

# BLOOD SUGAR & THE BLOOD TYPE DIET

**November  
2019**

Everyone can benefit from following the Blood Type Diet. For individuals who are challenged with blood sugar issues, the personalized nutrition and lifestyle guidelines of the Blood Type Diet provide additional support for healthy blood sugar maintenance and regulation.

Let's quickly review some fundamentals of blood sugar maintenance. The hormone insulin produced in the pancreas, moves sugar out of the bloodstream and into cells. If there's more sugar in the bloodstream than the body needs right away, the extra is stored as fat. Normally, the presence of too much sugar in the blood signals the pancreas to release insulin, and lowered blood sugar levels makes insulin production stop.

**Low blood sugar, or hypoglycemia, occurs when there's too much insulin for the amount of sugar.** This can happen from eating a high sugar, low fat, low protein meal that releases a lot of sugar quickly. Then no more energy is released while insulin levels are still high. Eating a diet that's right for your type can help keep blood sugars in a healthy range.

**Type 1 Diabetes** occurs when the pancreas stops producing insulin. Insulin shots will be needed for life, and following the right diet provides additional support and helps prevent complications.

**Type 2 Diabetes** occurs when the pancreas still makes insulin, but the insulin isn't working as well as it should. This can be managed via diet, but sometimes medications are also needed. Gestational diabetes is when blood sugar gets too high during pregnancy. It usually clears up after delivery, but it raises the risk for Type 2 Diabetes later in life.

**People with diabetes often have high cholesterol and/or high triglycerides.** Your body uses cholesterol to build cell walls and to produce certain vitamins and minerals. Triglycerides are used as stored fat that keeps you warm, protects organs, and provides energy reserves. When these fats are out of control, they collect and harden into arterial plaque, which blocks the flow of blood to the heart. Uncontrolled high blood sugar can cause many complications, involving the kidneys, blood vessel, and nerves.

**Many people with Type II Diabetes or pre-diabetes also have high cortisol levels and excess body fat.** Cortisol is a stress hormone, and among other things, it causes blood sugar to go up. This is useful in the "fight or flight" reaction- giving our ancestors the energy to escape from predators. But, chronic high cortisol interferes with another hormone called leptin. Leptin acts on the hypothalamus to regulate the extent of body fat, the ability to burn fat for energy, and satiety (the state of being completely full). A vicious cycle follows as excess body fat encourages cortisol production, which can then lead to high blood sugar levels, high blood pressure, and other health problems associated with obesity.

People with **Blood Types A and AB** lack the enzymes to digest high fat and high protein meals. Over consumption of fatty foods increases the cardiovascular risks for diabetics. **Blood Types Os and Bs** lack the ability to digest high carbohydrate meals and are prone to high triglycerides and high blood pressure. Both Blood Types As and Bs have higher natural levels of cortisol, and need to work on stress management as part of their healthy lifestyle.

Some foods contain proteins called lectins – abundant and diverse proteins found in foods – which can agglutinate or clump your blood. Lectins are highly blood type specific, making them good for some people while toxic to others. Some lectins, particularly those found in many common grains, can wreak havoc on the body's fat cells by binding to their insulin receptors.

# November 2019 Special

In addition to following the personalized diet and exercise guidelines for your Blood Type Diet, Dr. D'Adamo has formulated a unique series of products that help to maintain blood sugar levels already in the normal range, support healthy energy levels, and block the negative consequential harmful lectin

## Promotion: **SUGAR METABOLISM SUPPORT PACK**



**Save 25%**

**Now \$177**  
only RP: \$237  
(per Pack)

**NO Stearates & Fillers:**  
We do not use artificial fillers, animal stearates or synthetic lubricants in our products.

•Glycoscia -\$69  
•El Dorado- \$79  
•Deflect -\$89

**•Buy any 2 bottles @ 20% off**

### Terms & Conditions

- 1). This promotion is for members only. 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

**Glycoscia-** Unique formula designed to support healthy metabolism, promote weight loss and maintain homeostasis. Glycoscia is an innovative, one-of-a-kind nutraceutical formula designed by Dr. Peter D'Adamo as an aid to weight loss, the maintenance of blood sugar levels already in the normal range, and the overall enhancement of a healthy metabolism.

### Synergistic Co-Factors

**Resveratrol:** Resveratrol, a polyphenolic compound, is found primarily in red wine and red grape skins. Each capsule of Glycoscia supplies a full 50 mg of Resveratrol, providing 50% trans-resveratrol compounds.

**Quercetin:** Nature's most important bioflavonoid, Quercetin supports a normal digestive and immune system.

**Red Sage Root:** Used traditionally in Chinese medicine, recent research in the West confirms Salvia's importance in supporting healthy cardiovascular and liver function.

**Maitake Mushroom:** Adaptogen considered to be "The King of Mushrooms." Research suggests that Maitake appears to maintain blood sugar levels that are already in the normal range.

**El Dorado-** Dr. Peter D'Adamo formulated **El Dorado**, a unique formula designed to support the healthy function of AMPK. He has found that patients on the **El Dorado** protocol show healthy blood sugar regulation, an increase in muscle mass, normalized cellular energy production, and a metabolism working at optimal levels, especially when combined with proper diet and exercise. Maintaining healthy function of AMPK also improves many of the cellular systems involved in waste removal. This has important significance with regard to anti-aging, as the accumulation of cellular waste products is a well-recognized sign of the aging process.

**Deflect-** One of Dr. D'Adamo's most popular and foundational formulas, Deflect has a wide range of applications, including supporting weight loss, enhancing metabolism, and aiding in maintaining the integrity of the digestive system. Deflect is designed to block problematic dietary lectins, which are ABO blood type specific and can wreak havoc in the gut and on the immune system. There are four Deflect formulas, one for each blood type.

