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*Individualized For*

**Jane Public**

*GT4 Explorer (Blood Group O Non secretor)*

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## Welcome to the Frontiers of Healing

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by Peter D'Adamo, ND

After 12,600,000 individual calculations (performed on 225 individual nutrient values found in each of 800 foods, matched to the results of 130 measurements and tests that we've performed on you) your personalized GenoType diet is now ready. Whew!

As a naturopathic physician and a researcher, I've always had a deep faith in our ability to take control of our bodies and our lives. Every day, I've treated patients who discovered a health, vitality, and joy in life that they'd never thought possible, simply by altering what they ate, which supplements they took, and how they exercised. Since my first book, *Eat Right for Your Type*, was published 11 years ago, I've been privileged to hear the most heartening stories about people whose lives have been transformed by finding the diet and exercise plan that fit them best.

Yet I'll admit I had one blind spot that I'd imagine a lot of you share. I always assumed that the genetic part of our story had already been written. The genes we inherited from our parents, I believed, were the cards we were dealt. I knew we had a lot of leeway in how to play those cards—and I went on to write numerous books that helped a lot of people play them better. But I was pretty sure that the cards we received at the moment of conception were the ones we had for life.

Imagine my delight, then, as I began to discover that we have an enormous power to improve our lives, even when it comes to our genes. True, we can't do anything about which chromosomes we got from our parents; we can't add new genes to the mix or eradicate old ones. But the genes we get at conception are only the beginning of the story. From our time in the womb through our childhoods, youth, and adulthood, we have the capacity to turn up the volume on some genes and silence others, vastly improving our capacity for health and happiness. We can understand the trajectory of our life and health—what physical challenges we're likely to face, what disorders we're most prone to—and we can respond effectively. With this in mind, I wrote my most recent book, called *The GenoType Diet* which identified, six different 'genetic archetypes' which I call **GenoTypes**.

### What Is a GenoType?

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As you can see, we're interested in both in our genes and their response to the environment. We're especially interested in their response to those crucial nine months in the womb. That whole package—our genetic material and its prenatal response—is called a GenoType.

Your Genotype determines such seemingly trivial details as the shape of your teeth, the length of your legs, and the pattern of your fingerprints. More significantly, it decides which foods will help you lose weight and achieve vitality—and which illnesses you're most at risk for.

I've identified six GenoTypes: the Hunter, the Gatherer, the Teacher, the Explorer, the Warrior, and the Nomad. These GenoTypes probably developed over the last 100,000 years of human history. They're older than ethnicity, and they don't necessarily line up with your family patterns. In other words, you could be the only Hunter in a family full of Gatherers, or the only Nomad in a family full of Warriors. Yes, your GenoType is the product of the genes you inherited from your family, but it's also the result of your prenatal experience. Your genes, and your first nine months in the womb combine to create your GenoType. When you know which GenoType you belong to—which you can learn by taking the simple tests outlined in Part II of this book—you'll know which diet, exercise plan, and supplements can give you the best chance at your optimal weight and maximum health. You'll also learn which diet and exercise can help you prevent the conditions to which you're most vulnerable.

The GenoType Diet is rooted in intense scientific study and analysis, bringing together genetic research and physical data from hundreds of individuals to create six distinct GenoTypes and accompanying strategies to maximize each one's strengths and minimize weaknesses.



## GenoType and Blood Type: What's the Difference?

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By this point, those of you who are familiar with my Blood Type Diet may be asking how it relates to The GenoType Diet. After all, both diets are individualized health plans that are geared to your specific biology and your unique health needs. And both depend to some extent on your genetic heritage.

That's true, and I don't want those of you who were good enough to buy my Blood Type Diet books to throw them away! I can assure you, they're still accurate. But in the 11 years since I published the first of these books, I've done further research and learned a lot more about how our bodies work. I can now see that GenoTypes are an even more refined, complete, and accurate way of understanding the human body than blood type alone.

Although they have very great similarities, the Blood Type Diet series of books and the new GenoType Diet book are actually two distinct dietary systems, which complement each other but work through different mechanisms. While it is hard to blend both systems on your own, working from each book (you more or less have to choose a system and stick with it) it is very easy to develop even more specific and personalized diet plans for any individual by using the tremendous data crunching power of modern computers. Computer programs can rapidly analyze hundreds of different foods in a split second; and make tens of thousands of decisions based on how we program it.

### Welcome to SWAMI GenoType

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*SWAMI GenoType* is a sophisticated computer software system written by Dr. Peter D'Adamo. Dr. D'Adamo is a world-renowned expert in nutrition and genomics, and wrote the *SWAMI GenoType* software to harness the power of computers and artificial intelligence, using their tremendous precision and speed to help tailor unique one-of-a-kind diets to individuals, based on their blood types, fingerprints, medical history, biometric measurements and over ninety other variables.

The staff of this clinic have been extensively trained in the use of the software and the development of the inventories used to generate the diet, so what follows is undoubtedly the most custom-tailored diet science and technology are currently capable of producing. SWAMI GenoType is capable of determining your GenoType and prescribing the appropriate GenoType Diet for you, but it can do much, much more. From its extensive knowledge base, SWAMI GenoType can evaluate each of over 700 foods for over 200 individual attributes (such as its cholesterol level, gluten content, presence of antioxidants, etc.) to determine if that food is either a superfood or toxin for you. It then prints out a specific one of a kind diet in an easy to read, friendly format.

SWAMI GenoType considers a food to be either of three values: a 'superfoods', 'neutrals' or 'toxin avoids.' Each category of foods is broken down based on these values; for example, some types of poultry may be better for you than others. At the end of the diet section SWAMI GenoType prints out a list of food which you should minimize and its rationale for its decisions. Some avoids are noted by a black dot (•). These are **temporary avoids** meaning that you should minimize or avoid these foods for a period of about three months, to allow your digestive system to regenerate and detoxify. Once it has been rebuilt you can reintroduce these in small amounts. Some superfoods are noted with a diamond character (◊). These are **extra-special super-foods** with the ability to enhance weight loss, increase immunity and slow down aging. These foods should be consumed frequently.

As always, if you have any questions, feel free to discuss them with your physician case-manager.



## You Are GenoType 4: The Explorer.

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Through our unique methods of extensive biometric and genetic testing, you have been GenoTyped as a **GT4 Explorer**.

The first three GenoTypes were probably developed by our ancestors some 50,000 to 75,000 years ago. The Explorer is a newer model, maybe about 20,000 years old. Like Hunters, they're reactive, but unlike Hunters, they're highly idiosyncratic, reacting intensely to some environmental threats and not at all to others. For example, if you're one of those folks who can't drink coffee because it keeps you up all night, you're almost certainly an Explorer. I have no idea whether Frank Sinatra was an Explorer, but he did popularize their motto, which is, "I do it my way." My theory is that in every population, you need some folks who do things very differently, so that if the majority turns out to be wrong, someone is if there to offer an alternative. Explorers can do that—but sometimes they just seem naturally contrary. They're more often left-handed, Rh-negative, and asymmetrical: their left and right sides don't match, right down to their fingerprints. They seem to have their own ways of digesting food, responding to disease, and otherwise coping with an ever-changing, unpredictable environment. I think of them as glacial refugees, continually forced from one home to another as they tried to escape the ice. They never had the chance to settle down into a stable relationship with one environment, so they couldn't afford the blanket reactivity of the Hunter. Accordingly, they fine-tuned their responses—but in unpredictable and sometimes inexplicable ways. In modern times, they seem to have emerged from a highly unstable prenatal environment (asymmetry is usually a sign of that), and they've figured out while still in the womb that they're going to have to adapt to wildly changing conditions. Their upside is that they're good at that. Their downside is that odd things—like that caffeine—can keep them up for hours. Our dietary goal for them is to develop calmer, more stable responses to the world, protecting them from their idiosyncratic but very vulnerable Achilles heels.

### What Makes You a GT4 Explorer:

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These are the findings which identified you as a Explorer. To learn more about these tests and measurements, consult chapters 3 and 4 in *The GenoType Diet* book.

#### Calculator Points:

- Torso to Leg Ratio /Characteristic of Explorer.
  - Your torso is longer than your legs.
  - Your upper leg longer than your lower leg.
- Your ABO blood type (O) is often found in Explorer GenoTypes.
- Rh negative blood type is a strong marker for Explorer GenoType.
- Non-secretor status is a strong marker for Explorer GenoType.

#### Strength Testing, First Pass

- Brachycephalic cranial index /Characteristic of Explorer.
- GT4 Questionnaire points awarded /Characteristic of Explorer.

#### Strength Testing, Second Pass

- MBI SN(N) Function suggestive of GenoType /Characteristic of Explorer.



# The Explorer GenoType Profile

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## The Explorer Immune System Profile

Explorers often have sluggish bone marrow function and struggle to keep up their white blood cell counts. This GenoType is prone to many types of anemia, such as those that result from inadequate levels of folic acid, B12 and iron and other types of anemia that result from bone marrow suppression or low levels of an enzyme called G6PD. G6PD is critical to the body because it enables the production of a critical antioxidant called glutathione. In addition to powerful detoxification effects in the liver, glutathione protects red blood cells against damage caused by certain drugs and foods. Explorers often have trouble clearing foreign or man-made chemicals from their blood. This clearing process is called acetylation. Efficient acetylation helps drugs become more effective, and detoxifies cancer-causing substances. GT4 Explorers have problems detoxifying drugs, carcinogens, and various compounds that have been introduced into the environment by artificial means, such as pesticides, fertilizers, and hydrocarbons. Because of these issues, Explorers can be quite chemically sensitive, and often react negatively to the 'typical doses' of drugs, antibiotics, and even vitamins and minerals. When using these medicines they should always start with the lowest doses and gradually work their way upward.

## Diet and Digestion

Explorers who maintain a detoxifying diet that also nourishes the blood and bone marrow will have few health problems and usually will have very little trouble attaining a healthy weight.

