

BLOOD TYPE DIET **September** AND YOUR HEART **2022**

Your blood type can influence your cardiovascular system in many ways. There's a strong correlation between blood type and the ability to metabolize fats and oils. Blood type affects the thickness of the blood ~~and reactivity of blood~~ vessel walls. It also affects the body's chemical response to stress. Since stress is an important factor for heart disease, these blood type-specific variations can be a key factor in cardiac health. There are also risk factors, such as smoking cigarettes, that have nothing to do with your blood type.

Heart Health - the Blood Type Influence

Heart disease is more common among blood types A and AB, although nobody is immune. The main difference is that As and ABs tend to have problems with high cholesterol, while Os and Bs tend to have high triglycerides, formed by eating too many carbohydrates. The higher rates of As and ABs in heart disease patients can skew the results of dietary studies. If 75% of cardiac patients in a study improve with a low fat diet, most researchers don't worry about the other 25%. They simply recommend the low fat diet for all heart disease patients. That's why the "conventional wisdom" about what constitutes a "heart healthy diet" differs so much from what I recommend for Blood Types O and B.

Intestinal alkaline phosphatase, or AIP, is an enzyme produced in the small intestine that breaks down dietary cholesterol and fats. It is released in response to ingesting proteins and fats, especially saturated fat. **Blood types O and B release far higher quantities of AIP than blood types A and AB.** This means that meals high in animal products are more fully digested in Os and Bs, and do not usually spike blood cholesterol levels.

But a low fat, high carb diet often leads to Metabolic Syndrome for Os and Bs. Metabolic Syndrome is a clustering of conditions that raises your risk for heart disease and other health problems. These factors include abdominal fat, high triglycerides, low HDL ("good" cholesterol), high blood pressure and high blood sugar.

Effects on Clotting

The ability of blood to clot, or harden, is important so we don't bleed to death after an injury. Blood is fluid, but contains platelets and inactive clotting factors. The clotting factors are activated when there's an injury, so they can make platelets stick together to form clots. These clots are good when there's a wound that needs mending, but can be harmful when there are only slight damages to blood vessels. The clots themselves can build up and inhibit proper blood flow, like a layer of scabs inside the blood vessel. Sometimes a clot can break off and get lodged elsewhere in the body, blocking blood flow there. This can lead to heart attacks or strokes if the clots cause blockages near the heart or brain.

Blood type influences a clotting factor called Factor VIII. This factor is higher in blood types A and AB, and lower in blood types B and O. Types A and AB are also more likely to get arterial inflammation, which damages artery walls. Irritated skin inside the vessels means more spots for blood clots to form.

Type Bs and ABs have trouble regulating nitric oxide, a compound which allows blood vessels to relax and open up. The foods for these types are chosen to be high in arginine to promote nitric acid production. B-specific lectins, such as those found in chicken, interfere with fat metabolism and can directly thicken blood. Avoiding the harmful foods helps to promote healthy blood vessels.

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- * Dan Shen (Red Sage Root) contains several unique phytochemicals with antioxidant properties.
- * Taurine an amino acid found in high levels in meat & fish, the most abundant free amino acid in cardiac tissue, indicating its high degree of requirement in heart health & assists in maintaining cell membrane stability.
- * Co Enzyme Q10 a vitamin-like compound produced by the human body, is necessary for the basic functioning of every cell in our body. CoQ10 levels are reported to decrease with age.

Nitricycle: **Brings needed nutrients, oxygen, hormones to tissues.

- * Nitric Oxide functions as a signaling molecule helps maintain blood pressure levels, heart, arteries & nervous response.
- * Amino Acid L-arginine which is an essential precursor of nitric oxide which helps maintain healthy blood vessel thus making it popular for athletes and exercise enthusiasts.

Hytrax

- * Hytrax is a blend of synergistic herbs used to support proper water balance within the body and promote kidney, bladder and urinary tract health.
 - * The central ingredient of Hytrax is organic dandelion leaf (Taraxacum officinal), which was a common herb in Native American medicine, often using the root to maintain normal digestive health and provide gentle kidney support.
- Hytrax formulation is further enhanced by the addition of three synergistic factors:
- Buchu Leaf Extract - This South African extract has traditionally been used to help treat high blood pressure symptoms.
 - Uva Ursi - To promote urinary tract health.
 - Potassium - enables your heart to beat in a healthy way. So, if you have rhythm problems, potassium is the key.

