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GenoType Diet

The GenoType Diet was created by Peter D'Adamo, ND, who also created the Blood Type Diet. Dr. D'Adamo's research suggests that an individual's genes are not refractory – they may be altered depending on environmental factors and are continually changing. His findings suggest that a person can “reprogram” their gene responses to lose weight, prevent disease, repair cells, and age gracefully. The GenoType Diet categorizes people into six categories: Hunter, Gatherer, Teacher, Explorer, Warrior, and Nomad. In addition to environmental factors, dietary choices also influence genes. The following list explains each type:

GenoType 1: The Hunter

GenoType 1 is characterized as tall, thin, and intense with an overabundance of adrenaline and a fierce, nervous energy that winds down with age. The Hunter was originally the success story of the human species. Vulnerable to systematic burnout when overstressed, the Hunter's modern challenge is to conserve energy for the long haul. The Hunter is said to almost always be blood type O, and it's recommended they follow Dr. D'Adamo's blood type O recommendations.

GenoType 2: The Gatherer

GenoType 2 is full-figured, even when not overweight. The Gatherer struggles with body image in a culture where “thin is in.” An unsuccessful crash dieter with a host of metabolic challenges, the Gatherer becomes a glowing example of health when properly nourished. The Gatherer is thought to usually be blood type O and sometimes type B. Gatherers should follow the respective approach for their type that Dr. D'Adamo outlines.

GenoType 3: The Teacher

GenoType 3 is strong, sinewy, and stable, with great chemical synchronicity and stamina. The Teacher is built for longevity when given the right diet and lifestyle. This is the GenoType of balance, blessed with a tremendous capacity for growth and fulfillment. Dr. D'Adamo believes the Teacher to almost always be blood type A and sometimes type AB.

GenoType 4: The Explorer

GenoType 4 is muscular and adventurous. The Explorer is a biological problem solver with an impressive ability to adapt to environmental changes and an above average capacity for gene repair. The Explorer's vulnerability to hormonal imbalances and chemical sensitivities can be overcome with a balanced diet and lifestyle. Explorers are unique in that they might be A, B, AB, or O. They are often Rh negative and non-secretors. Rh is a type of protein on the surface of red blood cells that Explorers lack. Non-secretors do not secrete the antigen characteristics of their blood type in bodily fluids and tend to have more digestive problems.

GenoType 5: The Warrior

Usually blood type A or AB, GenoType 5, is long, lean, and healthy in youth. The Warrior is subject to bodily rebellion in midlife. With an optimal diet and lifestyle, the Warrior is able to overcome the quick-aging metabolic genes and experience a second “silver” age of health.

GenoType 6: The Nomad

GenoType 6 has a great sensitivity to environmental conditions and especially changes in altitude and atmospheric pressure. Although the Nomad is vulnerable to neuromuscular and immune problems, when well-conditioned this type can easily control caloric intake and age gracefully. The Nomad is most often blood type B and sometimes AB.

Family history, blood type, and physical attributes such as fingerprints and jaw angles are used to determine an individual's GenoType. Each GenoType has a specific way of eating to optimize the body's ability to function. Not only is exercise encouraged, certain types of exercise are outlined for specific Genotypes.

Foods to include, universally:

- Green vegetables
- Fish

Foods to avoid, universally:

- Processed food

- Cured meats

Pros:

- May improve digestion and absorption of nutrients
- May lead to weight loss
- Honors bio-individuality
- Minimizes processed foods

Cons:

- Supporting scientific evidence is limited
- Blood type protocols may not be accurate for everyone
- Diet requirements may become expensive

Sources:

Change Your Genetic Destiny www.genotypediets.com [.\(http://www.genotypediets.com\).](http://www.genotypediets.com)

GenoType Diet Information www.bloodtypedietsboom.com [.\(http://www.bloodtypedietsboom.com\).](http://www.bloodtypedietsboom.com)