If you are an Explorer you can modify the genes that cause poor detoxification in your own lifetime -- but even better, you can take steps to change the forecast for generations to come. With the right diet and lifestyle for your GenoType, you can be caretakers of both the young and the old. Perhaps you will be surprised to find out that food sensitivities and toxicity are best treated by the proper foods for one's body, not just avoiding the wrong ones.

I urge you to get started now. Turn to Explorer food choices and get going!

## Further Customization

### **Diet Emphasis:** Synthesis of GTD and BTD Food Values

Your SWAMI Clinician has chosen to build your diet plan around a synthesis of *The GenoType Diet* and *Blood Type Diet* food values.

### **Clinician Emphasized and Deemphasized Nutrients**

Your SWAMI GenoType clinician has chosen to further tailor the diet to your unique needs by emphasizing and deemphasizing food containing certain key nutrients. These include:

*Foods containing these ingredients received **Strong Deemphasis***

- Hemmaglutinating Lectin

*Foods containing these ingredients received **Moderate Deemphasis***

- Bacteria contaminated
- Chitinase allergens

*Foods containing these ingredients received **Moderate Emphasis***

- Good Elimination Food
- Low Glycemic Index



## Understanding the GenoType Diet Food Categories

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OK, now let's take a look at each food category, the pros and cons for each GenoType and how you can be a better shopper and consumer. Note that these are **general guidelines**; your specific GenoType Diet may vary. *Always follow the values for the foods listed in the diet section. Those are always specific to your unique needs.*

**Red Meats:** Despite sources who continue to claim that all humans can be successful vegetarians, the anthropological record indicates that this is simply not true. Although not a wise choice of food for Teacher or Warrior GenoTypes, red meat from organic ranches and wild game are essential for the success of several GenoTypes including the Hunter and Gatherer and to a lesser degree, the Nomad and Explorer. However, fatty, steroid and antibiotic-laced animals raised under inhumane conditions not only fail to mimic the original environmental conditions, but also tend to increase their concentrations of pro-inflammatory fats, and toxins. "Free-Range" and "organic" are good monikers to look for, but best of all is 'grass-fed', since even free-range or organic meats can be fed exclusively corn and soy beans, neither of which is part of the traditional diet of ruminant animals.

**Poultry:** Some GenoTypes, such as the Gatherer and the Nomad do not do very well with some forms of poultry, such as chicken. Others, like the Teacher, need to keep their total intake rather low. Hunter and Explorers do well with most poultry, especially the flying birds, which for them make better poultry choices than the terrestrial varieties. Flyers have high levels of dark meat which means more myoglobin: A muscle protein that is a premium raw material for their metabolic furnaces. As with red meat, when consuming a food so high up the food chain you will need to search for the cleanest sources: free range, hormone and antibiotic free sources are a must.

**Eggs:** To some degree or another, all GenoTypes can use commercially available eggs as a source of a complete and inexpensive protein. Many farms are working to increase the omega-3 content of their eggs by including 10-20% of flax in the hen's diet, which in turn, results in these eggs being higher in omega-3 fatty acids than conventional eggs. Try to find eggs "high in DHA" one of the major omega-3 fatty acids which are essential for optimal nerve and immune system health.

**Fish and Seafood:** Some GenoTypes do best with the oily types of ocean fish, which are rich in omega-3 fatty and omega-6 fatty acids. These help modulate and can correct their pro-inflammatory capacities, and surprisingly can also assist with balancing their HPA (hypothalamus-pituitary-axis) as well as raising their spirits and enhancing their ability to respond resourcefully to stress. Oily fish have oils throughout the fillet and in the belly cavity around the gut, rather than only in the liver like white fish. Others do best with the "white" fish which have proteins that help balance and heal the intestinal lining and minimize bacterial overgrowth. Insure that salmon purchased is not "farm raised" by rather "wild caught". All GenoTypes, but most importantly Explorers, should keep alert to any news about fish contamination; the picture is constantly changing, so you would best be advised to contact your regional Fish and Wildlife Services for the most up to date information

**Dairy Products:** A relatively recent addition to the human diet, dairy products are very GenoType specific. Many dairy products which might be a problem in one GenoType are sometimes a solution in another. For example, because they can overreact to mycotoxins, Explorer GenoTypes should avoid the so-called "blue" category of cheeses: Gorgonzola, Limburger, Stilton, Roquefort, produced by inoculating loosely pressed curds with *Penicillium roqueforti* or *Penicillium glaucum* molds. On the other hand, some of these cheeses are 'low-overgrowth' cheeses and actually can help rebuild the digestive tract in Teacher GenoTypes! The softer cheeses, such as ricotta and mozzarella are often well tolerated by Warrior and Nomad GenoTypes, whereas the Hunter GenoType does poorly on most cheeses.

## Understanding the GenoType Diet Food Categories (continued)

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**Vegetable Proteins:** An author once wrote that if we were to pile up each and every food that humans have eaten since the beginning of our species, the acorn pile would probably still be the tallest. Often resorted to in historical times of scarcity, vegetable proteins, typically in the form of beans, nuts and seeds, are a good protein source –if they are chosen well. Many of the nuts and seeds in the human diet are GenoType specific, especially those which contain allergens and lectins. Try to find vendors with high turnover, so that you can be sure of getting your seeds, nuts and legumes in as fresh a state as possible. Unlike animal proteins, many vegetable proteins are not “complete proteins” in that they do not contain all of the essential amino acids; a protein missing one or more of these are an “incomplete protein.” Most incomplete proteins can be combined together to make a complete spectrum of all the essential amino acids.

**Fats and Oils:** Oil choices are often GenoType specific, with perhaps the exception of olive oil. The proper choice of oils and fats are also essential to getting the thrifty metabolisms of the Warrior and Gatherer back into shape. Always try to buy high quality oils, preferably cold-pressed when appropriate. Oils do go bad (rancidify) so make a point of never buying more than you can use within two months.

**Carbohydrates:** No food category has experienced the change in fortune that carbohydrates have undergone in the public consciousness. From the low fat high-carb eighties to the no-carb nineties, we’ve seen this class of food at the extremes of every diet spectrum. Of course, the reality is that certain carbohydrates are good for certain people. If you’ve discovered that you have fingerprint white lines and follow these carbohydrate recommendations, the lining of your intestines will improve within a few months. However, it can take about a year before the fingerprint white lines disappear. Many types of joint and muscle problems, such as arthritis and fibromyalgia, are inflammatory conditions that are worsened by wheat in the diet. An early sign that you are choosing carbohydrates correctly for your GenoType will be the welcome disappearance of morning aches and pains caused by stiffness.

**Live Foods:** Live Foods are enzyme rich plant foods such as vegetables, kelps and mushrooms. For each GenoType the best live food choices are designed to be low in lectins, allergens, chitinase, pesticides, known genetically modified species, and molds. The superb choices for each GenoType are high in fiber, lignans, isoflavones, antioxidants and all sort of other goodies specific for the metabolisms and health problems of that GenoType. Choose organic, pesticide-free, non-irradiated, non-genetically modified vegetables and wash, wash, wash!

**Fruits:** The best fruits for each are rich in antioxidants, vitamins and fiber. In particular, berries and cherries are super antioxidant foods. Many of these plant antioxidants are specific to certain tissues of the body, which may them especially important nutrients for GenoTypes with health issues in those areas. For example, many of the blue pigmented fruits have antioxidants which can heal joint tissue, while the antioxidants in yellow pigmented fruits protect the delicate tissues of the eye and ovaries. What is especially great about the wide choices of fruits is how well they can substitute for carbohydrate cravings in the early stages of the program that can result from the severe grain restrictions. All fruits should be washed with a mild soap and rinsed for at least one minute.

**Spices:** Spices have an ancient relationship with humans and played a prominent role in early medical treatment. GenoType Hunter does best with spices that support immune system well-being by minimizing inflammation, and reducing stress. Warriors and Gatherers can enhance their metabolism by increasing their use of thermogenic spices. Teachers can benefit from the anti-microbial actions of many spices, Explorers from their detoxification benefits.

**Beverages:** All the GenoTypes can benefit from the gene protecting polyphenols found in green tea. Like fruits and live foods, many juices are GenoType specific. All GenoTypes should avoid high fructose corn syrup sweetened drinks and drinks with phosphoric acid, such as diet colas. Coffee can be beneficial for Teachers and Warriors, used in moderation by Nomads and Gatherers, but should be avoided by Hunters and Explorers.

**Condiments:** Sweeteners and other condiments are usually specific to GenoType. Many commercial condiments contain additives and preservatives that should be avoided by all GenoTypes. Alternative versions of commercial condiments that are acceptable for your GenoType can often be made at home from allowable ingredients.

# Red Meats



*GT4 'Explorer' (Blood Group O Non secretor)*  
 Food choices emphasizing Blood Group O Non secretor values.  
 Portion Size: *About the size of your hand (4-6 ounces)*  
 Frequency: 2-3 servings weekly.

Always choose grass-fed, antibiotic, hormone and pesticide free meats. These choices are high in conjugated linoleic acid (CLA) a very healthful fatty acid --actually the only trans fat that is healthy! Emphasize eye round, top round, top sirloin, sirloin tip, brisket and 95% lean ground cuts. These have less of the pro-inflammatory fats. This food source must be certified organic, antibiotic and pesticide free.

Optimally, you should look for “free-range” and “grass-fed” cuts of meats. Grass-fed meat is a natural source of omega-3 fatty acids, whereas grain fed meats have virtually no omega-3. While the amount of omega-6 fatty acids remains about the same in grain versus grass fed meats, the amount of omega-3 is so dramatically increased that the omega-3 to omega-6 ratio alters from a highly undesirable 1:12 in grain fed meat to a 3:1 in grass fed. Remember, this is not simply a matter of giving the animal organic feed grain; whether the grain is organic or not have no effect on the production of omega-3. Most domestic animals are ruminants and grasses are their natural energy source.

The GT4 Explorer red meats are designed to limit the choices to those with a history of broad tolerance. Look for “pasture-fed” on the label. New Zealand and Australia raises some of the best stock in the world. Lamb is higher in saturated fat and purines, which makes it a less optimal choice. Goat and Mutton are higher in iron.

