

What's your blood type?

The answer could hold the key to unleashing buried energy, lowering cholesterol and blood pressure and losing *all* the weight!

Women from coast to coast are praising a decades-old diet, and not because it is a weight-loss miracle. Sure, thousands of women have achieved their happy weights thanks to this plan, but what these women really want the world to know is that a food formula exists that alleviates every nagging health woe, plus prevents numerous serious diseases.

So what is this healthy marvel? It's based on a book, *Eat Right 4 Your Type* (Putnam), by Peter J. D'Adamo, N.D. Dubbed ER4YT by devotees, it was released in 1996 and remains a best seller on amazon.com today. Women rave online and to their friends about how it transformed (even saved!) their lives.

The link between blood type and health

ER4YT is based on blood-type dieting, a science first investigated in the 1950s. Forward-thinking researchers speculated that since blood is the prime nourishment for the body, tailoring the diet for the various blood types (O, A, B, AB) could enhance well-being. During the decades that followed, research proved that each blood type is indeed linked to an increased risk for certain health concerns, such as high blood pressure,

thyroid problems and allergies. The real breakthrough came when scientists determined that eating foods that nourish each blood type can safeguard health, while eating the wrong foods can cause illness. The reason: Each blood type is determined by the presence of a different *antigen*—a chemical marker on the surface of blood cells that provides the body's first line of defense against foreign invaders. When a suspicious substance enters the body, antigens activate immune cells to produce antibodies that help destroy those invaders.

The problem for health is that foods contain proteins called *lectins*. Each blood type has evolved to accept certain lectins as nourishment and reject others as invaders. For example, type Os, the original hunters, thrived on meat, and type As, the first farmers, thrived on grains. To this day, if a woman eats foods that go against her genetic needs, her body's antigens signal the immune system to "attack" those lectins, causing cellular inflammation, sluggish metabolism and more, says Dr. D'Adamo.

"The good news is that eating the foods your blood type evolved to eat can improve health on every level," Dr. D'Adamo asserts. "It can also help you lose 15 pounds in two weeks!"




Jill's cholesterol dropped 102 points!

It worked for me!

"I have the energy to play with my girls!"

At age 30, Jill Robustelli got the news that her cholesterol was dangerously high. "I tried everything to avoid the heart attack I was destined for," Jill recalls. "I dieted, exercised and took herbs. I wanted to be around for my daughters."

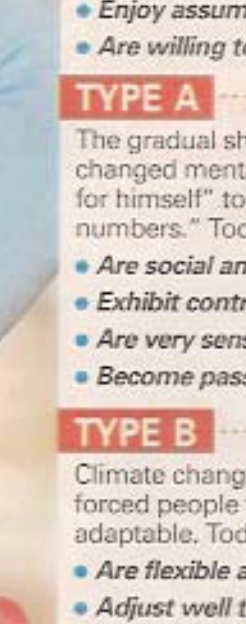
But it was only after she turned to blood-type dieting that her cholesterol dropped from 305 to 203. As a welcome bonus, she shed 15 pounds. "With my newfound energy I can chase after my girls, confident that I'll be with them for many years to come!"



*Perfect for
women seeking
optimal health*

Jill Robustelli, 43,
Chappaqua, NY,
Blood type AB

NOW
123 lbs.



**Your blood cells
are the secret to
effortless slimming**

Each blood type (O, A, B and AB) is genetically programmed to accept or reject certain foods. Eat the right foods and your body will automatically shed fat to achieve your healthiest weight.

WHAT YOUR BLOOD TYPE REVEALS ABOUT YOUR PERSONALITY

In our ancestors' day, each blood-type group needed to possess certain personality traits in order to survive. Japanese research confirms that we still possess those traits today. And this personality profiling is considered so accurate in Japan that employers use it as a hiring tool and women use it to choose mates!

