

# Does KETO work with Blood Type Diet?

**March  
2021**

If you've been wondering whether you can combine The Blood Type Diet with the Ketogenic Diet (Keto diet) you're not alone. In fact, it's one of our most frequently asked questions. Both diets offer well-documented health benefits, but can Keto's one-size-fits-all approach complement a personalized nutrition solution?

## Can I Do The Blood Type Diet and the Ketogenic Diet Together?

If you've been wondering whether you can combine The Blood Type Diet with the Ketogenic Diet (also known as the Keto Diet), you're not alone.

In fact, it's one of our most frequently asked questions. Both popular diets offer well-documented health benefits, so it's certainly a natural question to ask. The answer is yes, it is possible to incorporate both diets together, but it will be easier for some blood types than others. That's the short answer. For a more complete answer, let's look at both diets a little closer.



## What exactly is the Keto Diet?

It involves keeping your body in a state of "ketosis," which is when your body switches from burning glucose for energy to burning ketones, which come from the breakdown and metabolism of stored fats.

In simpler terms, it's a very low-carb, high-fat diet. In fact, most people will need to reduce their carb intake to less than 50 grams a day, and some people even less depending on individual biology.

Historically, the Keto Diet was used to control seizures in people diagnosed with epilepsy. But more recently, evidence points to broader health benefits, such as improved heart health, reduced risk of cancer, hormone balancing and of course weight loss.

## So, can I combine a Keto Diet with The Blood Type Diet?

It's definitely possible to follow both diets simultaneously, however some blood types will have an easier time than others.

**If you are Blood Type O**, it should be quite easy. That's because this blood type produces higher amounts of stomach acid and intestinal enzymes to help digest and metabolize high fat, protein-rich foods. A personalized nutritionally complete diet for someone with Blood Type O already includes animal meats and fats. So to successfully combine both diets, Blood Type Os would simply need to increase their intake of beneficial higher fat foods, maintain protein intake and restrict carbohydrate-rich foods.

**For Blood Type Bs**, a combined diet would also be possible but it may take a bit more work. Someone with this blood type can best be described as a "balanced omnivore," and a personalized diet for a Type B includes certain meats, seafood, dairy and grains. Individuals with Blood Type B do produce a fair amount of stomach acid and intestinal enzymes, although not as much as those with Blood type O. But restricting carbohydrates as required by the Keto Diet, while maintaining the balance most beneficial for Type Bs, does make it a bit harder. It is possible for Blood Type Bs to follow both diets, but it might require a little extra planning and a dash of creativity.

Unfortunately for **those with Blood Type A**, combining the Ketogenic Diet with The Blood Type Diet could prove to be quite difficult. Type As have difficulty digesting and metabolizing meat protein and therefore thrive on a largely vegetarian diet. The levels of stomach acid and intestinal enzymes produced by Type As is quite low in comparison to other blood types, which would make a high fat, animal protein rich diet challenging. But for those who are very determined, there are vegetarian versions of the Keto Diet. Reaching ketosis is possible by relying on high-fat plant products like avocados, nuts and seeds, but would require significant planning and may be quite restrictive and repetitive.

**The fourth blood type, Type AB**, is quite rare and found in less than five percent of the population. People with Blood Type AB carry tolerances and predispositions of both Type As and Type Bs. So what does this mean for Type AB individuals who want to combine The Blood Type Diet with the Keto Diet? They will have an easier time than Type As, but will still need to plan carefully and pay close attention to their beneficial food list.

**The differences between the Keto Diet and The Blood Type Diet**  
One of the main differences between the two diets is in how foods are determined to be included (beneficial) or excluded (foods to avoid). **The Keto diet** is based largely on the nutritional content of food. Meals are comprised of high-fat, low-carb foods with moderate amounts of protein. While there is a list of foods to be avoided, for example grains, lentils and peanuts, this list applies universally to everyone following the diet.

**The Blood Type Diet**, however, is more personalized in that it considers the biochemical individuality of each person. Rather than a one-size-fits-all approach, The Blood Type Diet takes into account the reaction between our blood and the foods we eat. The key to our individuality lies in our blood type, and knowing our type can help to understand why certain foods are Right 4 Your Type® and others are not. While both diets are based on whole foods and share the goal of overall health, The Blood Type Diet, **rooted in science**, is based on the benefits of personalized nutrition.

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**March 2021**

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  - Enhancing metabolism
  - Aiding in maintaining the integrity of the digestive

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**Harmonia Deluxe - an**

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**Uniblend: Your one-stop Right for All Types protein.**

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- **Arabinogalactan from Larix laricina:** Arabinogalactans from the western larch tree are high-molecular-weight polysaccharides (sugars) capable of up-regulating critical aspects of the immune system, while also providing a source of prebiotic beneficial for the gut, and fiber beneficial for the colon.
- **Bromelain:** A digestive enzyme found in the stem and fruit of the pineapple plant (Ananas comosus), Bromelain is best known as a digestive aid and for its role in aiding the body's post-workout and muscle injury recovery.
- **Alpha-Lipoic Acid:** A potent antioxidant compound, ALA works with mitochondria (the energy powerhouses of the cell) helping turn nutrients into energy and aiding the body's natural antioxidant defenses. It is also known to help curb cravings and aid in weight loss.