*Superfoods marked with a diamond (◊) are great metabolic activators for Explorer and can enhance weight loss and muscle building if regularly consumed. **They are exempt from the portion and frequency guidelines.** If you are not interested in rapid weight loss, you can eat as much of these food as you desire. Toxins and avoids marked with a black dot (•) should be avoided for a minimum sixty day 'washout time.' After that, you can then carefully reintroduce these foods back into your diet.*

SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Beef Beef liver Bone Soup ◊ Lamb ◊ Marrow Soup ◊ Mutton ◊ Rabbit ◊ Veal	Bear Beef heart Beef tongue Buffalo, Bison Caribou Kangaroo Moose Opossum Sweetbreads Venison	Boar • Goat Ham Horse Pork, bacon Squirrel

# Poultry



GT4 'Explorer' (Blood Group O Non secretor)

Food choices emphasizing Blood Group O Non secretor values.

Portion Size: *About the size of your hand (4-6 ounces)*

Frequency: 1-3 servings weekly.

This food source must be certified organic, antibiotic and pesticide free. Always choose free-range poultry.

GT4 Explorer does best with poultry choices which include those species of water fowl and domesticated birds which are known to be free of immuno-reactive proteins, lectins and other allergens.

*Superfoods marked with a diamond (◊) are great metabolic activators for Explorer and can enhance weight loss and muscle building if regularly consumed. **They are exempt from the portion and frequency guidelines.** If you are not interested in rapid weight loss, you can eat as much of these food as you desire. Toxins and avoids marked with a black dot (•) should be avoided for a minimum sixty day 'washout time.' After that, you can then carefully reintroduce these foods back into your diet.*

SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Emu ◊ Ostrich ◊ Partridge ◊ Pheasant ◊ Squab ◊ Turkey	Chicken Cornish Hens Goose Grouse Guinea Hen Quail	Chicken, liver Duck Duck liver Goose liver •

## Fish and Seafood



*GT4 'Explorer' (Blood Group O Non secretor)*

Food choices emphasizing Blood Group O Non secretor values.

Portion Size: *About the size of your hand (4-6 ounces)*

Frequency: 4 servings weekly.

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Seafood can be an excellent protein source. The oilier fish have oils throughout the fillet and in the belly cavity around the gut, rather than only in the liver. Their oils are rich in omega-3 fatty acids, which are essential for bone, muscle and tissue health, and can boost metabolism. Take special care to assure that the source of fish is fresh and free of industrial toxins, which accumulate in the fat. Make sure that your fish is fresh caught, not farm raised and free of industrial toxins (dioxins, xenobiotics and heavy metals).

The fish and seafood in this module are selected for proper omega-3/omega-6 balance, levels of omega-3 fatty acids EPA and DHA and concentrations of nucleotide DNA and RNA building blocks. These are also species with lower levels of PCB, dioxins and heavy metals. Please note that this does not imply that these foods are safe for individuals with known allergies to shellfish and seafood! GT4 Explorers need their fish to be free of allergens, proteins (lectins), and do not induce inflammation. Many of these species of fish many have direct healing effects upon the gut lining due to their possession of bland, "clearing" type proteins.

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**This is a large category of food, so we put the food table on its own page... (over)**

## Fish and Seafood

SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Bullhead ◇	Abalone	Bass, Blue gill •
Butterfish ◇	Anchovy	Bass, Sea, Lake •
Carp ◇	Barracuda	Bass, Striped •
Catfish ◇	Conch	Bluefish •
Chub ◇	Herring	Clam
Cod ◇	Jellyfish, dried, salted	Crab •
Croaker ◇	Mackerel, Atlantic	Eel
Cusk ◇	Mahi-mahi	Flounder
Drum ◇	Muskellunge	Frog
Gray Sole	Octopus	Haddock •
Grouper	Oyster	Halibut •
Hake	Perch	Lobster
Halfmoon Fish ◇	Perch, Ocean	Mackerel, Spanish •
Harvest Fish ◇	Pike	Mullet •
Monkfish ◇	Pilchards	Mussels
Ocean Pout	Pollock, Atlantic	Orange roughy
Opaleye Fish ◇	Scallop	Red Snapper
Parrotfish	Scup	Salmon, Atlantic, wild
Pickrel (Walleye)	Sheepshead fish	Salmon, Chinook
Pompano ◇	Skate	Salmon, sockeye
Porgy	Snail, Escargot	Shrimp •
Rosefish	Squid, Calamari	Tilapia
Sardine	Sunfish, pumpkinseed	Trout, rainbow, wild •
Scrod ◇	Tilefish	Trout, steelhead, wild •
Sea Bream ◇	Trout, Sea	Tuna, bluefin •
Shad	Tuna, skipjack	Whiting •
Shark	Tuna, yellowfin	
Smelt	Turtle	
Sole	Weakfish	
Sturgeon ◇	Yellowtail	
Sucker ◇		
Swordfish		
Turbot, European ◇		
Whitefish ◇		
Wolfish, Atlantic ◇		

# Eggs and Roes



GT4 'Explorer' (Blood Group O Non secretor)

Food choices emphasizing Blood Group O Non secretor values.

Portion Size: 1 egg

Frequency: 5-7 servings weekly.

Use eggs from free-range farm sources, preferably those advertised as being 'DHA rich'. DHA is a fatty acid that is increasingly being viewed as essential for proper nerve and immune system health. Currently, many eggs are from chickens fed primarily wheat and soya. This results in eggs that are much lower in omega-3 than omega-6 fatty acids. Many farms are working to increase the omega-3 content of their eggs by including 10-20% of flax in the hen's diet, which in turn, results in these eggs being higher in omega-3 fatty acids than conventional eggs. All whole eggs from poultry are good sources of vitamin A and selenium but are also significant sources of cholesterol. Surprisingly, no studies have ever proven that this has lead directly to artery disease, probably because eggs are also good sources of choline. Chicken egg yolk is a great source of folic acid, zinc and vitamin E. In addition to being a very high quality protein, eggs can also be a source of helpful omega 3 fatty acids.

The high concentration of sulfur containing amino acids in eggs have marvelous detoxification effects in GT4 Explorers, which make them an excellent first-choice protein source.

Superfoods marked with a diamond (◊) are great metabolic activators for Explorer and can enhance weight loss and muscle building if regularly consumed. **They are exempt from the portion and frequency guidelines.** If you are not interested in rapid weight loss, you can eat as much of these food as you desire. Toxins and avoids marked with a black dot (•) should be avoided for a minimum sixty day 'washout time.' After that, you can then carefully reintroduce these foods back into your diet.

SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Goose Egg ◊ Quail Egg Sailfish Roe	Caviar Herring roe Salmon Roe	Carp Roe Egg White, Chicken Egg White, Duck Egg Whole, Chicken Egg Whole, Duck • Egg Yolk, Chicken

# Dairy



*GT4 'Explorer' (Blood Group O Non secretor)*

Food choices emphasizing Blood Group O Non secretor values.

Portion Size: Milk: 6 ounces; Cheeses: 2-4 ounces; Ghee and Butter 1 teaspoon

Frequency: 3-5 servings weekly.

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Cheeses contain substantial amounts of protein, but also contain milk sugars and saturated fats. Try to avoid dairy products that use carrageenan, guar gum or agar-agar as thickeners. Although milk itself is often considered part of the protein spectrum of the human diet, one could easily make a strong case for it as a source of carbohydrate (5% of milk is composed of the sugar lactose) or fat (between 3 and 4% of whole milk is fat; the vast majority being saturated, but with a significant monounsaturated fraction as well.)

This packet stresses whey-based cheeses and it is the basic dairy packet for those genotypes that can use dairy products. It also delivers the highest amounts of protein. Whey is the liquid remaining after milk has been curdled and strained. Whey proteins can be concentrated out of the liquid and consist mainly of  $\alpha$ -lactalbumin and  $\beta$ -lactoglobulin. Whey liquid contains lactose, vitamins, and minerals along with traces of fat. In some studies, whey appears to increase insulin efficiency. These are made from the whey discarded while producing other cheeses. Minimize your use of processed cheeses, cream cheese, high butterfat forms of milk and cream. Minimize use of blue cheeses such as Limburger and Roquefort cheese. They have a variety of alkaloid mycotoxins which can be a problem for many genotypes.

*Superfoods marked with a diamond (◇) are great metabolic activators for Explorer and can enhance weight loss and muscle building if regularly consumed. **They are exempt from the portion and frequency guidelines.** If you are not interested in rapid weight loss, you can eat as much of these foods as you desire. Toxins and allergens marked with a black dot (●) should be avoided for a minimum sixty day 'washout time.' After that, you can then carefully reintroduce these foods back into your diet.*

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**This is a large category of food, so we put the food table on its own page... (over)**

## Dairy

SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Mozzarella Cheese Paneer Cheese Ricotta Cheese Romanian Urda ◊	Cream Cheese Emmenthal, "Swiss" Cheese Milk, Indian buffalo String Cheese Whey Protein Powder	American Cheese Blue Cheese Brie Cheese • Camembert Cheese • Casein Cheddar Cheese Cheshire Cheese Colby Cheese Cottage Cheese Edam Cheese Farmer Cheese • Feta Cheese • Gorgonzola Cheese Gouda Cheese • Gruyere Cheese • Half & Half Havarti Cheese Jarlsberg Cheese Kefalotyri Cheese • Kefir Limburger cheese Manchego Cheese • Milk, Buttermilk Milk, Cow-Skim or 2% Milk, Cow-Whole Milk, Goat Monterey Jack Cheese Muenster Cheese Neufchatel Cheese Parmesan Cheese Pecorino Cheese Port de Salut Cheese Provolone Cheese Quark Cheese • Romano Cheese • Roquefort Cheese Sour Cream Stilton Cheese Yogurt

# Vegetable Proteins



*GT4 'Explorer' (Blood Group O Non secretor)*

Food choices emphasizing Blood Group O Non secretor values.

Portion Size: Nuts, Seeds: *half cup*; Nut Butters: 2 tablespoons

Frequency: 3-7 servings weekly.

