

# Gifts from Your Father: The Genetics of Blood Type

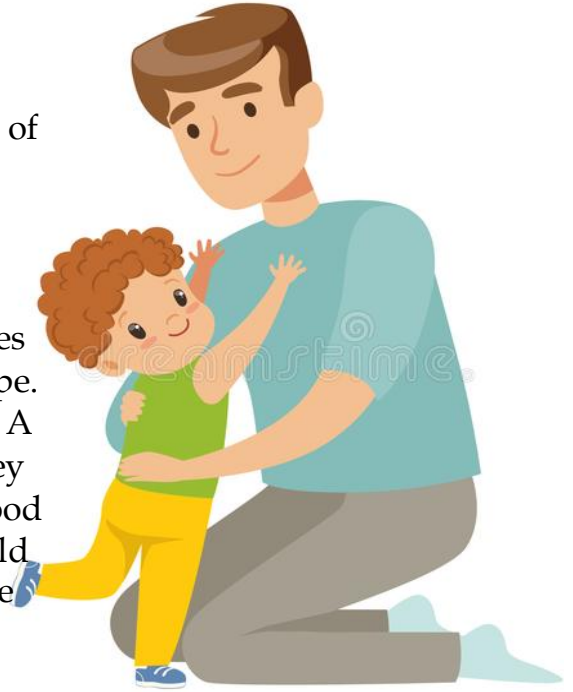
**JUNE  
2021**

Your father and mother both contributed to your DNA, which determined your blood type long before you were born. At conception, you received alleles – pairs or series of genes on a chromosome that establish hereditary characteristics like eye color, dimples, left- or right-handedness, and yes, blood type.

Each parent contributes one of their two blood-type alleles to create a pair of alleles that will establish your blood type. If both your mother and father contributed a Blood Type A allele, you would also be a Blood Type A. Likewise, if they both contributed a Blood Type B allele, you would be Blood Type B, and if both contributed Blood Type Os, you would be Blood Type O. If one contributed a Blood Type A allele and one contributed a Blood Type B allele, however, you would be a Blood Type AB.

## *Now the Tricky Part: Dominant vs. Recessive*

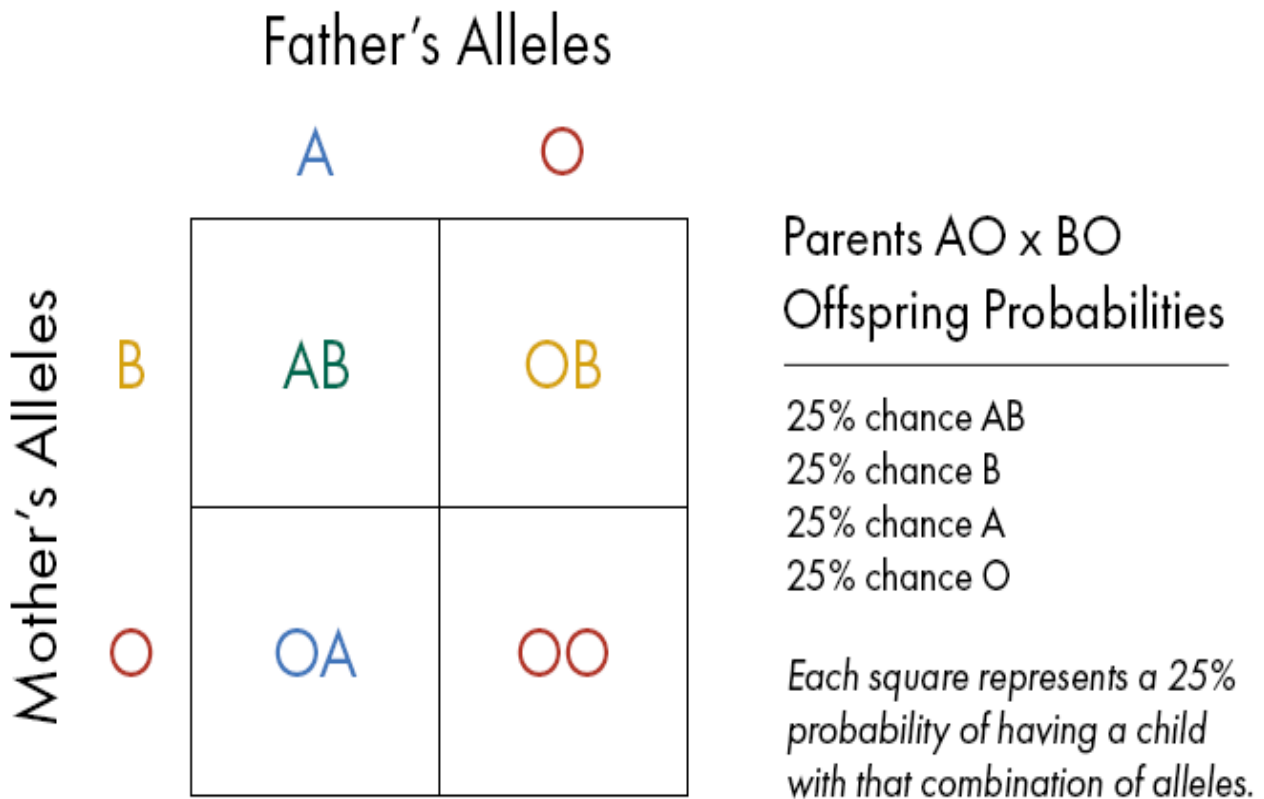
With any other possible allele combinations, the outcome is determined by which are Dominant and which are Recessive. Type A and Type B blood are considered genetically “dominant” in comparison to the “recessive” Type O, meaning that when a Blood Type O allele is combined with anything other than another Blood Type O allele, it will submit to the Type A or B. For example, if your mother is Blood Type O and your father is Blood Type B, you will be a Blood Type B.



