

Blood Type "A" Diet

The following diet is a recommendation for maintenance of health and prevention of disease.

YOU MAY BENEFIT FROM THIS DIET IF YOU HAVE SEVERAL OF THE FOLLOWING TENDENCIES

| Typical Health Concerns | Body Type Description | SUMMARY GUIDELINES FOR "A" |
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| <ul style="list-style-type: none"> • Low stomach acid. • Sensitive digestive system. • Excess amounts of mucus. • Infections. • Heart & Cardiovascular Disease. • Cancer. • Diabetes. | <ul style="list-style-type: none"> • Tend to be thin. • Intellectual yet emotional. • Enjoy conversation and debate. • May be emotional roller coasters. • May be antagonistic toward people that are "B" blood type. | <ul style="list-style-type: none"> • Thrive on vegetables, beans, grains, legumes, tofu and fruit. You could be a healthy vegetarian as a type "A". • Avoid Always (consider as poison): <ul style="list-style-type: none"> - Most meats, especially processed - ALL Dairy (low calorie diet). - Chemicals and processed foods. • Vegetables are best source of protein, although fish and soy are good. • Avoid meat, dairy foods, kidney & lima beans and wheat (causes mucus) to stay lean and energetic • Responds best to stress with calming or relaxing exercises. |

Keep in mind that the foods listed below are recommended with the assumption that a natural/organic source of that food is the best. Foods found in grocery stores tend to be adulterated with steroids, antibiotics, toxic metals, colors, dyes, preservatives and other health destroying contaminants. If your only option is to consume foods from the local grocer, it is recommended that you soak your foods in Liquid Detox solution to offset the toxic poisons that will be ingested as a result.

NOTE: The foods listed in the "Avoid Always -ALLERGIES- harmful" category should be considered Allergies because your body creates antibodies to fight those foods. Your body views them as the enemy. Always avoid anything with refined sugar (or any other unnatural sweetener), preservatives, colors, additives, fillers or other harmful agents. Any of the "compatible" foods could become ALLERGIES if they contain any of the previous or any of the Avoid Always ingredients. The stricter you adhere to your 'Most Compatible' foods, the healthier you will be long term and the stronger your body will be to counteract disease.

This dietary/lifestyle recommendation was created by Dr. Reuben T. De Haan. This information is a combination of Dr. De Haan's research and Dr. Peter D'Adamo's information in Eat Right For Your Type. Please read Book 01, The Foundation, by Dr. Reuben T. DeHaan and understand that some of the foods listed below are considered tolerable to your body according to your blood, but considered unclean by Biblical standards. I recommend you start with the diet as listed and gradually move toward a primary use of the foods not mentioned as unclean in the Bible or the Avoid Always category. Please check Dr. DeHaan's web site for additional information: www.hcmionline.com

MEATS- use no more than 4-6 ounces at one meal; bake, broil or poach; excess meat creates autotoxins and over-acidity in the body

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| Most compatible with your type Fish Only- Carp, Cod, Grouper, Mackerel, Monkfish, Pickerel, Red Snapper, Rainbow Trout, Salmon, Sardine, Sea Trout, Silver Perch, Snail, Whitefish, Yellow Perch | Use Moderately- 1 or 2 times @ week Chicken, Cornish Hen, Turkey, Abalone, Albacore (tuna), Mahimahi, Ocean Perch, Pike, Porgy, Sailfish, Sea Bass, Shark, Smelt, Snapper, Sturgeon, Swordfish, Weakfish, White Perch, Yellowtail | Avoid Always -ALLERGIES- harmful Pork, Ham, Bacon, All pig derived foods, Beef, Buffalo, Duck, Goose, Lamb, Mutton, Partridge, Pheasant, Rabbit, Veal, Venison, Quail, Anchovy, Barracuda, Beluga, Bluefish, Bluegill Bass, Catfish, Caviar, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Grey Sole, Haddock, Hake, Halibut, Herring, Lobster, Lox, Mussels, Octopus, Oysters, Scallop, Shad, Shrimp, Sole, Squid, Striped Bass, Tilefish, Turtle |
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DAIRY & EGGS- should be avoided. Rice may be used as a primary alternative, soy as a second. Goat cheese, kefir and yogurt may be acceptable at times as well as mozzarella (low fat).