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An author once wrote that if we were to pile up each and every food that humans have eaten since the beginning of our species, the acorn pile would probably still be the tallest. Often resorted to in historical times of scarcity, vegetable proteins, typically in the form of beans, nuts and seeds, are a good protein source for all Genotypes –if they are chosen well. Most plants do not contain a complete set of amino acids, and thus different sources and combinations of protein must be used. Most seeds and grains however, do contain “complete proteins.”

GT4 Explorer vegetable proteins are typically characterized by low generalized reactivity. These are in general low lectin, low complex sugar containing beans, nuts and seeds. Foods that may contain specific reactivity, such as tree nut allergens, are only ranked as permissible. Hemp seed and Quinoa are rather unique in this group: they are the only complete protein source. Black beans and Fava beans are rich in flavone anti-oxidants. Flax Seeds and Sesame seeds are high in lignan antioxidants.

*Superfoods marked with a diamond (◇) are great metabolic activators for Explorer and can enhance weight loss and muscle building if regularly consumed. **They are exempt from the portion and frequency guidelines.** If you are not interested in rapid weight loss, you can eat as much of these food as you desire. Toxins and avoids marked with a black dot (●) should be avoided for a minimum sixty day 'washout time.' After that, you can then carefully reintroduce these foods back into your diet.*

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**This is a large category of food, so we put the food table on its own page... (over)**

## Vegetable Proteins

SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
<ul style="list-style-type: none"> <li>Adzuki Beans ◇</li> <li>Butter Beans ◇</li> <li>Cannelloni Bean</li> <li>Carob ◇</li> <li>Chestnut, Chinese ◇</li> <li>Chia seed, pinole ◇</li> <li>Great northern bean ◇</li> <li>Green, String Bean ◇</li> <li>Haricot Beans</li> <li>Hickory nuts</li> <li>Lentils, sprouted ◇</li> <li>Lentils, all types ◇</li> <li>Litchi</li> <li>Lotus root ◇</li> <li>Lotus seeds</li> <li>Macadamia ◇</li> <li>Mothbeans ◇</li> <li>Peas ◇</li> <li>Pecan ◇</li> <li>Pine Nut, Pignola ◇</li> <li>Pinto Bean ◇</li> <li>Pinto beans, sprouted</li> <li>Snap Bean ◇</li> <li>Winged beans ◇</li> <li>Yardlong bean</li> <li>Yeast, Bakers</li> </ul>	<ul style="list-style-type: none"> <li>Hemp Seed</li> <li>Pumpkin Seed</li> <li>Sapodilla</li> <li>Soybean Meal</li> </ul>	<ul style="list-style-type: none"> <li>Almond •</li> <li>Almond Butter •</li> <li>Beechnut</li> <li>Black Bean •</li> <li>Black Eyed Pea •</li> <li>Brazil Nut</li> <li>Broad Bean, fava</li> <li>Butternut</li> <li>Cashew</li> <li>Cashew butter</li> <li>Chestnut, European •</li> <li>Copper Bean</li> <li>Fava Bean</li> <li>Filbert, Hazelnut</li> <li>Flax Seed, Linseed •</li> <li>Garbanzo Bean, Chickpea</li> <li>Kidney Bean •</li> <li>Lima Bean</li> <li>Lima bean flour •</li> <li>Lupin seeds</li> <li>Mung Bean</li> <li>Natto</li> <li>Navy Bean</li> <li>Peanut Butter</li> <li>Peanut flour</li> <li>Peanuts</li> <li>Pistachio</li> <li>Poppy Seed</li> <li>Safflower Seed</li> <li>Sesame Seed •</li> <li>Sesame butter, tahini •</li> <li>Sesame flour •</li> <li>Soybean Bean</li> <li>Soybean pasta</li> <li>Soybean, sprouted</li> <li>Soybean, tempeh</li> <li>Soybean, tofu</li> <li>Sunflower Seed</li> <li>Tamarind Bean</li> <li>Tempeh</li> <li>Walnut •</li> <li>Watermelon seeds •</li> <li>White Bean •</li> </ul>

# Fats and Oils



GT4 'Explorer' (Blood Group O Non secretor)

Food choices emphasizing Blood Group O Non secretor values.

Portion Size: 1 tablespoon

Frequency: 3-9 servings weekly.

Oils possess several characteristics that can make a big difference in their relative benefit between different Genotypes. Always try to buy high quality oils, preferably cold-pressed when appropriate. Oils do go bad, so make a point of never buying more than you can use within two months. Avoid reusing oils. Pay attention to the smoke point of the oil or fat. The smoke point refers to the point in which a cooking fat or oil is heated until it breaks down. The substance smokes or burns, and gives food an unpleasant taste.

GT4 Explorer oils and fats that tend to steer the omega-3 to omega-6 ratio towards omega-3, resulting in lower levels of inflammation. GT4 Explorers do well with high sterol and sterolin containing fats and oils, as these tend to temper their innate immune reactivity.

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SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Babassu oil Black Currant Seed Oil Camelina Oil ◊ Chia seed Oil Ghee (Clarified Butter) ◊ Grape Seed Oil Hemp Seed Oil ◊ Herring oil Macadamia Oil ◊ Oat oil Olive Oil Perilla Seed Oil ◊ Quinoa Oil ◊ Rice Bran Oil ◊ Salmon oil Shea nut oil ◊ Tea seed oil	Almond Oil Apricot kernel oil Pumpkin Seed Oil Walnut Oil	Avocado Oil • Borage Seed Oil Butter Canola Oil • Coconut Oil • Cod Liver Oil Corn Oil Cottonseed Oil Evening Primrose Oil Flax Seed, Linseed Oil • Hazelnut Nut Oil • Lard Margarine Palm Oil • Peanut Oil Safflower Oil Sesame Oil • Soybean Oil Sunflower Oil Wheat Germ Oil

# Carbohydrates



GT4 'Explorer' (Blood Group O Non secretor)

Food choices emphasizing Blood Group O Non secretor values.

Portion Size: Grains, Cereals: *half cup*; Baked Goods: *1/2 muffin; 1 slice bread*

Frequency: 2-3 servings daily.

Scientists commonly classify carbohydrates as simple or complex depending on their size, however no matter what the size or form carbohydrates are consumed in, they are ultimately broken down into glucose and then converted into energy. Some of glucose goes directly to fuel brain cells and red blood cells, while the rest makes its way to the liver and muscles, where it is stored as glycogen, and to fat cells, where it is stored as triglyceride, the most abundant storage form of fat in animals and plants, and hence the most important dietary lipid. Glycogen is the body's auxiliary energy source, tapped and converted back into glucose when there is need for energy.

Try to avoid being a 'starchitarian.' In our grain-driven modern society cereal crops such as wheat, corn and rice are so predominant that their continued use almost always leads to a relative deficiency of omega-3 fatty acids and an overabundance of omega-6. Throw in some typically grain fed sources of animal protein and you've got a formula for diabetics, cardiovascular disease, inflammation and cancer.

A reactive GenoType, in general GT4 Explorers need to be wary about their use of carbohydrates. In general they do well with low lectin, low gluten carbohydrate choices. These enhance liver detoxification and help optimize immune function. White lines in the fingerprints are characteristic of the breakdown of this gut lining. If you follow these carbohydrate recommendations, the lining of your intestines will improve within a few months. However, it can take about a year before the fingerprint white lines disappear.

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SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Amaranth ◊ Artichoke flour/ pasta ◊ Essene, Manna Bread ◊ Fonio ◊ Job's Tears ◊ Kudzu ◊ Lentil flour, dahl Millet ◊ Papad Quinoa ◊ Rice Bran ◊ Rice flour, brown ◊ Rice flour, white Rice, Basmati ◊ Rice, Brown ◊ Rice, White Rice, Wild Teff ◊	100% Sprouted Bread Fruit Pectin Larch Fiber Rye Flour Tapioca, Manioc, Cassava Wheat, Whole Grain Spelt Wheat, sprouted	Barley Buckwheat, Kasha, Soba Carrageenan • Cornmeal, Hominy, Polenta Flaxseed Bread • Guar Gum Mastic Gum Oat bran Oatmeal, Oat flour Poi Rye • Sorghum Soybean Flour Wheat, Bran, Germ Wheat, Durum Wheat, White Flour Wheat, Whole Grain Wheat, Whole Grain Emmer Wheat, Whole Grain Kamut Wheat, bulgur Wheat, puffed

## Live Foods



*GT4 'Explorer' (Blood Group O Non secretor)*

Food choices emphasizing Blood Group O Non secretor values.

Portion Size: 1 cup

Frequency: 4-5 servings daily.

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As it says in the Talmud 'Woe to the body that does not see vegetables.' Live foods maximize insulin efficiency (their more complex sugars take longer longer to metabolize) and provide essential fiber (roughage) to allow the natural cleansing mechanisms of the body to do their job of removing waste and cellular debris. Live foods are your greatest insurance policy against developing virtually all the common cancers, and slowing or reversing the aging process.

Most live foods are rich sources of gene-protecting antioxidants and several are excellent at enhancing detoxification and tissue cleansing. GT4 Explorer choices are high in fiber, lignans, isoflavones, antioxidants (lycopene, phytofluene, quercetin flavonoids), Vitamin C, folate, detoxifying agents (glucosinolates and isothiocyanates and plant phytochemicals (organosulfur compounds, saponins, phytosterols and monoterpenes). Sprouting the seeds of any of these species provides additional benefits.

