by type A in possession of acid acid. Avoid lamb duck rabbit heart liver pork beef goose salami veal Indifferent chicken, turkey.

Fish and shellfish

Type A can take fish in small amounts three or four times a week but must avoid some fish such as sole because it contains lectins that can irritate its digestive system.

Prefer grouper, cod, croaker, salmon, sardines, mackerel, trout. Indifferent pike, dogfish, swordfish, sea bass, tuna, salmon trout. Eel, lobster, herring, squid, mussels, shrimp, hake, oysters, bass, octopus, sole and clams are best avoided.

Milk, dairy products and eggs

Type A tolerates small quantities of fermented cheeses, should limit the consumption of eggs but must avoid dairy products based on whole milk as its immune system produces antibodies against one of the main constituents of whole milk, D-galactosamine. This sugar, together with fucose, gives the B antigen the main enemy of its immune system. If type A suffers from bronchial asthma or chronic bronchitis, allergic reactions tend to worsen with the ingestion of dairy products.

Blood groups and diet – part 5

Prefer cheese and soy milk Indifferent yoghurt ice cream, lean mozzarella, lean ricotta, fruit and lean yogurt Best to avoid butter, camembert, emmental, cheese, fresh cheese, ice cream with whole milk, gorgonzola, whole milk and skimmed milk, parmesan cheese.

Oils and fats

Type A does not require a large fat intake, on the contrary it must limit them. In contrast, a tablespoon of olive oil per day on the salad or on the vegetable contributes to a better function of the digestive process; it is also rich in mono-unsaturated fatty acids that help reduce LDL cholesterol and raise HDL. The lectins contained in corn oil and peanut oil, on the other hand, cause digestive problems.

Legumes

Type A thrives by ingesting the proteins contained in legumes. However, the white beans of Spain, those of Lima, red beans and chickpeas contain a lectin that can reduce insulin production and promote hyperglycemia.

Cereals

Type A is well suited to a cereal-based diet but should prefer less refined products. Wheat gluten, in particular, produces an excessive amount of acid that could damage their muscular system. In that case they should take fruit that generates an increase in alkalinity.

Preferably buckwheat, rice cakes, soy bread, rice rye oatmeal. Indifferent rice and oat bran, corn flakes, corn and rice oatmeal, puffed millet, barley, puffed rice, spelled and millet bread, rye-only bread and gluten-free. Avoid whole wheat bread, rye bread and other cereals, white flour and whole wheat flour, fresh wheat pasta, durum wheat semolina pasta.

Vegetables

They are vital for type A because they provide enzymes and antioxidant minerals. Better, however, to take them raw or cook them steamed or baked to reduce the loss of those substances as much as possible. However, antioxidant-rich broccoli is recommended; reinvigorate the immune system (particularly vulnerable in group A) and prevent cellular mutations. Also recommended are green cabbage, carrots, cabbage, pumpkin and spinach; in particular the garlic that in the type A, besides the fluidification of the blood, carries out in a more punctual way its defensive and antibiotic properties. Even white onions contain a powerful antioxidant called quercetin.

Avoid the peppers and fermented olives that can cause gastric digestion disorders; also tomatoes, potatoes, red and white cabbage contain lectins which in type A and B possess an agglutinative power harmful to the digestive tract. In summary. Prefer garlic, beets, broccoli, artichokes, carrots, kohlrabi and greens, chicory, yellow and Spanish red onions, romaine lettuce, leek, parsley, horseradish, turnips, endive, spinach, dandelion, cabbage, pumpkin.

Indifferent asparagus, avocado, beetroot, cauliflower, Brussels sprouts, chervil, cucumber, prey tops, green onions, water cress, cumin, coriander, fennel, endive, other lettuces, corn, green olives, radicchio, radishes, rocket , shallots, celery, zucchini. To avoid Chinese white and red cabbage, cultivated mushrooms, aubergines, Greek, black and Spanish olives, white, sweet and red potatoes, red pepper, yellow, red and green peppers, tomatoes.

Fresh fruit

Type A should eat fruit at least three times a day, (unless he has calorie problems for overweight). However, it is important that you choose the most alkaline fruit such as berries and prunes to balance the action of the cereals which tend to make the muscles more acidic. Also the honeyed melons are alkaline but since they contain a high quantity of microscopic fungi (the molds) they could give digestive problems. Tropical fruits, such as mangoes and papayas, contain a digestive enzyme that is not beneficial for type A as it is for other groups. Pineapple is instead an excellent digestive.

Absolutely to be avoided are the oranges that irritate the type A stomach, poor in acid juices, and interfere with the absorption of the essential minerals. Grapefruit, on the other hand, despite being acid, exerts a beneficial action because at the end of digestion it tends to become alkaline. Even lemons, by controlling the production of gastric mucus, perform a beneficial power in type A. To increase the intake of vitamin C, a powerful antioxidant and anticancer agent, Kiwi can also be used. The lectin contained in the banana is not well tolerated by type A. To take potassium, make use of apricots, figs and other varieties of melon.

