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**a10. A Question on Food and Blood Types**

Dr. Victor Jean Ouellette June 1999

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**Question!** I believe the food-lectin theory may have some merit, but find it very difficult to stay on this diet for my blood type. Do you have some suggestions to help me?

**Answer**

First you should understand that this is only a theory right now. Much more research needs to be done. If you are going to try to keep to a diet suggested for your blood type then you will most likely be trying to eliminate wheat, corn and dairy products from your diet. You should understand that you do NOT have to eliminate these foods completely unless you are very sensitive to them. However, many people must avoid their poison foods 100% to see results.

The problem arises when your intestines absorb **UNDIGESTED** food products. It is claimed that 5% of food stuff might be absorbed undigested by way of a process called pinocytosis. So, improving digestion will be a useful tactic. You can do this in a number of ways. In the next article you will find some theory on a possible explanation for this food interaction.

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