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**This is a large category of food, so we put the food table on its own page... (over)**

## Live Foods

SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Artichoke ◇	Balsam pear, bitter gourd	Alfalfa Sprouts
Arugula	Beet	Aloe Vera
Asparagus	Broccoli, Chinese	Avocado •
Asparagus Pea	Cabbage	Brussels Sprout •
Bamboo Shoot	Cassava	Caper
Beet Greens ◇	Celtuce	Cauliflower
Bok Choy, Pak Choi	Chayote, Pipinella, Vegetable pear	Celery
Borage	Fenugreek	Corn, Popcorn
Broccoli flower ◇	Jew's ear, (pepeao), raw	Cucumber
Broccoli ◇	Jicama	Eggplant
Broccoli leaves	Mountain yam	Leek
Broccoli raab, rapinin ◇	Mushroom, Brown, Crimini	Mushroom, Oyster
Canistel ◇	Mushroom, Enoki	Mushroom, Portobella
Carrot ◇	Mushroom, Maitake	Mushroom, Shiitake
Celeriac	Mushroom, White, silver dollar	Mushroom, Straw
Chicory	Pepper, Chili, Jalapeno	Olive Black
Chicory Root ◇	Pimento	Olive, Green
Chinese Kale, Kai-lan ◇	Pumpkin flowers	Pepper, Bell
Collard Greens ◇	Purslane	Pickle, Brine
Daikon Radish ◇	Radicchio	Pickle, Vinegar
Dandelion ◇	Rowal	Potato, White With Skin
Endive	Sea Vegetables, Irish moss	Quorn
Escarole ◇	Sea cucumber	Rhubarb
Fiddlehead Fern	Spinach	Sauerkraut
Ginger ◇	Squash	Sea vegetables, Agar
Grape leaves ◇	Taro leaves, shoots	Sweet Potato •
Hearts of Palm	Taro, Tahitian	Sweet potato leaves •
Horseradish ◇	Wax gourd (chinese preserving melon)	Tomatillo •
Jerusalem Artichoke ◇	Zucchini	Tomato •
Jute, potherb		Water chestnut, matai
Kale		Yam •
Kanpyo, (dried gourd strips) ◇		
Kohlrabi ◇		
Lettuce, romaine ◇		
Lettuce, green leaf, iceberg ◇		
Mamey sapote, Mammy apple ◇		
Mustard Greens ◇		
Okra ◇		
Onion, all types ◇		
Oyster plant, salsify ◇		
Parsnip ◇		
Pumpkin		
Radish		
Radish Sprouts ◇		
Rutabaga ◇		
Scallion		
Sea vegetables, kelp ◇		
Sea vegetables, spirulina ◇		
Sea vegetables, wakame ◇		
Shallots		
Swamp cabbage, skunk cabbage ◇		
Swiss Chard ◇		
Turnip		
Turnip Greens ◇		
Watercress ◇		

# Fruits



*GT4 'Explorer' (Blood Group O Non secretor)*  
 Food choices emphasizing Blood Group O Non secretor values.  
 Portion Size: 1 cup Fruit or 1 medium sized Fruit  
 Frequency: 3 servings daily.

Fruits are nature's custom designed snack food. Almost always chock full of life giving enzymes and phytochemicals, they should be part of your daily routine, as they make an excellent 'mid-meal' snack. All fruits should be toughly washed with a mild soap and rinsed for at least two minutes.

GT4 Explorer fruits are low in lectins, allergens, chitinase, pesticides, known genetically modified plants and molds. The superb choices are high in fiber, lignans, isoflavones, antioxidants (lycopene, phytofluene, quercetin flavonoids), Vitamin C, folate, detoxifying agents (glucosinolates and isothiocyanates and plant phytochemicals (organosulfur compounds, saponins, phytosterols and monoterpenes). Sprouting the seeds of any of these species provides additional benefits.

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SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Acai berry ◊	Apple	Apricot
Breadfruit ◊	Blueberry	Asian Pear
Carissa, natal plum	Boysenberry	Banana •
Cherimoya ◊	Canang Melon	Bitter Melon
Cranberry ◊	Christmas Melon	Blackberry
Currants ◊	Cloudberry	Cantaloupe Melon
Elderberry ◊	Crenshaw Melon	Casaba Melon •
Feijoa	Dewberry	Cherry
Goji, Wolfberry ◊	Grapefruit	Coconut Meat
Gooseberry ◊	Huckleberries	Date
Groundcherries, (cape-gooseberries or poha	Jack Fruit	Durian
Guava ◊	Mangosteen	Fig •
Java-plum, (jambolan), raw	Sago Palm	Grape
Jujube	Youngberry	Honeydew
Kumquat ◊		Kiwi
Lemon		Loquat •
Lime		Mango •
Lingonberries ◊		Musk Melon •
Loganberry ◊		Nectarine
Mulberry		Orange
Noni		Papaya •
Passion Fruit		Peach •
Pawpaw ◊		Pear •
Persian Melon ◊		Plantain
Persimmon		Plum •
Pineapple ◊		Prune •
Pomegranate		Quince
Prickly Pear ◊		Raisin •
Pummelo ◊		Strawberry
Raspberry ◊		Tamarillos
Rowanberries ◊		Tangerine
Sapotes, marmalade plum		
Spanish Melon ◊		
Starfruit, Carambola		
Watermelon		

# Spices



## GT4 'Explorer' (Blood Group O Non secretor)

Food choices emphasizing Blood Group O Non secretor values.

Portion Size: 1 teaspoon

Frequency: 1-2 servings daily.

Spices are the original medicines. Many are rich in anti-microbial essential oils, whilst others are great sources of anti-oxidants, immune enhancing phytochemicals and fat burning thermogenic compounds. Try to work you recommended spices into your diet on a regular basis.

GT4 Explorer spices support immune system well-being by minimizing inflammation, and reducing stress. They are also rich in immune system modulators.

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SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Cilantro ◇ Curry Fennel ◇ Thyme ◇ Turmeric	Arrowroot Basil Bay Leaf Bergamont Cardamom Celery Seed Chervil Chili Powder Chives Clove Coriander Cream of Tartar Cumin Dill Dulse Lemon Grass, citronella Licorice root Mustard, Dry Oregano Paprika Parsley Pepper, Red Flakes Peppermint Rosemary Saffron Sage Savory Spearmint Tarragon Wintergreen	Acacia (Arabic Gum) • Allspice Anise • Caraway Chocolate • Cinnamon • Cornstarch Garlic Guarana • Mace • Marjoram Nutmeg Pepper, Black Senna • Vanilla

# Beverages



GT4 'Explorer' (Blood Group O Non secretor)  
 Food choices emphasizing Blood Group O Non secretor values.  
 Portion Size: 6-8 ounce glass or cup  
 Frequency: 2-4 servings daily.

Many beverages can exert powerful healing and rehabilitative effects. Green tea is a genetic superfood: it repairs genetic damage and increases the fidelity (quality) of the gene's ability to copy itself.

GT4 Explorer best beverage choices are rich in antioxidants and genetic repair factors. Many fruit and vegetable juices contain specialized phytonutrients that allow the liver of GT4 Explorers to detoxify environmental chemical more effectively.

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SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Blueberry juice Cherry juice Cranberry juice Goji Berry juice ◊ Lemon and Water Pomegranite juice ◊ Tea, Ginger Root ◊ Tea, Green, Kukicha, Bancha ◊ Tea, Licorice Root ◊ Tea, Peppermint Tea, Rosehip ◊	Apple juice Beet juice Cabbage juice Carrot juice Celery juice Elderberry Juice Grapefruit juice Milk, Almond Noni juice Pineapple juice Pummelo juice Seltzer Water Tea, Chamomile Tea, Ginseng Tea, Kombucha Tea, Lemon Balm Tea, Rooibos Tea, Yerba Mate Watermelon juice Wine, Red	Beer Blackberry juice concentrate Coffee Cucumber juice Grape juice • Liquor, distilled • Milk, Coconut Milk, Rice • Milk, Soy Orange juice Pear juice Prune juice • Tangerine juice Tea, Black Tomato juice Wine, White

# Condiments



GT4 'Explorer' (Blood Group O Non secretor)  
 Food choices emphasizing Blood Group O Non secretor values.  
 Portion Size: 1 teaspoon  
 Frequency: servings as needed.

Although most condiments are used in only very small amounts, you should still choose them wisely.

Although not healthy for anyone, artificial sweeteners are a particular problem for GT4 Explorers since they tend not metabolize them efficiently; stick with acceptable natural sugars instead.

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SUPERFOODS	NEUTRALS	TOXINS AND AVOIDS
Agave Syrup Epazote Molasses ◊ Molasses, Blackstrap ◊ Roselle Sea Salt Vegetable Glycerine	Honey Lecithin Maple Syrup Miso Mustard, wheat-free, vinegar-free Rice Syrup	Aspartame • Barley Malt Dextrose Fructose Gelatin, Plain • High Fructose Corn Syrup Ketchup • MSG Mayonnaise Mayonnaise, tofu Mustard, with vinegar and wheat Pickle Relish Soybean sauce, tamari, wheat free • Stevia Sugar, Brown, White Umeboshi Plum, Vinegar • Vinegar, all types Worcestershire Sauce Yeast extract spread, marmite • Yeast, Nutritional •



# Geno Harmonic Foods










## Enhancing Glycation Endproduct Removal

**Geno Harmonic Foods** are unique combinations of certain foods which SWAMI GenoType has determined will yield the maximum epigenetic enhancement. The epigenic value of the food is indicated by its star value, from exceptional ( ★★★★★ ) to very good ( ★★★☆☆ ). Simply reference a food you will be using at the left, and try to combine it with Geno harmonic foods that are listed to the right. CAPITALIZED foods are *Super-Geno Harmonic foods*

Jane, these *Geno-Harmonic* food relationships emphasize superbeneficial foods for your blood type and GenoType which contain nutrients the removal of Advanced Glycation Endproducts (AGE) molecules. Because the the accumulation of AGE molecules in brain tissue, arteries and digestive organs is a major hallmark of aging, using these food combinations will have maximum personalized anti-aging effects in your body. AGE molecules are also responsible for many of the conditions characteristic of poor blood sugar control, including diabetes, obesity and metabolic syndrome. You can learn more about these epigenetic functions by reading Chapter II *A World of limitless Potential*, pages 24-26 in *The GenoType Diet*.