## *But Wait, There's More*

Just because your father is Blood Type B, he could still carry a recessive allele for Blood Type O from his own parents. This can add another factor to the equation, as seen in our Punnett Square – a diagram used to predict the genotypes of a particular cross experiment.

# JUNE 2021



As you can see, the chart matches a Type A parent carrying a recessive allele for Type O (top of chart) with a Type B parent also carrying a recessive allele for Type O (left of chart). These parents have a 25% chance of

producing a child with Type AB blood, a 25% chance of producing a child with Type A blood, a 25% chance of producing a child with Type B blood and a 25% chance of producing a child with Type O blood.

## *Back to You and Dad*

Because of the various combinations of alleles, including those that are dominant and those that are recessive, you would likely have to go back a few generations to figure out which genotype—combination of alleles—your parents carry. If the science behind it interests you, go for it!

Otherwise, simply thank dad for the characteristics you see mirrored in yourself, and wish him a happy Father's Day.

# JUNE 2021 SPECIAL

There are a wide range of health issues that are unique to men. When addressing men's health, Dr. Peter D'Adamo likes to begin with the basic building blocks of proper nutrition. Following your specific Blood Type Diet, GenoType Diet, or SWAMI protocol nourishes and protects a man's body. To provide additional support, Dr. D'Adamo custom-crafted supplements uniquely designed to specifically optimize a masculine body.

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## Acupuncture for Men's Health

June is all about Dad's. The 3rd Sunday of June is when we celebrate Father's Day. So, to honour all the Dads, and non-Dads, out there here is an article for them.

Acupuncture as an adjunct for men's health can be just what the doctor ordered. There are certain health issues more prevalent in men than women, and many of these conditions can be easily controlled or treated using Traditional Chinese Medicine (TCM). Traditional Chinese Medicine (TCM) is a complete medical system that has been around for nearly 3,000 years.

It combines nutrition, herbs, acupuncture and other modalities to help keep the body functioning properly, while also treating any ailments that might occur. TCM has been used to treat both men and women, regardless of their age, and TCM is frequently becoming the medical choice for those who prefer to use holistic forms of medicine to heal themselves.

### Heart Disease

Cardiovascular disease is a big concern and is a leading health threat for men. Acupuncture can play a key role in managing cardiovascular disease both in terms of prevention and symptom relief. Chronic stress leads to elevated blood pressure and therefore an increased risk of heart disease. Acupuncture has been found to be particularly beneficial in lowering blood pressure and thus helping to prevent cardiovascular disease.

### Prostate Health

Prostate issues are a prominent concern for men. From enlarged prostates to prostate cancer, this area of the body gets a lot of attention. One of the most common problems facing men is benign prostatic hyperplasia or what is commonly called the enlarged prostate. Benign prostatic hyperplasia affects approximately 40% of men in their 50's and 90% of men in their 80's. It is a common cause of urinary issues such as dribbling, hesitant urination, straining to urinate, urgent urination, frequent urination and nocturia (getting up to pee at night). This is very easily controlled with acupuncture and herbs because the combination of the two helps alleviate the inflammation of the prostate allowing the urine to flow freely.

Source: <https://www.calgaryacupunk.com/acupuncture-for-men/>

### Mental Health

Another component of men's health that needs more attention is mental health. Men are much less likely to discuss their feelings and emotions, which can frequently lead to depression and even thoughts of suicide. In fact, men are four times more likely to commit suicide than women. Acupuncture helps balance the chemicals released by the brain and the hormones released by the endocrine system.

### Fertility

Fertility is not something that usually comes to mind when it comes to men's health issues. However, statistics show that 35-40 percent of all fertility issues are male conditions. Regular acupuncture treatments not only help increase desire and sexual stamina, they can also increase sperm quality, quantity, and motility and reduce structural defects - all important in treating male-related infertility issues. Acupuncture can also help men with psychogenic erectile dysfunction.