DIABETES AND BLOOD TYPE

Blood type is increasingly believed to affect susceptibility to food intolerances and general disease, and to be the focus of the body's ability to metabolise complex carbohydrates and high-sugar foods. It may well be the key to identifying effective strategies for dealing with diabetes.

UNDERSTANDING DIABETES

Insulin is a hormone the body needs to enable it to convert sugar or glucose into the energy required for daily life. Diabetes develops when the pancreas stops producing insulin or the body cannot utilise insulin correctly. The result is poor energy production from the food ingested.

There are two types of diabetes, known as type 1 and type 2.

Type 1 diabetes

This is a chronic (lifelong) disease that begins early in life, usually being diagnosed in children and young adults. The body stops manufacturing insulin because the beta cells in the pancreas responsible for producing insulin are destroyed. This process has been linked to an auto-immune response triggered by a virus or toxin. The immune system's attack on the virus-infected cells is also directed at the beta cells, which are damaged sufficiently to stop them from reproducing.

Early signs of this type of diabetes include excessive thirst, hunger, weight loss, frequent urination, blurred vision, fatigue and chronic infection. According to conventional medicine it is incurable, but it can be managed with insulin injections and lifestyle modifications.

Type 2 diabetes

Unlike type 1 diabetes, people with type 2 do produce insulin. However, either not enough insulin is produced, or the body ignores the insulin. Because blood sugar is unable to enter the cells, the body is starved of energy.

This form of diabetes is most often seen in overweight men and women. However, the alarming rise in childhood obesity has meant that patients are increasingly being seen at a much younger age. There used to be no such thing as type 2 diabetes in children, but with the fast-food revolution and the use of refined sugar in processed foods it is becoming an epidemic.

Both type 1 and type 2 diabetes increase the risk of serious conditions such as heart disease, hyperglycaemia that causes blind-ness, nerve damage that can lead to foot and leg amputation, and renal failure.

CONVENTIONAL TREATMENT OF DIABETES

Conventional treatment is aimed at lowering blood glucose levels by treating the absence of or decreased insulin production and/or treating the associated problems.

Type 1 diabetes is lethal if the insulin is not replaced, usually by daily injections. Very careful attention to diet and blood glucose levels is also necessary. People with type 2 diabetes are usually initially advised to modify their diets and lose weight. If this is ineffective oral medication is usually the next step, and in some cases insulin injections are eventually necessary.

INSULIN RESISTANCE

Insulin resistance is a pre-diabetic state that can lead to type 2 diabetes if not managed appropriately. It is commonly associated with weight gain, as the body is unable to switch off the mechanism for depositing sugar and fat into the fat tissues. This fat is most commonly stored in the abdominal area.

BLOOD TYPE UNDERSTANDING OF DIABETES (Table 1)

The root of type 1 diabetes

Recent evidence suggests that type 1 diabetes occurs when the blood types of mother and child are incompatible, for example the mother is blood type O and the child is type A. Because of this incompatibility the mother's immune system does not recognise the antigens of the type A child. An immune reaction