<b>Asparagus</b> (Live Foods) ★★★★★	BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Beef liver</b> (Red Meats) ★★★★★	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Beet Greens</b> (Live Foods) ★★★★★	ASPARAGUS • BEEF LIVER • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Blueberry juice</b> (Beverages) ★★★★★	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Broccoflower</b> (Live Foods) ★★★★★	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Broccoli</b> (Live Foods) ★★★★★	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU •

	MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Broccoli raab, rapinin</b> (Live Foods) ★★★★★	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Bullhead</b> (Fish and Seafood) ★★★★★	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Carob</b> (Vegetable Proteins) ★★★★★	KUDZU • Rice flour, brown • Rice, Brown •
<b>Carp</b> (Fish and Seafood) ★★★★★	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Catfish</b> (Fish and Seafood) ★★★★★	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Cherry juice</b> (Beverages) ★★★★★	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Chicory</b> (Live Foods) ★★★★★	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Chinese Kale, Kai-lan</b> (Live Foods) ★★★★★	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Chub</b> (Fish and Seafood) ★★★★★	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Cod</b> (Fish and Seafood) ★★★★★	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Cranberry</b> (Fruits) ★★★★★	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • CURRANTS • ELDERBERRY • ENDIVE • ESCAROLE • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PAWPAW • RADISH • RASPBERRY • SCALLION • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Rice flour, brown • Rice, Brown •

<b>Currants</b> (Fruits) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • CRANBERRY • ELDERBERRY • ENDIVE • ESCAROLE • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PAWPAW • RADISH • RASPBERRY • SCALLION • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Rice flour, brown • Rice, Brown •
<b>Drum</b> (Fish and Seafood) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Elderberry</b> (Fruits) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • CRANBERRY • CURRANTS • ENDIVE • ESCAROLE • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PAWPAW • RADISH • RASPBERRY • SCALLION • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Rice flour, brown • Rice, Brown •
<b>Endive</b> (Live Foods) 	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Escarole</b> (Live Foods) 	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Gray Sole</b> (Fish and Seafood) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Great northern bean</b> (Vegetable Proteins) 	KUDZU • Rice flour, brown • Rice, Brown •
<b>Green, String Bean</b> (Vegetable Proteins) 	KUDZU • Rice flour, brown • Rice, Brown •
<b>Halfmoon Fish</b> (Fish and Seafood) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Haricot Beans</b> (Vegetable Proteins) 	KUDZU • Rice flour, brown • Rice, Brown •
<b>Kale</b> (Live Foods) 	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Kanpyo, (dried gourd strips)</b> (Live Foods) 	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •

<b>Kohlrabi</b> (Live Foods) ★★★★★	ASPAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Kudzu</b> (Carbohydrates) ★★★★★	ASPAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • CRANBERRY • CURRANTS • ELDERBERRY • ENDIVE • ESCAROLE • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PAWPAW • RADISH • RASPBERRY • SCALLION • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Rice flour, brown • Rice, Brown •
<b>Mustard Greens</b> (Live Foods) ★★★★★	ASPAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Okra</b> (Live Foods) ★★★★★	ASPAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Onion, all types</b> (Live Foods) ★★★★★	ASPAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Parrotfish</b> (Fish and Seafood) ★★★★★	ASPAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Partridge</b> (Poultry) ★★★★★	ASPAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Pawpaw</b> (Fruits) ★★★★★	ASPAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • CRANBERRY • CURRANTS • ELDERBERRY • ENDIVE • ESCAROLE • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • RADISH • RASPBERRY • SCALLION • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Rice flour, brown • Rice, Brown •
<b>Peas</b> (Vegetable Proteins) ★★★★★	KUDZU • Rice flour, brown • Rice, Brown •
<b>Pecan</b> (Vegetable Proteins) ★★★★★	KUDZU • Rice flour, brown • Rice, Brown •
<b>Pickerel (Walleye)</b> (Fish and Seafood) ★★★★★	ASPAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Pinto Bean</b> (Vegetable Proteins) ★★★★★	KUDZU • Rice flour, brown • Rice, Brown •

<b>Pompano</b> (Fish and Seafood) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Porgy</b> (Fish and Seafood) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Radish</b> (Live Foods) 	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Raspberry</b> (Fruits) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • CRANBERRY • CURRANTS • ELDERBERRY • ENDIVE • ESCAROLE • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PAWPAW • RADISH • SCALLION • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Rice flour, brown • Rice, Brown •
<b>Rice flour, brown</b> (Carbohydrates) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • CRANBERRY • CURRANTS • ELDERBERRY • ENDIVE • ESCAROLE • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PAWPAW • RADISH • RASPBERRY • SCALLION • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Rice, Brown •
<b>Rice, Brown</b> (Carbohydrates) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • CRANBERRY • CURRANTS • ELDERBERRY • ENDIVE • ESCAROLE • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PAWPAW • RADISH • RASPBERRY • SCALLION • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Rice flour, brown •
<b>Sardine</b> (Fish and Seafood) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Scallion</b> (Live Foods) 	ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •
<b>Scrod</b> (Fish and Seafood) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Smelt</b> (Fish and Seafood) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •
<b>Snap Bean</b> (Vegetable Proteins) 	KUDZU • Rice flour, brown • Rice, Brown •
<b>Sole</b> (Fish and Seafood) 	ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •

<p><b>Squab</b> (Poultry)</p> 	<p>ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •</p>
<p><b>Swiss Chard</b> (Live Foods)</p> 	<p>ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •</p>
<p><b>Tea, Green, Kukicha, Bancha</b> (Beverages)</p> 	<p>ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •</p>
<p><b>Turnip</b> (Live Foods)</p> 	<p>ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP GREENS • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •</p>
<p><b>Turnip Greens</b> (Live Foods)</p> 	<p>ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • WATERCRESS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •</p>
<p><b>Watercress</b> (Live Foods)</p> 	<p>ASPARAGUS • BEEF LIVER • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • BULLHEAD • CARP • CATFISH • CHICORY • CHINESE KALE, KAI-LAN • COD • CRANBERRY • CURRANTS • DRUM • ELDERBERRY • ENDIVE • ESCAROLE • GRAY SOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HALFMOON FISH • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • KUDZU • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PARROTFISH • PARTRIDGE • PAWPAW • PEAS • PECAN • PICKEREL (WALLEYE) • PINTO BEAN • PORGY • RADISH • RASPBERRY • SARDINE • SCALLION • SCROD • SNAP BEAN • SOLE • SQUAB • SWISS CHARD • TURNIP • TURNIP GREENS • Carob • Chub • Pompano • Rice flour, brown • Rice, Brown • Smelt • Whitefish •</p>
<p><b>Whitefish</b> (Fish and Seafood)</p> 	<p>ASPARAGUS • BEET GREENS • BROCCOFLOWER • BROCCOLI • BROCCOLI RAAB, RAPININ • CHICORY • CHINESE KALE, KAI-LAN • ENDIVE • ESCAROLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • HARICOT BEANS • KALE • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • MUSTARD GREENS • OKRA • ONION, ALL TYPES • PEAS • PECAN • PINTO BEAN • RADISH • SCALLION • SNAP BEAN • SWISS CHARD • TURNIP • TURNIP GREENS • WATERCRESS • Carob •</p>



## Shopping List Wallet Card

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Use this page to create a handy quick reference/ shopping list. Just cut along the dotted lines along the edges and fold at the middle. One side will list all your beneficial foods, the other your avoids. What about Neutrals? If the food is not on one side or the other, then it's a Neutral!



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See next page..