### Ingredient Highlights:

- Type O:** N-Acetyl D-Glucosamine, Bladderwrack, Larch Arabinogalactan.
- Type A:** Chondroitin Sulfate, D-Mannose, Cranberry Concentrate.
- Type B:** Larch Arabinogalactan, Pectin (citrus), N-Acetyl Cysteine.
- Type AB:** Larch Arabinogalactan, Cranberry and Pineapple Concentrate, D-Mannose.

To order please  
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The Blood Type Diet is designed to be low in harmful lectins, and to emphasize the foods that are easier for your body to digest and limits the foods that are harder on your body. For many diabetics and pre-diabetics, weight loss and management is an important health goal. Following the Blood Type Diet can encourage weight loss and blood sugar stability.

## Blood Type O Weight Profile

WEIGHT GAIN		WEIGHT LOSS	
FOOD	MECHANISM	FOOD	MECHANISM
Wheat	Insulin resistance	Red meat	Aids efficient metabolism, builds muscle
Corn	Insulin resistance	Walnuts	Improves insulin metabolism
Dairy	Poorly digested	Kale, broccoli, spinach	Aids efficient metabolism
Kidney and navy beans, lentils	Insulin resistance, impairs calorie utilization	Seaweeds, seafood, sea salt	Increases thyroid hormone production
Cabbage, brussel sprouts, cauliflower	Inhibit thyroid hormone	Plum, pineapple	Improve insulin metabolism

## Blood Type A Weight Profile

WEIGHT GAIN		WEIGHT LOSS	
FOOD	MECHANISM	FOOD	MECHANISM
Red meat	Poorly digested and stored as fat	Soy	Improves insulin metabolism
Kidney, lima beans	Promotes insulin resistance and block digestive enzymes	Seafood, fish oils	Improves insulin metabolism and prevents fluid build up
Dairy	Creates insulin resistance	Broccoli, spinach	Aids efficient metabolism
Wheat	Creates insulin resistance and impairs calorie utilization	Mushrooms	Improves insulin metabolism
Corn, potatoes	Creates insulin resistance	Pineapple	Improves insulin metabolism and aids digestion

## Blood Type B Weight Profile

WEIGHT GAIN		WEIGHT LOSS	
FOOD	MECHANISM	FOOD	MECHANISM
Chicken	Promotes insulin resistance	Meat, liver	Optimizes metabolism and aids digestion
Lentils, peanuts, sesame seeds	Promotes insulin resistance/hypoglycemia	Low-fat dairy	Improves insulin metabolism
Corn, potatoes	Promotes insulin resistance	Broccoli, greens	Aids efficient metabolism
Wheat, buckwheat	Promotes insulin resistance and impairs calorie utilization	Walnuts	Improves insulin production
Processed sugar	Promotes insulin resistance	Licorice tea	Counters hypoglycemia

## Blood Type AB Weight Profile

WEIGHT GAIN		WEIGHT LOSS	
FOOD	MECHANISM	FOOD	MECHANISM
Chicken	Promotes insulin resistance	Soy	Optimizes metabolism and aids digestion
Red meat	Poorly digested and stored as fat	Seafood	Helps regulate blood sugar
Kidney beans, lima beans	Promotes insulin resistance	Cultured dairy	Improves insulin response
Buckwheat	Promotes insulin resistance and impairs calorie utilization	Broccoli, greens	Improves metabolic efficiency
Processed sugart	Promotes insulin resistance	Cherries, plums	Improves insulin response



# November 2019

## Acupuncture & Moxibustion for Diabetes

Acupuncture and moxibustion are effective for the treatment of diabetes. Researchers at Nanjing University of Chinese Medicine have concluded that acupuncture combined with moxibustion has a total effective rate of 84.78% for the treatment of type 2 diabetes.

The researchers also investigated the implementation of acupuncture as stand-alone therapy. Without moxibustion acupuncture had a total effective rate of 69.57%. As a result, the researchers conclude that combination therapy produces superior results for patients.

Acupuncture and acupuncture plus moxibustion caused significant improvements in enteroinsular axis and lipid indicators for type 2 diabetics. Specifically, the overall effective rate was determined by measurements of various clinical factors, including changes in the following:

- Insulin Sensitivity Index (ISI)
- Fasting Insulin (FINS)
- Fasting Leptin (FLP)
- Fasting plasma glucose (FPG)
- Homa Insulin Resistance Index (Home-IR)
- Insulin Secretion Index (Homa-β)
- Body Mass Index (BMI)
- HDL increases
- LDL decreases
- Total cholesterol
- Triglycerides

Moxibustion was applied to CV6, CV4, ST36 and DU4 acupoints. Two groups were tested with acupuncture, one with moxibustion and one without. Both groups received acupuncture treatments at a rate of once every two days for three months. The total needle retention time for each acupuncture session was 30 minutes. Moxibustion acupuncture achieved a total success rate of 84.78% and autonomous acupuncture achieved a total effective rate of 69.57%.

Another study similar to acupuncture combined with moxibustion was more effective than acupuncture alone for the treatment of diabetic gastroparesis. This condition involves delayed gastric emptying due to diabetic neuropathy that affects the vagus nerve, which controls the movement of food in the digestive tract.



The acupuncture points used in the study included the following primary selections of acupuncture points:

- BL29, Pishu
- LV13, Zhangmen
- BL21, Weishu
- CV12j, Zhongwan
- LV14, Qimen
- BL23, Shenshu
- GB25, Jingmen
- SP6, Sanyinjiao
- CV6, Qihai
- CV4, Guanyuan
- ST36, Zusanli
- DU4, Mingmen

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