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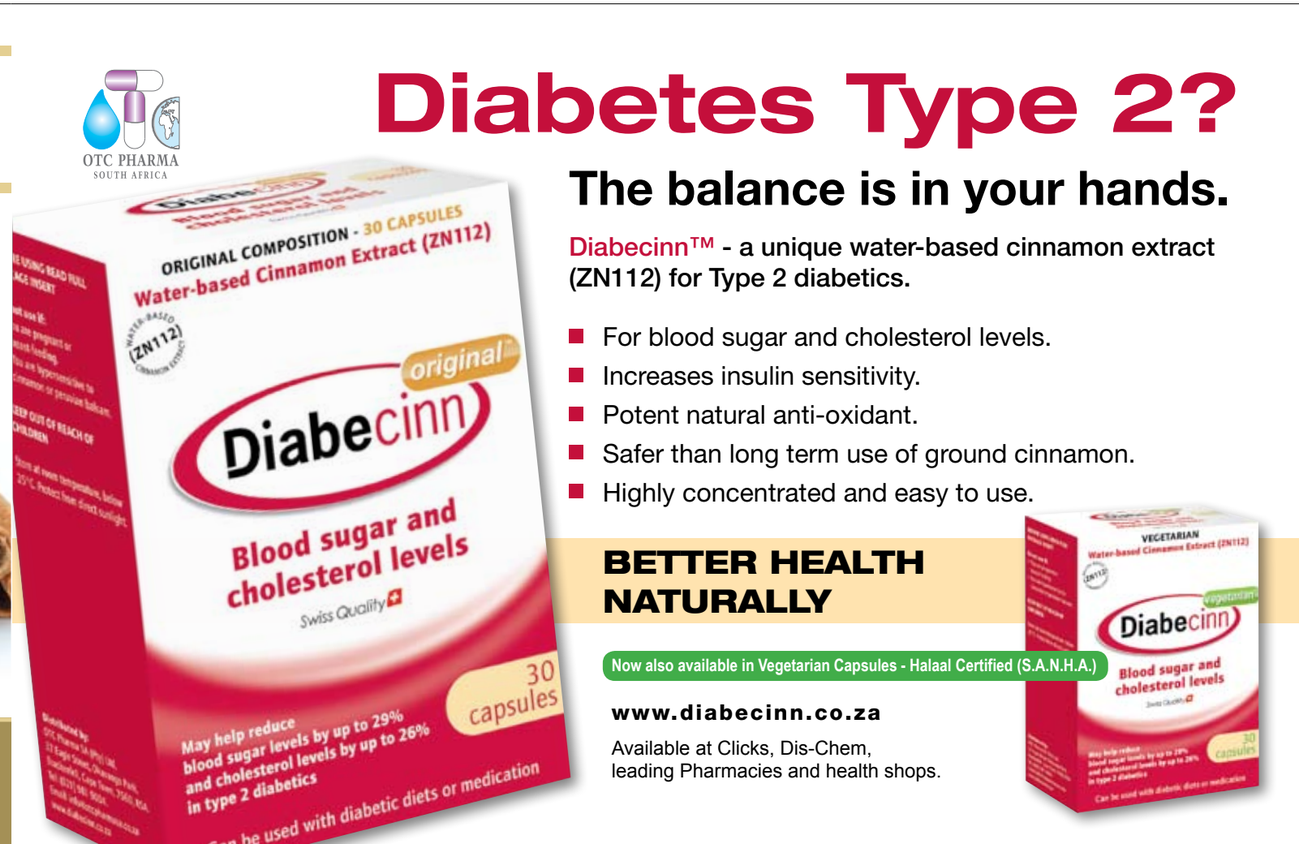
TABLE 1. SUMMARY OF HOW DIABETES AFFECTS EACH BLOOD TYPE

Type O	Type A	Type AB	Type B
• A high-carbohydrate diet, promotes the development of type 2 diabetes and weight gain • Lower risk of type 1 diabetes • Low level of clotting factors means low risk of cardiovascular complications	• Naturally high base level of cortisol. Cortisol is overproduced in response to stress, leading to higher risk of insulin resistance • High risk of type 1 diabetes due to immune reaction of fetus to mother's blood type • High level of clotting factor means high risk of complications of diabetes	• Lectins have a strong influence on metabolism, causing insulin resistance, hypoglycemia and obesity • High level of clotting factors means high risk of cardiovascular disease • Slightly lower risk of type 1 diabetes than blood type A	• Naturally high base level of cortisol. Cortisol is overproduced in response to stress, leading to higher risk of insulin resistance • Lower risk of type 1 diabetes • Lectins have a strong influence on metabolism, causing insulin resistance, hypoglycaemia, obesity

TABLE 2. KEY LECTINS TO AVOID

Type O	Type A	Type AB	Type B
Wheat – causes insulin resistance	Red meat – poorly digested, stored as fat	Chicken – promotes insulin resistance	Chicken – promotes insulin resistance
Corn – causes insulin resistance	Kidney beans, lima beans – promote insulin resistance	Red meat – poorly digested and stored as fat	Corn, potatoes – cause insulin resistance
Dairy – poorly digested	Dairy – causes insulin resistance	Kidney beans, lima beans – insulin resistance	Processed sugar – insulin resistance
Kidney beans, navy beans – insulin resistance and impair energy utilisation	Wheat – causes insulin resistance and affects energy utilisation	Buckwheat – causes insulin resistance and affects energy utilisation	Lentils, peanuts, sesame seeds – promote insulin resistance, hypoglycaemia
Cabbage, Brussels sprouts, cauliflower – inhibit	Corn, potatoes – cause insulin resistance	Processed sugar – causes insulin resistance	Wheat, buckwheat – promote insulin resistance (energy utilisation)



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occurs when her immune system attacks the child's 'foreign' cells, preventing the proper formation of insulin-producing pancreas cells and diminishing their function.