# BENEFICIALS

Foods Jane Public should emphasize.  
'Superfoods' are CAPITALIZED

**RED MEATS:** Beef • Beef liver • BONE SOUP • LAMB • MARROW SOUP • MUTTON • RABBIT • Veal • **POULTRY:** EMU • OSTRICH • PARTRIDGE • PHEASANT • SQUAB • Turkey • **FISH AND SEAFOOD:** BULLHEAD • BUTTERFISH • CARP • CATFISH • CHUB • COD • CROAKER • CUSK • DRUM • Gray Sole • Grouper • Hake • HALFMOON FISH • HARVEST FISH • MONKFISH • Ocean Pout • OPALEYE FISH • Parrotfish • Pickerel (Walleye) • POMPANO • Porgy • Rosefish • Sardine • SCROD • SEA BREAM • Shad • Shark • Smelt • Sole • STURGEON • SUCKER • Swordfish • TURBOT, EUROPEAN • WHITEFISH • WOLFISH, ATLANTIC • **EGGS AND ROES:** GOOSE EGG • Quail Egg • Sailfish Roe • **DAIRY:** Mozzarella Cheese • Paneer Cheese • Ricotta Cheese • ROMANIAN URDA • **VEGETABLE PROTEINS:** ADZUKI BEANS • BUTTER BEANS • Cannelloni Bean • CAROB • CHESTNUT, CHINESE • CHIA SEED, PINOLE • GREAT NORTHERN BEAN • GREEN, STRING BEAN • Haricot Beans • Hickory nuts • LENTILS, SPROUTED • LENTILS, ALL TYPES • Litchi • LOTUS ROOT • Lotus seeds • MACADAMIA • MOTHBEANS • PEAS • PECAN • PINE NUT, PIGNOLA • PINTO BEAN • Pinto beans, sprouted • SNAP BEAN • WINGED BEANS • Yardlong bean • Yeast, Bakers • **FATS AND OILS:** Babassu oil • Black Currant Seed Oil • CAMELINA OIL • Chia seed Oil • GHEE (CLARIFIED BUTTER) • Grape Seed Oil • HEMP SEED OIL • Herring Oil • MACADAMIA OIL • Oat oil • Olive Oil • PERILLA SEED OIL • QUINOA OIL • RICE BRAN OIL • Salmon oil • SHEA NUT OIL • Tea seed oil • **CARBOHYDRATES:** AMARANTH • ARTICHOKE FLOUR/ PASTA • ESSENCE, MANNA BREAD • FONIO • JOB'S TEARS • KUDZU • Lentil flour, dahl • MILLET • Papad • QUINOA • RICE BRAN • RICE FLOUR, BROWN • Rice flour, white • RICE, BASMATI • RICE, BROWN • Rice, White • Rice, Wild • TEFF • **LIVE FOODS:** ARTICHOKE • Arugula • Asparagus • Asparagus Pea • Bamboo Shoot • BEET GREENS • Bok Choy, Pak Choi • Borage • BROCCOFLOWER • BROCCOLI • Broccoli leaves • BROCCOLI RAAB, RAPININ • CANISTEL • CARROT • Celeriac • Chicory • CHICORY ROOT • CHINESE KALE, KAI-LAN • COLLARD GREENS • DAIKON RADISH • DANDELION • Endive • ESCAROLE • Fiddlehead Fern • GINGER • GRAPE LEAVES • Hearts of Palm • HORSERADISH • JERUSALEM ARTICHOKE • Jute, potherb • Kale • KANPYO, (DRIED GOURD STRIPS) • KOHLRABI • LETTUCE, ROMAINE • LETTUCE, GREEN LEAF, ICEBERG • MAMEY SAPOTE, MAMMY APPLE • MUSTARD GREENS • OKRA • ONION, ALL TYPES • OYSTER PLANT, SALSIFY • PARSNIP • Pumpkin • Radish • RADISH SPROUTS • RUTABAGA • Scallion • SEA VEGETABLES, KELP • SEA VEGETABLES, SPIRULINA • SEA VEGETABLES, WAKAME • Shallots • SWAMP CABBAGE, SKUNK CABBAGE • SWISS CHARD • Turnip • TURNIP GREENS • WATERCRESS • **FRUITS:** ACAI BERRY • BREADFRUIT • Carissa, natal plum • CHERIMOYA • CRANBERRY • CURRANTS • ELDERBERRY • Feijoa • GOJI, WOLFBERRY • GOOSEBERRY • Groundcherries, (cape-gooseberries or poha) • GUAVA • Java-plum, (jambolan), raw • Jujube • KUMQUAT • Lemon • Lime • LINGONBERRIES • LOGANBERRY • Mulberry • Noni • Passion Fruit • PAWPAW • PERSIAN MELON • Persimmon • PINEAPPLE • Pomegranate • PRICKLY PEAR • PUMMELO • RASPBERRY • ROWANBERRIES • Sapotes, marmalade plum • SPANISH MELON • Starfruit, Carambola • Watermelon • **SPICES:** CILANTRO • Curry • FENNEL • THYME • Turmeric • **BEVERAGES:** Blueberry juice • Cherry juice • Cranberry juice • GOJI BERRY JUICE • Lemon and Water • POMEGRANATE JUICE • TEA, GINGER ROOT • TEA, GREEN, KUKICHA, BANCHA • TEA, LICORICE ROOT • Tea, Peppermint • TEA, ROSEHIP • **CONDIMENTS:** Agave Syrup • Epazote • MOLASSES, MOLASSES, BLACKSTRAP • Roselle • Sea Salt • Vegetable Glycerine •

# AVOIDS

Foods Jane Public should avoid or minimize.

Avoids than can return to your diet after the 60 day washout period are CAPITALIZED.

**RED MEATS:** BOAR • Goat • Ham • Horse • Pork, bacon • Squirrel • **POULTRY:** Chicken, liver • Duck • Duck liver • GOOSE LIVER • **FISH AND SEAFOOD:** BASS, BLUE GILL • BASS, SEA, LAKE • BASS, STRIPED • BLUEFISH • Clam • CRAB • Eel • Flounder • Frog • HADDOCK • HALIBUT • Lobster • MACKEREL, SPANISH • MULLET • Mussels • Orange roughy • Red Snapper • Salmon, Atlantic, wild • Salmon, Chinook • Salmon, sockeye • SHRIMP • Tilapia • TROUT, RAINBOW, WILD • TROUT, STEELHEAD, WILD • TUNA, BLUEFIN • WHITING • **EGGS AND ROES:** Carp Roe • Egg White, Chicken • Egg White, Duck • Egg Whole, Chicken • EGG WHOLE, DUCK • Egg Yolk, Chicken • **DAIRY:** American Cheese • Blue Cheese • BRIE CHEESE • CAMEMBERT CHEESE • Casein • Cheddar Cheese • Cheshire Cheese • Colby Cheese • Cottage Cheese • Edam Cheese • FARMER CHEESE • FETA CHEESE • Gorgonzola Cheese • GOUDA CHEESE • GRUYERE CHEESE • Half & Half • Havarti Cheese • Jarlsberg Cheese • KEFALOTYRI CHEESE • Kefir • Limburger cheese • MANCHEGO CHEESE • Milk, Buttermilk • Milk, Cow-Skim or 2% • Milk, Cow-Whole • Milk, Goat • Monterey Jack Cheese • Muenster Cheese • Neufchatel Cheese • Parmesan Cheese • Pecorino Cheese • Port de Salut Cheese • Provolone Cheese • QUARK CHEESE • ROMANO CHEESE • Roquefort Cheese • Sour Cream • Stilton Cheese • Yogurt • **VEGETABLE PROTEINS:** ALMOND • ALMOND BUTTER • Beechnut • BLACK BEAN • BLACK EYED PEA • Brazil Nut • Broad Bean, fava • Butternut • Cashew • Cashew butter • CHESTNUT, EUROPEAN • Copper Bean • Fava Bean • Filbert, Hazelnut • FLAX SEED, LINSEED • Garbanzo Bean, Chickpea • KIDNEY BEAN • Lima Bean • LIMA BEAN FLOUR • Lupin seeds • Mung Bean • Natto • Navy Bean • Peanut Butter • Peanut flour • Peanuts • Pistachio • Poppy Seed • Safflower Seed • SESAME SEED • SESAME BUTTER, TAHINI • SESAME FLOUR • Soybean Bean • Soybean pasta • Soybean, sprouted • Soybean, tempeh • Soybean, tofu • Sunflower Seed • Tamarind Bean • Tempeh • WALNUT • WATERMELON SEEDS • WHITE BEAN • **FATS AND OILS:** AVOCADO OIL • Borage Seed Oil • Butter • CANOLA OIL • COCONUT OIL • Cod Liver Oil • Corn Oil • Cottonseed Oil • Evening Primrose Oil • FLAX SEED, LINSEED OIL • HAZELNUT NUT OIL • Lard • Margarine • PALM OIL • Peanut Oil • Safflower Oil • SESAME OIL • Soybean Oil • Sunflower Oil • Wheat Germ Oil • **CARBOHYDRATES:** Barley • Buckwheat, Kasha, Soba • CARRAGEENAN • Cornmeal, Hominy, Polenta • FLAXSEED BREAD • Guar Gum • Mastic Gum • Oat bran • Oatmeal, Oat flour • Poi • RYE • Sorghum • Soybean Flour • Wheat, Bran, Germ • Wheat, Durum • Wheat, White Flour • Wheat, Whole Grain • Wheat, Whole Grain Emmer • Wheat, Whole Grain Kamut • Wheat, bulgur • Wheat, puffed • **LIVE FOODS:** Alfalfa Sprouts • Aloe Vera • AVOCADO • BRUSSELS SPROUT • Caper • Cauliflower • Celery • Corn, Popcorn • Cucumber • Eggplant • Leek • Mushroom, Oyster • Mushroom, Portobella • Mushroom, Shiitake • Mushroom, Straw • Olive Black • Olive, Green • Pepper, Bell • Pickle, Brine • Pickle, Vinegar • Potato, White With Skin • Quorn • Rhubarb • Sauerkraut • Sea vegetables, Agar • SWEET POTATO • SWEET POTATO LEAVES • TOMATILLO • TOMATO • Water chestnut, matai • YAM • **FRUITS:** Apricot • Asian Pear • BANANA • Bitter Melon • Blackberry • Cantaloupe Melon • CASABA MELON • Cherry • Coconut Meat • Date • Durian • FIG • Grape • Honeydew • Kiwi • LOQUAT • MANGO • MUSK MELON • Nectarine • Orange • PAPAIA • PEACH • PEAR • Plantain • PLUM • PRUNE • Quince • RAISIN • Strawberry • Tamarillos • Tangerine • **SPICES:** ACACIA (ARABIC GUM) • Allspice • ANISE • Caraway • CHOCOLATE • CINNAMON • Cornstarch • Garlic • GUARANA • MACE • Marjoram • Nutmeg • Pepper, Black • SENNA • Vanilla • **BEVERAGES:** Beer • Blackberry juice concentrate • Coffee • Cucumber juice • GRAPE JUICE • LIQUOR, DISTILLED • Milk, Coconut • MILK, RICE • Milk, Soy • Orange juice • Pear juice • PRUNE JUICE • Tangerine juice • Tea, Black • Tomato juice • Wine, White • **CONDIMENTS:** ASPARTAME • Barley Malt • Dextrose • Fructose • GELATIN, PLAIN • High Fructose Corn Syrup • KETCHUP • MSG • Mayonnaise • Mayonnaise, tofu • Mustard, with vinegar and wheat • Pickle Relish • SOYBEAN SAUCE, TAMARI, WHEAT FREE • Stevia • Sugar, Brown, White • UMBOSHII PLUM, VINEGAR • Vinegar, all types • Worcestershire Sauce • YEAST EXTRACT SPREAD, MARMITE • YEAST, NUTRITIONAL •

# GT4 Explorer Exercise Guide



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## Exercise Guide

It should be emphasized that the one condition of all exercise for Explorers is the breaking of a sweat. If you are an Explorer and you do not sweat when you exercise, you are not exercising enough! To stay fit and healthy, reduce stress, and increase endurance, you'll need about 40 minutes of exercise 4-5 times daily. Be sure to warm up for at least 5-10 minutes with some gentle stretching before beginning any aerobic activity.

### Less Demanding:

- Hiking
- Pilates or other forms of core-strengthening
- Vigorous walking
- Moderate Competitive Sports (Tennis, Racquetball, Volleyball)
- Light upper and lower body weight work

### More Demanding:

- Aerobics
- Intense Competitive Sports (Martial Arts, Basketball, Soccer)
- Dancing
- Gymnastics
- Moderate resistance training
- Running

### Give yourself an “Overnight Detox” Every Month:

Explorers benefit from regular, gentle detoxification cleanses. A simple monthly tune-up for the liver and gall-bladder involves a time honored technique called the castor oil pack, followed by a good sweat.