TYPE O

Hunter-gatherers needed to be bold in the face of ever-present danger and motivated to search for food. Today, women with type O blood:

- *Are focused and driven*
- *Are self-confident and optimistic*
- *Enjoy assuming leadership roles*
- *Are willing to take risks*

TYPE A

The gradual shift to community living changed mentalities from "every man for himself" to "there's strength in numbers." Today, type A women:

- *Are social and easygoing*
- *Exhibit control over their emotions*
- *Are very sensitive to others' feelings*
- *Become passionate about causes*

TYPE B

Climate changes and overcrowding forced people to migrate and be adaptable. Today, type B women:

- *Are flexible and creative*
- *Adjust well to change*
- *Get along with various personalities*
- *Have empathy for others*

TYPE AB

When type A and type B people reproduced, their offspring possessed traits from both types. Today, AB women:

- *Are often spiritual*
- *Don't obsess over small details*
- *Rarely hold grudges*
- *Are diplomatic and charismatic*

**FLIP TO FIND THE HEALTH
BREAKTHROUGHS FOR
YOUR BLOOD TYPE!**

Lose all the weight—any



Dankita Cabral, 43, Franklin, GA, Blood type O

NOW: 153 lbs.

THEN: 301 lbs.

It worked for me!

▲ "This plan truly saved my life!"

Dankita Cabral wiped her brow as she struggled to finish her exercise tape. *I've pushed myself through so many diets and workouts... why can't I find one that works for me?* thought Dankita, who was trying to slim down to remedy her asthma, digestive upset and high blood pressure, which her doctor said was putting her at risk for heart failure.

That's when Dankita's eyes zeroed in on *Eat Right 4 Your Type*, by Peter J. D'Adamo, N.D., which a friend had passed on months earlier. She began reading, quickly realizing that this plan was different. It not only promised to help her lose weight but also to improve her health.

Dankita dove right in and lost five pounds the first week. "I felt unstoppable!" she raves. And unstoppable she was, losing 148 pounds and 7 sizes in 12 months, plus eliminating her health worries!

TYPE O

Sometime around 40,000 BC, our Cro-Magnon ancestors began hunting and gathering, existing mainly on meat. They evolved to have high stomach-acid content, which enabled them to efficiently metabolize protein. And these days, women with type O blood still harbor the DNA that enables them to thrive on meat.



Shown here: 5 oz. steak with steamed broccoli and small sweet potato; mixed fresh fruit (blueberries, kiwi, grapes and peaches)

The dietary staples that whittle your middle: Today when a type O woman eats a low-carb diet (meat with some produce) weight automatically stabilizes. "If these women also cut wheat from their diet, fat melts off effortlessly," adds D'Adamo. The reason: Lectins in wheat (which wasn't available in 40,000 BC) react with type O antigens, causing an allergylike reaction that slows thyroid function. "That makes grains the primary weight-gain culprit for type O women," Dr. D'Adamo asserts.

HEALTH BONUS!

Type O women are prone to hypothyroidism. The solution: *kelp bladderwrack*, a herb that is rich in iodine, which stimulates production of metabolism-boosting thyroid hormones. One to try: *South Atlantic Kelp Bladderwrack* for 100 capsules, at VitaminShop.com or call 800-223-1216.

TYPE A

Between 25,000 and 15,000 BC, population density increased and game grew scarce. This marked the start of the Neolithic Age, when people began forming large communities and cultivating crops. As their blood type evolved to adapt to this dietary change, their bodies produced fewer meat-digesting acids and enzymes and more grain- and plant-digesting enzymes. Type A antigens also allowed for a

stronger immune system—a mutation once people began living in groups.

The dietary staples that whittle your middle: Today, type A women thrive on grains, beans, vegetables, fruit and soy, with limited amounts of fish and fowl. And avoiding red meat helps prevent allergylike food reactions with type A antigens. The result: "You'll rashed fat, plus dramatically increase your energy," says Dr. D'Adamo.

HEALTH BONUS!

If type A women eat a diet rich in probiotics, the immune system works as it fights off what it believes are foreign invaders. The fix: *Lactobacillus reuteri*, a bacteria that stimulates immune cells to produce antibodies that fight everything from colds to cancer. One to try: *Nature's Way Probiotic Reuteri* (\$24 for 90 capsules, at VitaminShop.com or call 800-223-1216).

