

INFLUENZA & BLOOD TYPE DIET

November 2017

Quite a few different researchers have investigated blood type and influenza. The volume of research alone is almost enough to suggest strong blood type connections, but let's look at the research just to be sure.

After exposure to the influenza virus, an immune process termed "seroconversion" should occur. This means that your immune system should be producing antibodies against the influenza virus.

Researchers have found that after circulation of influenza A [type (H1N1) and (H3N2)] and influenza B viruses, the immune response (as measured in a rise in antihaemagglutinin antibodies against the virus) differ along blood type lines.



The following generalized immune observations apply:

•**Blood type O:** Relatively effective ability to generate antibody response against influenza A(H1N1) and A(H3N2) viruses. Antibody response against influenza B is not as dramatic as blood type B.

•**Blood type A:** Overall has a great ability to generate a quick and substantial antibody response against influenza type A(H1N1) and especially A(H3N2). Their antibody response against influenza B is not quite as dramatic.

•**Blood type B:** Reasonable, but not great ability to generate an antibody response against influenza A(H1N1). Slowest (it can take them 3-5 months) and weakest ability to generate antibodies against influenza A(H3N2) of any blood type. Against influenza B virus, blood type B has a significant advantage and responds differently from either blood group A or O. The blood type B immune response happens much earlier and persists longer.

•**Blood type AB:** Relatively poor ability to generate high antibody levels against any of the influenza viruses.

With these differences in immune responses, we would expect to see differences in susceptibility to and severity of influenza infection between the different blood types... and indeed we do. What we find is that the susceptibility to influenza changes based upon your blood type and the properties of the circulating strains of influenza virus.

Overall, influenza is probably most problematic year to year for Type ABs. In general, they are more sensitive to infection by both influenza A and B than the other blood types. They are affected by these viruses earlier and more severely than those with the other blood groups (and they need to be extra cautious regarding an abrupt change in the influenza A virus as well). Blood type B is going to be most severely affected when the influenza A(H3N2) (this in the "Hong Kong" variety and its relatives) is in circulation, has relatively little difficulty with influenza B, and has to be very concerned about an abrupt change in the influenza A strains. Type O gets less influenza A(H1N1) and more A(H3N2). Type A blood indirectly offers relative protection against both strains of influenza A.

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November 2017 Special

There are times when your immune system needs extra help, particularly during times of stress and seasonal changes. Overall immune support begins with a solid foundation - the foods that you eat. Following your specific Blood Type Diet, GenoType Diet, or SWAMI protocol is the first step in promoting a strong immune response. Dr. Peter D'Adamo created a line of immune support formulas that promote healthy immune function. Use a combination of natural products designed to enhance a healthy immune response. D'Adamo Personalized Nutrition is proud to offer the Immune Support Pack that contains everything you need to stay healthy naturally.

Immune Support Pack

Promotion:



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25%

Now
\$177
only RP: \$159
(per Pack)

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Stearates
& Fillers:**

We do not use
artificial
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stearates or
synthetic
lubricants in
our products.

•Buy any 2 bottles @ 25% off

*Proberry Caps \$59
* Quercetin \$65
* Ara-6 \$89

Proberry Caps:

- Plant anthrocyanidins such as those found in elderberry, berries, and other pigmented fruits and vegetables have been shown to block the enzyme ornithine decarboxylase (ODC) that is responsible for the production of polyamines.
- Proberry Caps also contains a standardized extract of Acerola Berry, the domestic food with the highest concentration of naturally-occurring Vitamin C, as well as a rich source of synergistic bioflavonoids with among the highest antioxidant capacity found in nature.

Quercetin:

- Has been used for decades to help support a healthy cardiovascular and immune system. Research also supports the findings that Quercetin may support a healthy response to occasional inflammation following sports activity and provide relief from symptoms of occasional seasonal

ARA Plus:

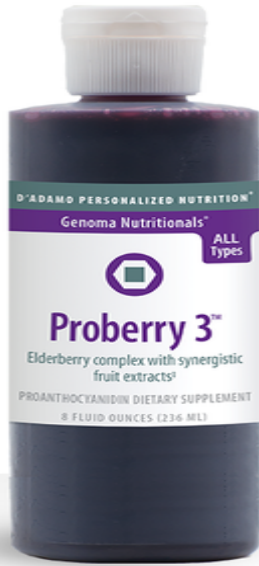
- This light, fiber-rich powder derived from the Western Larch tree, provides an essential boost to the immune system.
- The primary component of ARA Plus is a long chain of linked sugars, called Arabinogalactans, which are high-molecular weight polysaccharides capable of up-regulating critical aspects of the immune system.