OILS & FATS- use monounsaturated; extra virgin when possible; oil becomes saturated if used for frying (reaches 150+ degrees)

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| Most compatible with your type Linseed (flaxseed), Olive | Use Moderately- 1 or 2 times @ week Canola, Cod Liver | Avoid Always -ALLERGIES- harmful Corn, Cottonseed, Peanut, Safflower, Sesame |
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NUTS & SEEDS- raw is best, not salted and roasted; chew very well

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| Most compatible with your type Peanuts (with skins), Pumpkin | Use Moderately- 1 or 2 times @ week Almond, chestnut, Filbert, Hickory, Litchi, Macadamia, Pignola (pine), Poppy, Sesame, Sunflower, Walnut | Avoid Always -ALLERGIES- harmful Brazil, Cashew, Pistachio |
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BEANS & LEGUMES- if you get gas, you are enzyme deficient, lipase is recommended

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| Most compatible with your type Aduke, Azuki, Black, Green, Pinto, Red Soy, Lentil, Pea (black eyed) | Use Moderately- 1 or 2 times @ week Broad, Cannellini, Fava, Jicama, Snap, String, White, Peas (green, pods, snow) | Avoid Always -ALLERGIES- harmful Copper, Garbonzo, Kidney, Lima, Navy, Red, Tamarind |
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CEAREALS, BREADS, GRAINS & PASTA- fermentation of some items makes them more acceptable

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| Most compatible with your type Cereal (amaranth, buckwheat, kasha), Bread (essene, ezekiel, rice cake, soya, sprouted wheat) Soba Noodles, Flour (rice, rye, oat), | Use Moderately- 1 or 2 times @ week Barley, Bulgar, Corn, Couscous, Durham, Kamut, Millet, Quinoa, Spelt, Rice <i>Sprouted wheat is acceptable.</i> | Avoid Always -ALLERGIES- harmful Familia, Farina, Granola, Grape Nuts, Wheat, English Muffin, White Flour, Pasta (semolina, spinach) |
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VEGETABLES- fresh from an organic market is best, fresh from the market is second choice, then frozen, then canned

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| Most compatible with your type Artichoke, Beet Leaves, Broccoli, Carrots, Chicory, Collard Greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Lettuce (romain), Okra, Onion (red, spanish, yellow), Parsley, Parsnips, Pumpkin, Spinach, Sprouts (alfalfa), Swiss Chard, Tempeh, Tofu, Turnips | Use Moderately- 1 or 2 times @ week Arugula, Asparagus, Avocado, Bamboo Shoots, Beets, Bok Choy, Craway, Couliflower, Celery, Chervil, Coriander, Corn (white, yellow), Cucumber, Fennel, Fiddlehead Fern, Lettuce (bibb, boston, mesclum), Mushroom (abalone, enoki, portobello, tree oyster), Mustard Greens, Olives (green), Onions (green), Radicchio, Radish, Rappini, Rutabega, Scallion, Seaweed, Shallots, Sprouts (brussel, mung, radish), Squash, Water Chestnut, Watercress, Zucchini | Avoid Always -ALLERGIES- harmful Cabbage (chines, red, white), Eggplant, Lima Bean, Mushroom (domestic, shiitake), Olives (black, green, spanish), Peppers (green, jalapeno, red, yellow), Potato (sweet, red, white), Tomatoes, Yams |
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FRUIT- eat alone; 1 hour separate from any other foods

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| Most compatible with your type Appricot, Blackberry, Blueberry, Boysenberry, Cherry, Cranberry, Fig, Grapefruit, Lemon, Pineapple, Plum, Prune, Raisin | Use Moderately- 1 or 2 times @ week Apple, Currant (red, black), Dates, Elderberry, Gooseberry, Grape (black, concord, green, red), Guava, Kiwi, Kumquat, Lime, Loganberry, Melon (canang,casaba, chrstmas, crenshaw, musk, spanish, watermelon), Nectarine, Peach, Pear, Persimmons, Pomegranates, Prickly Pear, Raspberry, Star Fruit, Strawberry | Avoid Always -ALLERGIES- harmful Banana, Coconut, Mango, Cantaloupe, Honeydew, Orange, Papaya, Plaintain, Rhubarb, Tangerine |
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SPICES & OTHER

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| Most compatible with your type Barley Malt, Black Strap Molasses, Garlic, Ginger, Miso, Mustard, Soy Sauce, Tamari, Red Wine, Green Tea, Naturally Brewed (and organically grown) Coffee * Exercise such as Tai chi or yoga | Use Moderately- 1 or 2 times @ week All spices not listed in right column; Jam/Jelly (from acceptable fruits), Pickles, Relish, Salad Dressing (from acceptable ingredients), White Wine | Avoid Always -ALLERGIES- harmful Capers, Gelatin, Pepper (black, cayenne, peppercorn, red, white), Vinegar (balsamic, red wine, white), Wintergreen, Ketchup, Mayonnaise, Worcestershire Sauce, Beer, Liquor, Seltzer Water, Soda (all carbonation), Tea (black) |
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MISCELLANEOUS- body functions best in a slight state of alkalinity. It is vital that type "A" prepare their foods from the purest ingredients, staying away from processed, frozen, pre-packaged foods that contain many additional chemicals and additives. Use whole/natural and prepare without harmful ingredients and spices. Because you tend to create excess mucus, you may wish to start your day with a warm (or hot) cup of water with 1/2 lemon fresh squeezed into it.

JUCES- see list of fruits and vegetables.

Please contact your local Certified TBA Practitioner for more details www.hcmionline.com