Prefer apricots, pineapples, cherries, fresh and dried figs, lemons, blackberries, grapefruit, black, red, green and dried plums, sultanas. Indifferent watermelon, avocado, persimmon, dates, prickly pears, strawberries, kiwi, raspberries, pomegranate, apples, winter melon, Spanish and gialletone, pears, nectarine, peaches, poses, black and red currants, grapes. To avoid oranges, bananas, mandarins, mangoes, honeydew melons, coconuts, papayas, rhubarb.

Seeds and dried fruit

Pumpkin seeds, sunflower seeds, almonds and walnuts are valuable foods for type A because they correct the protein deficit due to the elimination of meat. However they contain a lot of calories and require a lot of work on the liver system. They are therefore to be avoided in a diet that can lose weight and in those who have hypercholesterolemia and liver failure problems.

Beverages

A glass of red wine is a great help for the heart. Coffee and green tea are also fine (better if alternated) because they stimulate the production of gastric acid. Preferred Coffee, green tea, red wine Indifferent white wine Avoid soda and soda water, cola-based drinks, beer, liqueurs, even black tea.

Blood groups and diet – part 6

Around 15-10,000 years ago, in the Himalayan area, the third blood group, the B group, originated. The hostile climate and inhospitable territory seriously threatened the survival of the local populations.

These men could not get food with hunting, for the shortage of game, nor exclusively with agriculture, for the aridity of the land. Herding and dairy products became an important source of livelihood and nomadic life was the consequence of the search for pastures for livestock.

The man, who originally was not structured to withstand long periods of famine and cold infections, survived thanks to a rapid but cruel natural selection that favored specimens extraordinarily resistant to extreme living conditions.

As already explained in our past episodes of this mini series, the key to the success of any evolutionary process is the ability to adapt to new food resources and the ability to defeat new diseases. Also in this case, the nomadic populations changed their organism in this direction: the new blood group presented an antigen compatible with the proteins of milk and fermented dairy products, the digestive system was structured to easily absorb foods with different characteristics between them , such as meat, cereals and dairy products, and accumulating energy supplies to be used in times of famine and, finally, the immune system was extremely efficient.

Modern man belonging to group B are particularly suited for physical activities that require great resistance, such as jogging, cycling and mountaineering and obtain excellent results in extreme sports such as triathlon.

Group B, therefore, belongs to the genetic thread of human groups that have become nomads and shepherds, whose organism was led to adapt to ever new cultures. It is endowed with unique and sometimes chameleonic characteristics with a more evolved and alert immune system and therefore able to withstand the changes and aggressions that affect the most developed societies, such as cardiovascular disorders and tumors.

We could thus summarize the type B profile:

- Has an efficient digestive system.
- Has a vigilant immune system.
- It adapts well to dietary changes.
- Prefer milk and dairy products.
- Reacts to stress by balancing mental and physical activity.

The group B diet is therefore very balanced, including the best of the animal and plant kingdom.

Weight loss To avoid weight gain, group B must refrain from maize, buckwheat etc that interfere with insulin activity, hindering metabolism and causing hypoglycemia. Like group 0, it does not tolerate wheat lectin. The thyroid instead works well and the dairy products are well tolerated.

Promote weight gain Maize, lentils, buckwheat, wheat because they reduce insulin activity. Peanuts because they reduce insulin activity and liver function.

Promote weight loss green vegetables, meat, liver, eggs and dairy products because they activate the metabolism.

Particular foods and group B

Meat and poultry It seems that red beef is the basis of autoimmune diseases and asthenia that affects group B. His ancestors adapted better to herding meat. Even the meat of more domestic animals is poorly indicated.

- Prefer lamb, rabbit, mutton
- Indifferent pheasant, turkey, veal
- To avoid beef, duck, pork, goose, chicken, quail, cured meats in general

Fish, shellfish and seafood Fish is an excellent food for group B, species of cold and deep water (cod, salmon, etc.) rich as it is known for polyunsaturated oils that protect arteries and lower cholesterol levels in the blood. Crabs, lobster and seafood are not recommended because they contain lectins that are harmful to the B group. They are part of the forbidden foods, for example, in the Bible that reflects the ancient nomadic culture; the ancient prohibitions almost always reflect reasons of food hygiene. Avoid anchovies, eel, lobster, mussels, prawns, crabs, snails, oysters, octopus, frogs, sea bass, smoked salmon, clams.

Oils and fats Spine, sunflower, sesame and corn oil should be avoided because they contain lectins that are harmful to group B.