### Here's how to do it

- The day before you do your Overnight Detox, make a point of drinking an 8 ounce • glass of organic apple juice every three hours for a maximum of 5 glasses.
- Eat only light foods after midday, such as salads, juices and fruits.
- One hour before bed, take two tablespoons of olive oil, followed by 2 tablespoons of lemon or lime juice.\*\*
- Now make your castor oil pack. The pack is made by soaking a piece of flannel in castor oil, then putting it on the area of liver (the right side of your abdomen under the bottom rib) and placing a heat source, such as a hot water bottle, on top of it. You can set up the castor oil pack to work over night by using an electric blanket type heater, set to low.
- Next morning, you might be surprised to see green blobs in your bowel movements. Many people think these are gallstones, but they are not. However, they do afford the liver a means of removing fat soluble toxins.
- If you have access to a steam room and can get a twenty minute steam in, go for it.

\*\* If you have gall stones or suffer from irritable bowel problems, you can skip this step.

## GT4 Explorer Supplement Guide



Your doctor has designed a specialized nutritional supplement protocol specifically for your health needs. GenoType specific supplements may have already been included in your protocol or your doctor may have chosen to allow you to decide whether or not you wish to add these products to your supplement protocol.

If you have any questions about adding these GenoSpecific supplements to your protocol, your doctor will be more than happy to discuss them with you.

### Specific Explorer GenoType Diet and Supplement Strategies



If you have any questions about adding these GenoSpecific supplements to your protocol, your doctor will be more than happy to discuss them with you.

### Explorer GenoType Diet and Supplement Strategy

The Explorer GenoType is biological problem-solver, designed to respond to new discoveries in an aggressive, proactive way, with an impressive ability to adapt to environmental changes.

Together with GenoType specific diet and lifestyle strategies, the Explorer GenoType Supplement System formulas work in harmony to support your body's natural ability to maximize the Explorer GenoType's strengths and minimize its weaknesses.

### Explorer Challenges

When not appropriately nourished and supported with Geno-correct nutrients, the hyper-reactive, flexible Explorer response can lead to:

- Hypersensitivity to chemicals, allergens, and molds
- An imbalanced ability to detoxify
- Over-reaction to certain foods and drugs
- A sluggish metabolism and weight gain

## Explorer Opportunities

With the proper Geno-correct support and nutrition strategies, the Explorer GenoType can take advantage of the strengths of this GenoType, including:

- Strong illness recovery
- Physical stamina
- Efficient metabolism for achieving optimal weight
- Graceful aging
- Mental clarity

## This Pack Contains:

- Activator for Explorer
- Catalyst for Explorer
- Synergist for Reactive GenoTypes
- GenoType MultiMineral
- GenoType MultiVitamin

## General GenoType Enhancement Strategies

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The GenoType Multivitamin and Multimineral offer premium nutritional components optimized to enhance the effect of *The GenoType Diet*.



## Guts, Vision and a Plan

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Epigenetics takes the evolution discussion to the next level. Rather than worrying about whether you came from an amoeba or some small mammal that made a wrong turn, you can worry about things much more relevant – like whether the weaknesses introduced into your heredity from grandparents and parents will come home to roost within you.

More importantly, you can do more than just worry –you can do something about it. By putting the GenoType Diet to work, you not only make choices that will change your destiny, but under the right conditions they'll go on to change the destiny of your descendants.

There is a famous story about a rabbi and a young child. The rabbi was planting a plum tree sapling. Like most kids, this one was direct and to the point. "Isn't it kind of stupid to plant a tiny sapling when at your age there is no chance that you will live to ever taste those plums?" said the child. The rabbi thought a minute and answered the child's question with one of his own.

"Do you like plums?"

Hopefully, you get the point. There is a future somewhere out there. If we care to, we can live in the present and let the future take care of itself. However for those of us with the ambition and who are ready to do the work, epigenetics holds the promise of an improvable future of health for us and those who come after us. What if I told you that in four generations you and your immediate descendants could change the epigenetic patterns of inheritance in your family line and eliminate diabetes, heart disease and some forms of cancer? Everyone knows a family of long-lived people or a family where nobody seems to get cancer, but everyone worries about getting Alzheimer's disease, which seems to strike half of all the family members. These are epigenetic traits within those families. Carried over several generations they imprint themselves into the family's epigenome. Drugs, toxins, poor diet all work their way into your family's epigenome as well. That's why we see so much attention deficit disease (ADD), obesity, high blood pressure, cancer and diabetes in our modern population.

Think about it. If we can imprint bad stuff through lack of attention or ignorance, with knowledge, can we just as easily imprint good things as well? Your grandchildren could be the first to parent this new generation of epigenetically healthy children. All it takes is guts, vision and a plan.

Here is your plan.

Every one of us has a huge repertoire of possible responses encoded in our genetic heritage. As you've probably guessed, your best strategy is diet and exercise. Eating and exercising the right way will keep the right genes talking while gently encouraging the wrong ones to shut up. But because you've got a unique genetic inheritance—a unique set of characters showing up at your town meeting—you need the diet and exercise plans that are right for you. The strategies that work for your spouse, your friend, or even your parents might be harmful for you, just as the dietary choices that slim you down and boost your health might put on the pounds and drain the vitality from your loved ones. One-size-fits-all fashions are very rarely flattering to everybody, and the same is true of one-size-fits-all diets. In order to achieve optimal functioning of your town meeting, you need to eat right for your GenoType.

That's what the SWAMI GenoType Diet is all about.



## Glossary of SWAMI GenoType Terms

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**Acetylator:** A genetic polymorphism (see below) that determines how fast an individual can detoxify many substances including caffeine. Slow acetylators, such as the Explorer GenoType, are often drug sensitive whereas fast acetylators (such as the Warrior GenoType) often have problems removing certain carcinogens.

**Advanced Glycation End-Product:** Advanced Glycation End-products (AGEs) are molecules made of carbohydrates bound to a protein (glycoprotein). Unlike most glycoproteins made by the body which are a result of enzyme activity, AGEs are a result of metabolic misfortune, a type of 'browning reaction' which is essentially not reversible. Many of the manifestations of aging are the result of the deposit of AGEs in organs and tissues.

**Alleles:** The 'alternate' set (or pair) of genes received from both the father and the mother. In most circumstances, one allele for a particular trait will be dominant or recessive to another.

**Andric:** Male or masculine shaped because of the presence of more androgen (male) hormone stimulation in utero, regardless of whether the individual is male or female. The shaped is longer, leaner and more muscular. A characteristic of the andric body type is a wide opening of the space between the legs above the knees.

**Archetype:** A generic, idealized model of a person from which similar instances are derived, copied, patterned, or emulated. The concept of a GenoType (see below) as defined in this book is a portmanteau of "Genetic Archetype."

**Biometrics:** Biometrics is literally "the measure of living things." It's a way of measuring your bone lengths and other key elements of your physical self. Fingerprint analysis, also called dermatoglyphics, is a subset of biometrics as well.

**Epigenetic:** The interaction between your genes and the environment resulting in a change in the expression of the genetic material, although the DNA has not been altered. Epigenetics is sometimes called "post-genomic inheritance." It is the study of how our genes respond to the environment, creating differences that we can pass along to our children.

**Genes:** A gene is a discreet section of DNA that carries all the information needed to convey a specific trait. There are approximately 25-30,000 genes in a human.

**GenoType:** In conventional genetics, genotype is the genetic basics of a trait, as compared to phenotype, which is the physical appearance that the genotype trait produces. In this book the term GenoType is a portmanteau of "Genetic Archetype" a series of strengths and weaknesses that result from the interaction of the genetic, epigenetic and environmental influences on a person, especially during their prenatal and early childhood periods and how they organize themselves into recognizable biochemical profiles over the course of the individual's life.

**Glycation:** Glycation occurs when a sugar molecule, such as fructose, from fruit or glucose, from refined grains, binds to a protein and damages it. The damaged protein interferes with organ function, blood profusion, hormone receptivity, and kidney function, and it might cause cataracts and neuron damage a well. See also Advanced Glycation End-Product.

**Gynic:** Female or feminine shaped because of the presence of more female hormones in utero, although the individual can be either male or female. The shape is more rounded and soft. A characteristic of the gynic body type is a narrow opening of the space between the legs above the knees.

**Histone:** Spool-like molecules that cause DNA to wind into dense coils. Coiling upDNA silences genes. Uncoiling histones causes the DNA to become available for reading and thereby activates the genes.

**Lectins:** Lectins are proteins found in food that interact with many of the sugars found on the exterior of our body's cells. Many lectins are specific for a particular blood type; when you eat a food containing incompatible lectins, it can interfere with digestion, metabolism and proper immune system.

**Methylation:** One of the prime mechanisms of epigenetic gene regulation, methylation refers to the attachment of a methyl group to the DNA molecule in such a way as to prevent the gene from being 'read.' Such genes are considered 'silenced'.

**Polymorphism:** Literally meaning "many shapes", polymorphisms are multiple alleles of a gene within a population, usually expressing different phenotypes. See GenoType.

**Somatotype:** Basic classifications of a body types developed in the 1940s by American psychologist William Sheldon, according to the prominence of different basic tissue types. These roughly translate to the rounder shaped endomorph, the lanky ectomorph and the muscular mesomorph.

**Symmetry:** Symmetry (or the lack of it, asymmetry) are the measurable differences between the sides of the body. Symmetry is a subtle indicator of fitness, since asymmetry reflects the quality of the fetal environment. The less stress a fetus experiences while developing, the more symmetrical the left and right sides of the body will be; conversely, the more stress experienced in fetal development, the greater the variations from left side to right side.

**White Lines:** The appearance of white lines throughout an otherwise inked fingerprint pattern. White lines are a sign that the height of the fingerprint ridges is low, to the point where underlying crease of the skin show through. White lines throughout the fingerprints are a indication that the individual may have gluten and/or lectin intolerance.