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Natural Immune Booster

Reap the health enhancing benefits of dark-hued berries such as blueberry, elderberry, and raspberry. Packed with powerful antioxidants, Proberry 3 Liquid is a great tasting syrup that mixes well with water, tea, or juice and a great choice for immune support during low temperature weather or changing seasons.

*Recommended for all types
8 ounce bottle
Suggested Use: 1 tsp., 1-3 times
daily*

*Available at My Type Store
To order call 63395570 or
whatsapp 972695570*

LARCH ARABINOGALACTAN IS A NOVEL IMMUNE MODULATOR

Arabinogalactans are a class of polysaccharides found in a wide range of plants; however, they are most abundant in plants of the genus *Larix* (larch tree is *Larix occidentalis*). As produced, Larch Arabinogalactan is a dry, free-flowing powder, with a very slight pine-like odor and sweetish taste. It is 100% water-soluble and produces low viscosity solutions. Because of its excellent solubility and mild taste, the powder mixes readily in water and juices and is easily administered (even to children)



IMMUNE HEALTH

Larch Arabinogalactan appears to act as an "adaptogenic" agent on your immune system...lifting up weak aspects and balancing down over-achieving aspects. So, while this supplement is currently primarily thought of as something to improve or stimulate immune system activity, it would be more appropriately described as a substance with an ability to build a more responsive immune system...or in effect, an immune system that is better able to function in a balanced and appropriate manner in the face of the challenges we face today. If you're prone to sickness, consider taking larch regularly. A new study found that larch can help reduce the number of colds by 23%!

DIGESTIVE HEALTH

The longest recognized use of Larch Arabinogalactan is probably as a source of dietary fiber. It has been shown to increase the production of short-chain fatty acids (SCFA's), principally butyrate and proprionate. These special fatty acids are critically important for the health of the colon. In fact, having an adequate supply of SCFA's is thought to make colon cells more resistant to both tumor promotion and a variety of intestinal disease. Larch Arabinogalactan also acts as a food supply for friendly bacteria. The term used to describe this action is "prebiotic."

November 2017 Special

Acupuncture for Immune System Treatment

Your **immune system** is your body's security detail – the cells, tissues and organs that comprise it help repel foreign invaders like bacteria, parasites and other microbes that can cause infections. **Disorders of the immune system** range from everyday annoyances like mild seasonal allergies to serious illnesses like leukemia. Stress, lack of sleep and other common conditions can contribute to a weakened immune system, which can make you vulnerable to infections.

Acupuncture therapy can treat a wide range of health conditions, including immune deficiency, by stimulating and balancing the immune system. Acupuncture can strengthen a weakened immune system by increasing red and white cell counts, T-cell count and enhancing humoral and cellular immunity in patients with immune-related illness.

The causes and effects of a weakened immune system

A compromised or dysfunctional immune system is a major component of most chronic diseases. Poor nutrition, stress and exposure to harmful agents all lead to a declining immune system. Once compromised, a weak immune system results in frequent colds, allergies, and reoccurring infections.

Immunity related disorders include:

- Common colds
- Allergies
- Asthma
- Chronic fatigue
- Hepatitis
- AIDS
- Autoimmune disease
- Cancer
- Rheumatoid arthritis
- Multiple sclerosis
- Psoriasis
- Immune deficiency syndrome



Restoring the immune function

So how does someone suffering from an immune disorder find relief? Acupuncture can regulate immune function and treat the underlying cause of the disease by reducing symptoms, speeding up the healing of infection and normalizing the body's immune response. It works by stimulating specific portions of the autonomic nervous system through selected acupoints, which in turn causes responses in the immune system. Acupuncture can cause a rise in levels of interferon, one of the immune system's messenger hormones. Regular acupuncture therapy can be effective in treating asthma, allergies, rheumatoid arthritis, lupus, colds and infections.

To learn more our TCM service please call 63395570.