

COMBAT ALLERGIES WITH BLOOD TYPE DIET

**April
2022**

Immune cells, called IgE, are created by the body in response to specific allergens. Once created, they can last for months, immediately releasing histamine and causing symptoms whenever the offending substance is eaten or breathed in. Anti-histamines suppress allergy symptoms, because histamine is the chemical responsible for them.

Symptoms associated with allergies are signs of inflammation. Rid yourself of hyper-reactivity associated with allergies by healing and strengthening your gut. Step-up your compliance to your Blood Type Diet and add the super-beneficial allergy-fighting foods for your blood type that Dr. D'Adamo suggests in his book, [Allergies: Fight Them with the Blood Type Diet](#)

This year, stop allergy symptoms before they start with these simple steps.

Don't wait for symptoms to start. For natural allergy prevention begin taking essential supplements now. Collinsonia Plus offers relief from stuffy sinuses, Quercetin has powerful anti-inflammatory properties, and Proberry Caps contains elderberry combined with ARA6 to optimize immune function.

Reduce allergy triggers by removing shoes and clothing that can carry pollen into your home and close windows on windy days to prevent pollen from blowing indoors.

Schedule time for extra rest. Seasonal changes add an additional stress to our bodies, and by making time to get additional sleep and downtime, you can keep your overall system strong, reduce stress, and increase your vitality.

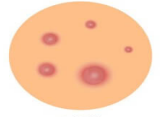
ALLERGY SYMPTOMS



SNEEZING



LABORED BREATHING



RASH



RUNNY NOSE



EDEMA



COUGH



REDNESS



LACRIMATION



HEADACHE

Fight Allergies Naturally According to Your Blood Type:

BLOOD TYPE O

- More prone to inflammation than other blood types
- Higher risk for asthma and hay fever Allergic reactions exacerbated by most grains and starches, especially wheat, corn, sorghum and barley
- Protein, in the form of lean, organic meat, is crucial to Type O digestive health and immune balance
- Be sure to eat plenty of the 'Super Beneficials' listed in the, Allergy Book like halibut, pineapple and turmeric

BLOOD TYPE A

- Tendency to produce high level of 'Selectins', which can lead to hyperactive inflammatory response
- Tendency to produce excess mucus
- Predisposed to bronchial asthma in childhood
- Get most of your protein from non-meat sources
- Add Soy-based foods to your diet
- Add other 'Super Beneficials' like Salmon and Cranberry, see the Allergy book for lists of these foods

BLOOD TYPE B

- Prone to greater severity of chronic inflammation of the lungs including bronchial asthma or pollinosis
- Higher susceptibility to grass pollen. Allergies can be exacerbated by eating 'avoid' meats, especially chicken
- Limit cheese consumption
- Try the Sip Right 4 Your Type Tea for Type B, containing Ginger, which has anti-oxidative and anti-inflammatory activities
- Add 'Super Beneficials' to your diet, like cultured dairy and elderberries - see the Allergy book for more of these foods for Type B

BLOOD TYPE AB

- Greatest resistance to respiratory allergies of all the blood types
- AB's share some of the qualities of both Type A and Type B including tendency to overproduce 'Selectins' and susceptibility to viral and bacterial infections which can in turn trigger autoimmune inflammatory response
- Derive your protein from mostly non-meat sources and avoid chicken Add Soy and cultured dairy to your diet Substitute green tea for coffee.
- The EGCG in green tea blocks receptors involved in allergic response Substitute Cauliflower, a 'Super Beneficial' food for Type B, instead of corn and oat, rice or rye flour instead of corn flour

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Maybe it's the change of seasons. Maybe you're under a little extra stress. Whatever the cause, there are times when your immune system needs an extra boost. That's why Dr. Peter D'Adamo created a line of personalized supplements specifically designed to promote healthy immune function.

Promotion: ALLERGY SUPPORT PACK



**Save
20%**

**Now
\$141**
only RP: \$176
(per Pack)

NO Stearates & Fillers:

**We do not use
artificial
fillers, animal
stearates or
synthetic
lubricants in
our products.**

**QUERCETIN \$65
COLLINSONIA \$46
PROBERRY CAPS \$65**

•Buy any 2 bottles @ 10% off

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or whatsapp +65 97295570

Quercetin Plus:

Natural Antihistamine Quercetin flavonoid is 400 times more potent than vitamin E. Quercetin has been found to inhibit the release of histamine and stabilize cell membranes. It also have many beneficial effects on human health, including cardiovascular and stomach health protection, maintaining immune system health, and helping to calm the occasional, temporary inflammation following sports activity.

Collinsonia Plus:

(Stone Root) to be of great reliability in assisting to stabilize the lining on the sinuscavities and to minimize the build-up of excess mucus in the sinus cavities and throat.

Proberry Caps:

Immune Enhancer A special blend of blueberry, elderberry, red raspberry, and cherry extracts. Proberry Caps is an excellent antioxidants and great choice for immune support. These berry flavanoid are capable of increasing intracellular levels of vitamin C, maintaining capillary stability, quenching freeradicals, maintaining the integrity of collagen, inactivating microbial enzymes and enhancing resistance to infection, and blocking microbial adhesion of cells.

Terms & Conditions

- 1). The promotion item is while stock last and available for blood type O,A,B,AB , prices are subject to change at management's discretion
- 2) The Company reserves the right to amend, add or delete these terms and conditions without prior notice.
- 3). The Company's decision is final and no correspondence will be entertained

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Synergist Supplements for Anti Allergy Support:

To order please call +65 63395570 or whatsapp +65 97295570

Scienca:

Powerful Anti-inflammation Tonic

- Scienca is a blend of curcumin, quercetin, and bromelain, which, when used in combination, enhance the body's own ability to inhibit and repair the destructive effects of inflammation.
- * Turmeric lowers the levels of two enzymes in the body that cause inflammation.