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## A PERSONALIZED FITNESS ROUTINE TO BUILD LEAN MUSCLE



### Method: Blood Type O&B:

Perform exercises one-six for 30 seconds each without stopping. Rest for 60 seconds then repeat for five sets in total. Increase the weight each time if you can. Then cardio sprints on ANY piece of equipment, do seven sets of 30 seconds sprints followed by 30 seconds of recovery.

### METHOD: Blood Type A& AB

Perform exercise one-six for 30 seconds, with a 30 second rest between each exercise. Rest for 90 seconds then repeat for four sets in total. Increase the weight each time if you can. Then spend 10 minutes in stretch and relaxation followed by five minutes in deep breathing /meditation to finish.

## QUALITY PROTEIN SNACKS BY BLOOD TYPE

All Blood Types have a biological need for quality protein 'just from different sources. If you find your energy fading well before lunch, consider beginning the day with a protein source at breakfast. Both proteins and fats provide a steady energy source for the body! All Types can enjoy a quick protein snack anytime with Dr. D'Adamo's **UniBars** or **R4YT Protein Blend powders**.

○**Type O:** Try a small handful of pumpkin seeds or walnuts as a Beneficial snack; or a hard-boiled egg or nut butters – a Neutral snack.

○**Type A:** Nuts and seeds are a great source of snack protein for Type A. Peanuts or peanut butter are Beneficial, as are Flaxseeds and walnuts. Vegetable proteins like fava or black beans and soy products provide an endless source of quality protein.

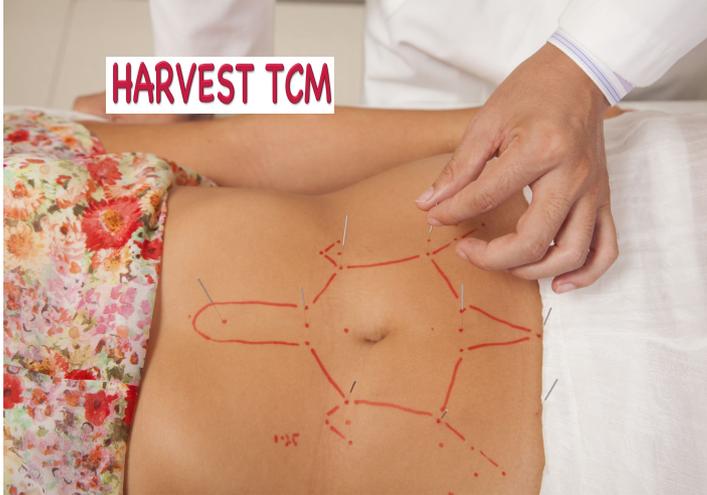
○**Type B:** Enjoy selected dairy protein snacks, Beneficial for Type B.

○**Type AB:** Try a slice of highly beneficial turkey, perhaps with a slice of Mozzarella. Or enjoy a light snack of walnuts, peanuts, or peanut butter



# March 2021

## WAYS TO BOOST YOUR METABOLISM INCLUDING ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE



Boosting metabolism is the holy grail of weight watchers everywhere, but how fast your body burns calories depends on several factors. Some people inherit a speedy metabolism. Men tend to burn more calories than women, even while resting. And for most people, metabolism slows steadily after age 40. Although you can't control your age, gender, or genetics, there are other ways to get a boost.

### **Build Muscle**

Our bodies constantly burn calories, even when we're doing nothing. This resting metabolic rate is much higher in people with more muscle. Every pound of muscle uses about 6 calories a day just to sustain itself, while each pound of fat burns only 2 calories daily.

That small difference can add up over time. In addition, after a bout of resistance training, muscles are activated all over your body, increasing your average daily metabolic rate.

### **Acupuncture**

Acupuncture also helps to regulate metabolism. A history of irregular eating, overeating and even thyroid dysfunction all contribute to a slow metabolism. Acupuncture can help to increase metabolism by stimulating the thyroid and endocrine glands as your body adjusts to the changes in your diet and exercise. Affecting the endocrine system also helps to stabilize blood sugar levels.

### **Power Up with Protein**

The body burns many more calories digesting protein than it does for fat or carbohydrates. Although you want to eat a balanced diet, replacing some carbs with lean, protein-rich foods can boost metabolism at mealtime. Healthy sources of protein include tofu, nuts, seeds, beans and eggs.

### **Traditional Chinese Medicine**

There are many **herbs** that are useful for boosting your metabolism, improving assimilation and elimination; eliminating congestion, breaking down fats and proteins, and lubricating and activating the intestines. When the appropriate herbs are taken for your overall condition, your body becomes more balanced, and weight loss is an easy, side benefit.

### **Drinking Green Tea**

Drinking green tea or oolong tea offers the combined benefits of caffeine and catechins, substances shown to rev up the metabolism for a couple hours. Research suggests that drinking two to four cups of either tea may push the body to burn 17% more calories during moderately intense exercise for a short period of time.

### **Fuel Up with Water**

The body needs water to process calories. If you are even mildly dehydrated, your metabolism may slow down. In one study, adults who drank eight or more glasses of water a day burned more calories than those who drank four. To stay hydrated, drink a glass of water or other unsweetened beverage before every meal and snack. In addition, try munching on fresh fruits and vegetables, which are full of fluid, rather than pretzels or chips

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