

## **Editorial:**

### **Blood Type Diet: Scientific evaluation**

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Developed by naturopathic physician Dr. Peter D'Adamo, the Blood Type Diet is based on the theory that protein-like compounds in food called lectins react with different blood types to cause a wide variety of health complaints.

The Blood Type Diet is the culmination of nearly four decades of work conducted by Peter D'Adamo, and his father, James D'Adamo, as a naturopathic physician practicing in the 1960s, James wondered why some of his patients did well on the therapeutic diets he prescribed, including strict vegetarian and low-fat diets, while others did not improve or even became worse. James suspected that the difference in the way his patients reacted to the same foods might be rooted in some aspect of the blood. With this hypothesis in mind, he began to record the blood type of his patients and observe their individualized reactions to different diets. Over the years, distinct patterns began to emerge. He noticed that patients with Type A blood did well on a vegetarian diet, while patients with Type O did well on a high-protein, meat-based diet. In 1980, James D'Adamo published his clinical observations in a book titled *One Man's Food*. That same year, Peter D'Adamo began to research the scientific basis for his father's theories. In 1996, nearly twenty years later, Dr. Peter D'Adamo's findings were published in his book, *Eat Right for Your Type*<sup>(1)</sup>.

Dr. D'Adamo's ideas on the relationship between diet and health

are rooted in a simple concept: the blood type-O, A, B or AB-determines the body's ability to absorb nutrients, fight off diseases, and handle stress. Dr. Peter D'Adamo's diet recommendations were born out of evolutionary history, and specifically, the observation that the different blood types emerged as the environmental conditions and eating styles of our ancestors changed. Between 50,000 BC and 25,000 BC, all humans shared the same blood type-Type O. these early humans were skilled hunters, and thrived on a meat-based diet. The type A blood type emerged between 25,000 BC and 15,000 BC, a necessary adaptation to a more agrarian lifestyle. Climactic changes in the Western Himalaya Mountains led to the appearance of Type B, and the blending of Type A and Type B in modern civilization resulted in the appearance of Type AB blood type. Because the emergence of new blood types made it possible for our ancestors to survive the changing environmental conditions, Boyd divided the world population into 13 geographically distinct races with slightly different frequency distributions of blood group genes. Dr. D'Adamo believes that blood type, diet, and health are intricately related; he grouped those thirteen races together by ABO blood group, each type within this group having unique dietary recommendations.

The physiological reason why people should eat according to their blood type relates to lectins, which are protein-like substances found in many