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Blood type eating

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The ABO blood typing system was discovered at the beginning of the twentieth century by Dr. Karl Landsteiner, a Viennese physician. He took blood samples from his lab workers and then noticed that certain combinations coagulated, while some did not. Later, researchers at the University of Helsinki and Boston University independently confirmed that lima bean extracts coagulate blood type A, but not blood type O. Various physicians advocate eating according to the blood type. They point out that lectins, certain proteins found in many foods, most of all grains, beans, legumes, vegetables, seafood, and others, coagulate selectively certain blood types, but not others. *“Eat Right 4 Your Type”*, written by Dr. Peter D’Adamo, ND, explains this in detail. Philosophically, blood type eating reconciles vegans with carnivores (paleo). It is an overlooked idea that is cheap and easy to try.

Biography

Ben Rockefeller is a Health Coach and Writer with Health via Food, a non-profit organization in Belgium. He has a certificate from the Cerden School of Nutrition. He is also a Technical Writer and speaks French, German, Spanish, and Dutch. His specialization is Food combining, Acid-alkaline balance, Blood type eating, Detox, Comparisons of vegan, paleo, ketogenic, macrobiotic, Gerson, and Budwig diets; Water, Minerals, Vitamins, Herbs and Spices. His research interests are: 1) Applications of specialization for personalized nutrition and weight loss, 2) Herbal remedies, and 3) Frequency therapy

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