Bromelain :

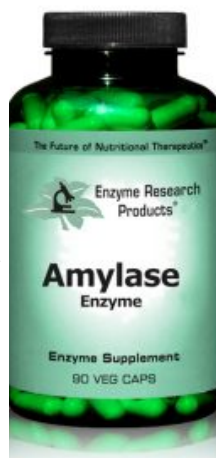
A natural enzyme found in the pineapple plant, known widely as a digestive enzyme.

- Bromelain have been shown to be an effective anti-inflammatory in helping to accelerate recovery from the temporary pain and swelling that sometimes occurs after exercise and sports activities.
- Bromelain is an effective aid in maintaining tissue health.



ARA 6 Powder (100 grams)

- This light, fiber-rich powder derived from the Western Larch tree, provides an essential boost to the immune system. The primary component of ARA 6 is a long chain of linked sugars, called Arabinogalactans, which are high-molecular weight polysaccharides



Amylase:

- Amylase deficiency is involved in antiinflammatory conditions of the skin, e.g., psoriasis, eczema, allergies, bee and bug stings, hives and all types of herpes.*
- Amylase deficiency may be an indicator of asthma, emphysema, and stiff joints.*



HERBS, SPICES, AND FOODS FOR ALLERGY RELIEF

Allergies arise from the body's natural reaction to pollen released from particular trees. The trees most commonly to blame for allergies are oak, olive, elm, birch, ash, hickory, poplar, and sycamore.

There are numerous herbs, spices and foods, which can help naturally to prevent and treat unpleasant and annoying springtime allergy symptoms. Just a few will be highlighted below. For best results, wild, organic, non-irradiated herbs, spices and foods should be used to minimize unwanted chemicals and toxins.

Tumeric (*Curcuma longa*) is a spice commonly used in Indian curries. Due to its active ingredient Curcumin, it has anti-inflammatory and antioxidant properties. Tumeric supports the mucus membranes of sinuses and lungs and is therefore a wonderful and also delicious choice for springtime allergy prevention and relief

Stinging Nettle Leaf (*Urtica dioica*) is an herb containing histamine, which is exactly what the body secretes during an allergic reaction. helps to desensitize the body to allergens that would otherwise have caused the typical sneezing, runny nose, and itchy eyes well known to those who suffer from springtime allergies. Stinging Nettle can be used fresh, as a tea or as a supplement in the form of freeze-dried herb.

Broccoli has high levels of vitamin C and it is known for clearing up blocked sinuses

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Citrus Fruits such as oranges, lemons, lime, and grapefruit also contain large content of vitamin C. Vitamin C is a natural antihistamine and therefore a vitamin C rich diet helps in fighting conditions like seasonal allergies.

Onions, Garlic, and Apples all contain high levels of quercetin, which helps fight allergens due to its antihistamine-like action.

Parsley inhibits the secretion of allergy-inducing histamines. It is a rich source of anti-inflammatory phytonutrients such as apigenin and carotenoids. Parsley also raises levels of antioxidant enzymes in the bloodstream.

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Acupuncture for Sinus Issues



Your [sinuses](#) are four connected spaces in your skull, found behind your forehead, eyes, nose, and cheeks. They produce mucus that drains directly into your nose and through it, helping keep bacteria, dirt, and other irritants out.

Generally, your sinuses are empty except for air that moves through the channels linking them. But allergies or a cold can block them up. Certain pollutants, like dust or smoke, and nasal growths called polyps can also cause blockages.

If your sinuses are blocked, you might feel like there's pressure building up in your face. You might also feel congested and develop a headache. While over-the-counter decongestants can provide some short-term relief, they aren't great for long-term use.

If you want to try a more natural route or have a recurring sinus issues [acupuncture](#) may help.

How does it work?

In traditional Chinese medicine (TCM), your health depends on the flow of [qi](#) (energy) in your body. This energy travels along invisible pathways, known as meridians. These are found throughout your body.

Qi is believed to help keep your body in balance and promote its natural ability to heal itself. A blocked or disrupted flow of qi can negatively impact physical and emotional well-being.

During an acupuncture session, very thin needles are inserted into your skin to stimulate certain points, based on the symptoms you're addressing. This stimulation, according to TCM, helps to clear blockages along your meridians, restoring the flow of qi through your body.

People use acupuncture to help with a range of sinus issues, including headaches, pressure, pain, and nasal congestion.

Which points target the sinuses?

There are hundreds of acupuncture points across your body. If you try acupuncture, the acupuncturist will take a detailed history of your symptoms before deciding what acupuncture points to use.

Keep in mind that certain points are linked to multiple uses, and not all practitioners use the same points. Some common acupuncture points used to treat sinus issues or allergic rhinitis include:

- Bitong (EM7)
- Yingxiang (LI20)
- Hegu (LI4)
- Quchi (LI11)
- Juliao (ST3)
- Yangbai (GB14)
- Fenglong (ST40)
- Shangxing (GV23)
- Sibai (ST2)
- Zanzhu (BI2)

If you have recurring sinus issues or are looking to try alternative treatments, acupuncture may be worth a shot. Just make sure you see a licensed acupuncturist and keep up with any prescribed sinus treatments.

To learn more our TCM service please call +65 63395570.

Source: <https://www.healthline.com/health/acupuncture-for-sinus#takeaway>

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