The root of type 2 diabetes

In type 2 diabetes the main blood type links are associated with digestive and metabolic differences in the blood types, and how efficiently each blood type digests and metabolises different kinds of foods, supplements and medications. Weight gain and insulin resistance are the main causes of type 2 diabetes.

The role of lectins

Lectins (proteins contained in food) have been shown to have a number of effects in the body. According to Dr Peter D'Adamo *(Diabetes: Fight it with the Blood Type Diet)*, lectins can gradually cause pancreatic cells to lose the ability to secrete insulin, resulting in diabetes.

Lectins have also been shown to contribute to insulin resistance. They do this by interacting unfavourably with certain blood type antigens, and they also have the ability to mimic, replace and compete with insulin. The difference in their function compared with that of insulin is that they stimulate the insulin receptor but unlike insulin do not switch it off. The switching off process is very important, as it tells the pancreas to stop producing insulin. With time lectins therefore cause over-stimulation of the insulin receptor and over-production of insulin, leading to insulin resistance.

Lectins that are incompatible with particular blood types, such as lentil lectin and green pea lectin, have the ability to bind to the insulin receptors found on the surface of our fat cells. This causes the body to stop mobilising and burning fat and results in storage of more fat and sugar as fat. Key lectins for the different blood groups to avoid are listed in Table 2.

Combat excess weight
the 100% natural way!

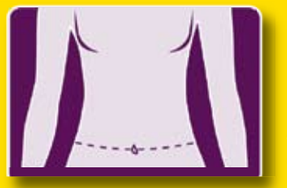
Carrying excess body fat? Battling to lose weight because of a slow metabolism? Find out if you could be suffering from a medical condition called "insulin resistance?"

How the hormone insulin can make you gain weight.
Insulin functions as gatekeeper by opening a "door" on each cell wall so that glucose can gain access. Besides this duty, insulin also stimulates your body to convert excess glucose into fat and helps store this fat inside your fat cells. In addition, insulin also prevents you from wasting this valuable energy resource by actively blocking the release of fat from your fat cells.

What is insulin resistance?
For various biochemical reasons, your body becomes less sensitive to your own insulin and compensates by producing more. Higher insulin levels not only cause you to gain more weight, it also makes it more difficult for you to lose weight, explaining why so many people battle to lose weight.

How do I know if I've got insulin resistance?
An easy way is to measure your waist circumference at the level of the belly button. According to American health guidelines males with a waist circumference of more than 102cm and females more than 88cm will have a 90% chance of having insulin resistance. European guidelines are even more stringent, with 93cm for males and 79cm for females defining their criteria.

How can AntaGolin assist me?
AntaGolin works by alleviating insulin resistance. This reduces your body's insulin requirements and lowers insulin levels, helping you to lose weight. This unique mode of action also gives your overworked pancreas a break, thereby extending its life cycle. AntaGolin is completely safe, does not interfere with pancreatic or hormonal function and has virtually no side-effects.



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H vd M - Alberton

"I wasted so much time in the past. Insulin resistance helped make me fat and then kept me fat. With AntaGolin I am having weight loss results for the first time."
FB – Douglasdale

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References:

1. Efficacy of Vijaysar (Pterocarpus Marsupium) in the treatment of newly diagnosed patients with type 2 Diabetes: A flexible dose double blind multicenter randomised control study. Diabetologia Croatica 34-1; 2005. R.S Hariharan, S. Venkataraman, M.D.Gupte et al.
2. http://wikidiabetes.blogspot.com/2009/01/pterocarpus-marsupium-indian-kino.html

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DIETARY RECOMMENDATIONS

Food can be categorised into five groups – super-beneficial, beneficial, neutral (allowed infrequently), neutral (allowed frequently) and avoid. The main modification from the general blood type diet is to emphasise the use of super-beneficial and beneficial foods in the diet. These foods have a medicinal effect in the specified blood types and can be used to enhance the immune system and aid recovery (refer to Dr Peter D'Adamo's book *Diabetes: Fight it with the Blood Type Diet* for a comprehensive list of the categories of food).

Supplementation for each blood type

Taking the correct supplements according to your blood type can further support the body and maximise the potential for recovery. It is important to communicate with a qualified blood type practitioner, who will decide on the best regime for you based on your individual condition. In patients with diabetes supplements can be used in conjunction with the diet to help with body composition, managing of weight, diabetic symptoms, and preventing complications. Refer to *Diabetes: Fight it with the Blood Type Diet* for the list of recommended supplements. However, you should see your physician for a professional diagnosis before embarking on any treatment. ●