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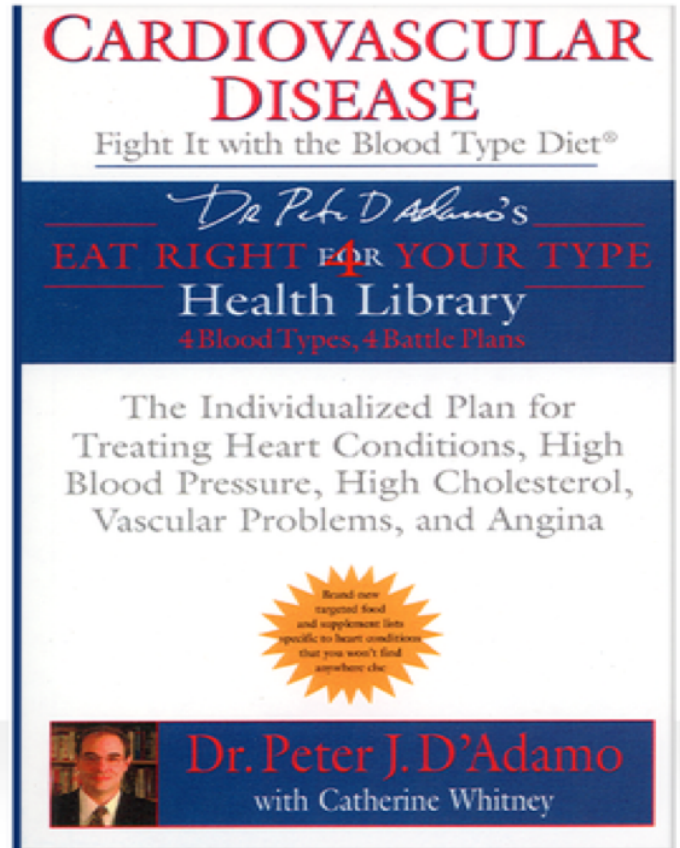
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Cardiovascular Disease: Fight It with the Blood Type Diet

* The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High Cholesterol, Vascular Problems, and Angina. *Cardiovascular Disease: Fight it With The Blood Type Diet* features:

- * Condition-specific tools for preventing and treating cardiovascular-related conditions that are not available in any of Dr. D'Adamo's other books.
- * A diet tailored to your blood type that helps you manage, prevent, or treat the symptoms.
- * A new category of condition-specific Super Beneficials that highlight powerful foods.
- * Blood-type-specific protocols for targeted vitamins, supplements, and herbs.
- * Finally, the book includes a four-week plan for getting started that offers practical strategies for eating, exercising, and living right to fight and treat heart conditions, including high blood pressure, high cholesterol, vascular problems, and angina

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Blood Type Diet recipes?

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September 2022

KEEP YOUR HEART HEALTHY WITH ACUPUNCTURE & HERBS

When it comes to alternative healing therapies, acupuncture is certainly one of the more well-known. Thousands of years old, acupuncture is Chinese in origin. Practitioners believe that the insertion of thin needles at designated points along meridians rebalance your chi (also sometimes referred to as qi). Chi is the term used to describe your life force or energy flow. In traditional practice, acupuncture is believed to improve health by preventing illness, direct treatment of medical conditions, and generally promoting good health.

Despite years of patient education on heart health, heart disease remains the leading cause of death today. However, much of it is reversible and preventable given some lifestyle changes and adding acupuncture and integrative medicine into the treatment plan. While infectious disease and genetics can be involved, the majority of heart issues comes down to a problem with your body's plumbing or wiring—your vascular or nervous systems. The good news these are issues a person can usually do something about with non invasive treatments given they have the time and guidance to put a plan into motion.

The following are all common risk factors of heart disease (and acupuncture has been shown effective in treating each of them):

Briefly, acupuncture has been shown to be effective with the following risk factors for heart disease:

- * High blood pressure
- * Smoking
- * Weight control
- * Managing stress
- * Better sleep



HARVEST TCM

A more beneficial approach is to control heart and cholesterol through the use of Chinese herbs. Certain herbs like Salvia and Suan Zao Ren are usually included in every Chinese herbal formula for heart conditions. Each formula should be individualized for each patient but these herbs are safe and easily obtainable. Your acupuncturist can develop a treatment that's appropriate for you based on the needs of your body. Taken over a period of time they can help break up the plaque in the arteries and lower your risk.

If you're tired, run down or are in need of answers to your heart health issues, call us today at 633 95570. Put yourself back on the road to health. All you have to lose is your pain.