

4 Blood Types, 4 Programs

Type O **Type A**

Eating and Living Right For Your Blood Type

Type B **Type AB**

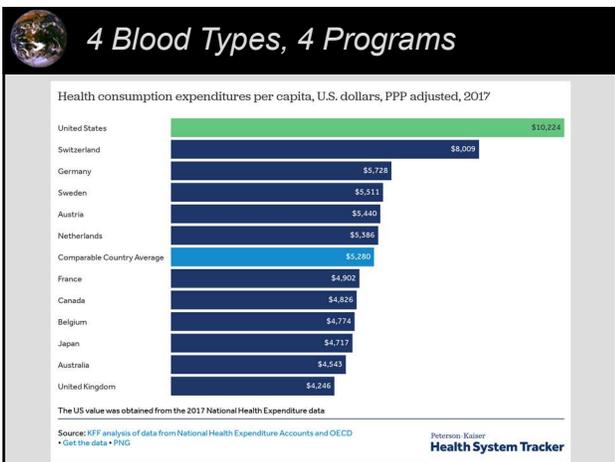
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The United States Healthcare Crisis

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Blood Type Link to Your Immune System

	Group A	Group B	Group AB	Group O
Red blood cell type				
Antibodies in Plasma			None	
Antigens in Red Blood Cell	A antigen	B antigen	A and B antigens	None

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TYPE A

Surface antigen A
Anti-B antibodies

TYPE B

Surface antigen B
Anti-A antibodies

TYPE AB

Surface antigens A and B
Neither anti-A nor anti-B antibodies

TYPE O

Neither A nor B surface antigens
Anti-A and anti-B antibodies

(a)

(b)

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HOW TO READ YOUR RESULTS

BLOOD TYPE	ANTI-A	ANTI-B	ANTI-D	CONTROL
O-POSITIVE				
O-NEGATIVE				
A-POSITIVE				
A-NEGATIVE				
B-POSITIVE				
B-NEGATIVE				
AB-POSITIVE				
AB-NEGATIVE				
INVALID				

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Your Blood Type is Part of Your Immune System

- Blood type antigens are on your red blood cells to distinguish "self" from "non-self" and antibodies to these antigens help you identify foreign blood types.
- Blood type antibodies are also prevalent in your digestive tract and react to lectins on foods that resemble foreign blood type antigens.
- Eating the wrong foods can potentially cause severe immune reactions to cause pain, allergies, poor digestion, and more.

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Your Blood Type is Part of Your Immune System

In the Guyton and Hall Textbook of Medical Physiology, which is the bible for medical physiology in medical schools, the origin of blood type agglutination reactions is discussed.

"But why are these agglutinins produced in people who do not have the respective agglutinogens in their red blood cells? The answer to this is that small amounts of type A and B antigens enter the body in food, in bacteria, and in other ways, and these substances initiate the development of the anti-A and anti-B agglutinins."

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NEWSSCIENTIST.COM
Your gut bacteria may match your blood group – but we don't know why

New Scientist, Feb. 2, 2019

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Blood Type and Diseases

- Each blood type is predisposed to certain health challenges
 - Reactions related directly to eating the wrong foods
 - Genes for certain traits are coded close to blood type genes and “gene linkage” occurs

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Cardiovascular Disease

- Types O and B: less likely to get cardiovascular disease from high cholesterol
 - High intestinal alkaline phosphatase enables them to better digest dietary fats
 - Their pathway of cardiovascular disease is from carbohydrate intolerance
 - High carbohydrate diet causes increased production of cholesterol in the liver

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Cardiovascular Disease Cont.

- Types A and AB do get cardiovascular disease from high cholesterol
 - Low intestinal alkaline phosphatase makes it more difficult to digest dietary fats
 - High cortisol levels in Type As is another risk factor in heart disease

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Cancer

- Blood type A has the highest risk for most types of cancer, except bladder and skin cancers.
- Cancer risk in order of blood type: A, AB, B, O

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Inflammatory Diseases

- Blood type O is most prone to inflammatory conditions, including:
 - Arthritis
 - Autoimmune Disease, especially Thyroid
 - Inflammatory Bowel Disease

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Ulcers and GERD

- Blood type O is also most prone to having Ulcers and Gastro-esophageal reflux disease (GERD)
 - High stomach acid levels
 - H. pylori bacterium favors Type O antigen to cause ulcers

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Eating Right 4 Your Type

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Type O Diet – 45%

- Lean meats and fish
- Abundant amounts of fruits & vegetables
- Grains and starches inhibit metabolism of fat and cause inflammation
- Red Flag Avoids:
 - Wheat, corn, most dairy products, and potatoes

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Type O Patient Experience



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Type A Diet – 40%

- Should attempt to secure protein from plant sources (beans, nuts and seeds, some fish)
- Does better on grains and breads
- Should eat lots of pigmented vegetables
- Red Flag Avoids:
 - Red meats, most dairy products, potatoes, and tomatoes

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Type A Patient Experience



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Type B Diet – 11%

- True omnivores
- Lean meats, fish, and cultured dairy products for protein
- Plenty of fruits and vegetables
- Red Flag Avoids:
 - Chicken, corn, wheat, peanuts, and tomatoes

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Type B Patient Experience



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Type AB Diet – 4%

- Difficult to categorize
- Do well with animal and plant protein, but have idiosyncratic reactions in each category
- Red Flag Avoids:
 - Chicken, corn, and peppers

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Type AB Patient Experience



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