

# AGE GRACEFULLY

## Eat right for your blood type

By Reagan Ssempijja

More often than not we ask ourselves why some people lose weight on a particular diet and others don't, why some individuals are plagued by poor health or deterioration due to aging while others seem to live healthy lives even late in life.

Dr Peter J. D'Adamo, a naturopathic doctor from the US with a 25 years' experience, is one of the doctors who disagreed with medical doctors about their treatment methods and knowledge on nutrition. He went ahead to do research and invent what he called Scientific Personalised Individualised Nutrition (SPIN) in 2007. His research has so far been adopted in over 30 countries.

Dr Ismail Tamale from Taimex Nutrition Centre, says all these inconsistencies occur because majority of us follow the wrong nutrition advice which doesn't tell us what to eat, how to eat it, how much we should eat and in what frequencies.

### IMPLICATIONS

Dr Tamale explains that without proper nutrition, one will start developing problems such as dosing after meals, belching, constipation, palpitations, heartburn, becoming overweight, allergies, indigestion, skin disorders, painful menstruation periods disorders. These later develop into serious conditions like ulcers, diabetes, hypertension, sinus, asthma colitis piles, which become difficult to reverse unless one adopts to SPIN diet.

One would then ask themselves how come people in the previous generations lived longer without using the SPIN diet. Dr Tamale emphasises that our lives rest on three pillars: compatible foods, lifestyle strategies and exercises. Our grandparents thrived so much on the exercises and lifestyle strategies.

They moved long distances and would do a lot of manual labour in their homes. They would eat natural food not junk food, they had less pollution. They followed

the SPIN diet though unknowingly. One acquires a very strong immune system, self-healing body, automatic weight adjustments and the whole system is anti-aging.

### BLOOD TYPE AND DIET

Basing on Dr D'Adamo's research, your blood type influences every area of your physiology on a cellular level. It has everything to do with how you digest your food, your ability to respond to stress, your mental state, the efficiency of your metabolism, and the strength of your immune system.

Whenever you eat, a chemical reaction occurs between your blood and the foods you eat. This explains why some foods may be harmful to the cells of one type and beneficial to the cells of another. Foods contain proteins called lectins and your blood type is genetically programmed to accept or reject certain lectins.

When you eat a food containing protein lectins that are incompatible with your blood type, the lectins target an organ or body system and begin to clump cells in that area. The clumping process called agglutination, can interfere with digestion, metabolism, and the immune system.

### WHAT TO DO ABOUT THIS

Dr Tamale says people with low acidity levels (blood type AB) in their stomachs should not eat meat because that might cause constipation problems. On the other hand, individuals with high acidity levels in their stomachs (usually those with blood group O) can't eat vegetables because that might accumulate gas in the stomach.

"Our blood types have got blood sugar antigens attached to them, but the food we eat also has got these blood sugar," he says.

However, blood types O and AB have compatible blood sugar antigens. An individual's gens begin to wear out if they are consistently being given wrong foods that are incompatible with their blood types and genotypes.

## OF A FARMER

sound farm for the last 2 years or longer?

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