Shown here: Whitefish made with lemon juice and olive oil; spinach and scallion salad; mixed fruit with yogurt



be healthier than ever!

TYPE B

After 10,000 BC, climate changes and growing population size forced tribes to migrate north to colder inland territories. These nomads became dependent on domesticating animals. In response, their DNA evolved to produce more meat- and dairy-digesting enzymes while reducing levels of the digestive enzymes needed for grains, soy and other foods that were less available in this new habitat.



Shown here: Roast lamb with steamed asparagus and brown rice; frozen yogurt

The dietary staples that will whittle your middle: Type B women thrive on the varied eating plan of their nomadic ancestors: meat, fish, dairy, fruits and veggies, with limited amounts of grains, beans and soy. But avoid wheat and corn—two cultivated grains that were rarely available to nomadic tribes. “They’re a leading factor in stubborn weight gain, fatigue and bloat,” says Dr. D’Adamo. “That’s because their lectins trigger allergylike reactions that lead to hypoglycemia, insulin resistance and fat storage.”

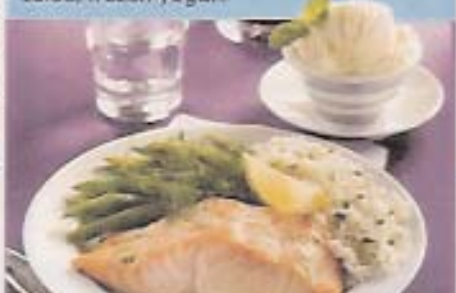
HEALTH BONUS! It’s almost impossible to avoid blood sugar-disrupting wheat and corn and their by-products. The solution: Drink two cups of licorice tea daily. The tea’s *glycyrrhizin* improves blood sugar control to speed weight loss, UCLA researchers report. One to try: Alvita Licorice Root Tea Bags (\$3 for 30 bags, at iHerb.com).

TYPE AB

As recently as 12 centuries ago, blood type AB emerged. It formed as communities spread and intermingled, allowing type As and Bs (who were originally geographically isolated) to reproduce. “As a result, AB is the most complex blood type since it harbors both A and B antigens,” says Dr. D’Adamo.

The dietary staples that will whittle your middle: For the fastest weight loss, women with AB blood should utilize the best of the

Shown here: Broiled salmon with fresh dill and lemon; basmati rice; string bean salad; frozen yogurt



type A and type B eating plans. This calls for a healthy mix of fish, soy, some meat and dairy, fruits, vegetables, lentils and peanuts. “But limit meat to a few ounces at a time,” cautions Dr. D’Adamo. “This helps prevent digestive upset, since AB women inherited type A’s low stomach acid.”

HEALTH BONUS! Women with blood type AB are prone to digestive complaints such as gas and heartburn. The reason: They’ve inherited the digestive vulnerabilities of both blood types A and B, making a wider range of foods allergenic for them. But studies show that consuming half a cup of enzyme-rich pineapple daily helps improve digestive function in just four days. Plus, it can trigger weight loss of one pound per week.

WE’RE HERE TO HELP!

For more information, read *Eat Right 4 Your Type* (Putnam) or log on to dadamo.com.

Photo: Donkita Digital Media/Photo by Christy Riva. Hair and makeup: Wendy Smith. Stylist: Stephanie



Susan Dunn (left), Keller, TX, and Nancy Fenn, San Diego, both 62, Blood type B

It worked for us!

▲ “We found our fountain of youth!”

Like most identical twins, Susan Dunn and Nancy Fenn did everything together, including diet. But from Weight Watchers to diet pills, nothing worked—until Susan introduced her sister to the blood-type diet. It was a success from the start. “The minute I took my sister’s advice and changed my eating habits, my headaches and allergies stabilized,” Nancy explains. “Plus, we didn’t feel lethargic or groggy anymore,” Susan raves.

The best part: “This diet has done more than help us lose a combined total of 85 pounds,” says Nancy. “Our energy is endless and our overall wellness is at its peak. We feel younger than we have in years!”