
blood type diets MED: Blood type diet and whey

Posted by Helen - 2008/11/19 18:58

I'm wondering if any of you who have had success with whey protein powder are Type O. It would be useful to know if I'm shooting myself in the foot. LaRue Hi LaRue, From the responses I've seen here, it seems there are a lot of us with Type O blood. I am O+. I took the denatured whey protein and did not see any improvements. But then I was all ready highly functional (about 80-90% of my pre-CFS life) so my glutathione levels are probably not as deficient as those PWCs who are sicker. NEVER GIVE UP! << Helen << Wisconsin << USA PWC 19 years *Maranatha* <http://www.wels.net/> On rx & supplements I can work and jog

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Posted by Dayle Ann - 2008/11/19 18:58

I just had a disconcerting thought about the whey protein supplement I've just started and D'Amo's blood type diet. I'm a Type O. Since the blood type diet identifies whey as something to be avoided by Type O's, I'm wondering if any of you who have had success with whey protein powder are Type O. It would be useful to know if I'm shooting myself in the foot. LaRue, I'm type O and have no qualms about starting the whey treatment. I know that a lot of people are very interested in the Blood type diet right now, but when I read D'Amato's reasoning behind it, I felt he made an awful lot of leaps in logic to get to his conclusions. Some of the studies he quotes are not very well-supported or replicated, and in others, he takes tendencies or marginal results and cites them as facts. I suspect that the primary impact of the book is simply that people who follow it are paying attention to eating well. Speaking for myself, the diet he recommends for type O is one that I don't do well on at all, so I decided that I would trust my own experience of what kind of diet I need. I happen to be both allergic to milk and lactose intolerant so have avoided dairy products of all sorts for a long time. However, the benefits that so many are experiencing from using the undenatured whey products has convinced me that they are worth trying. I have my order in. Dayle Ann

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Posted by bobbie sellers - 2008/11/19 18:58

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Posted by LaRue Love Sloan - 2008/11/19 18:58

Thanks, Andrea. I'm looking for a copy now. LaRue

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Posted by Katha J Kuspa - 2008/11/19 18:58

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Posted by Katherine Krider - 2008/11/19 18:58

<If anyone DOES have good or bad or neutral results on the blood-type diet, please post to the list. I would be most interested in hearing your results (or email me privately, thank you). Katha, with an enormous amount of skepticism I tried the blood type diet several years ago, and I've got to say, it's helped me more than any other single thing I've done for my CFS (my onset was 1992). Of course, before I tried the blood type diet I'd already tried the elimination diet, and I found the former easier to do than the latter, especially because I couldn't have coffee or sugar with the elimination diet, and I can have both with the Type A diet! Since I'm blood type A, I too thought there was no way on earth I could live without dairy or wheat, but I've learned I actually feel better over the long haul when avoid both

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