

## THE D. J. LETTERS: Health & Wellness For Smarties

DOING EARS: Auto-Reflexology is OK where you live, D.J.; but get informed before you touch ANYONE ELSE besides your mom & dad, auntBoo, my b'scotty, Pop-Pop, DrMimi, or UñcaSam, (& the same goes for sisterT, sisterM, Mander, Sandwich, Loo, Boo, & b'scotty too!)

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Dearest DJ!

It's another one of TheGami's letters, based on Proverbs 13:22 which instructs us grandparents to pass our "treasures" along to our grandchildren. In my opinion, the things I've learned about *Alternative Healthstyles™* over the years are priceless bits of information and while you cannot spend them, my darling, hopefully these educational tools will save you hundreds of thousands of dollars in health care costs over the course of your own and your family's lifetimes. This particular letter is to share information and educate you about a book you've seen floating around at the home of every single person in our family that you've ever visited. When you were three years old you heard your mamaLoo and me talking about the book, and you asked me, "Gami, can I be your type?" While nothing would have pleased me more than to answer such a precious inquiry with a resounding "YES", the truth is that your blood type is either the same as The Sandwich or the same as your MamaLoo. Since Loo has the same blood type as I have, my Lil'Man has a 50/50 chance of being the same type as TheGami. In fact, if I'm not mistaken, the only way that a child can get a "mixture" rather than one blood type or the other is if one parent is Type A and one parent is type B. In some cases, but not all of the time, the two parents' blood types will mix and the result is a baby with type AB. This is assuredly not the case for our D.J.!

That angel MaryBeth introduced me to "the blood-type food lists" back in 1997 within the hour after I was diagnosed with stage 4 cancer in my LadyParts and found the little herb shop she had in the back porch of her house when I searched the yellow pages, looking for an alternative that I could embrace while I was weighing the options given me by the doctors. I asked her about shark cartilage (I'd heard some of the people in Jim's clinic talking about it when I went through drug treatment the previous year) and in response she

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presented me with two books, *The Cancer Answer* by Albert E. Carter and *Eat Right 4 Your Type* by Peter J. D'Adamo. I've always given credit to Al Carter's book for saving my life, but MaryBeth taught me how to utilize the lists in D'Adamo's book to assist my recovery and help maintain my wellness after the cancer went away. (When you're older, or after you're married, you may want to get more details about my battle with and victory over cancer which is in the letter I wrote to your mamaLoo and auntBoo in chapter 11 of DoingEars®: Auto-Reflexology™ For Families.) I must admit I was pretty religious about the TypeO food lists while I was actually fighting for my life, and have been much less legalistic about it when I'm "just" living my life.

I've told all of my former clients, along with every member of our family and my friends, business associates and even fellow church members about this book. Even so, I also strongly encourage everyone to keep things in their proper perspective, and not to establish the lists of foods in that book as their Religion or as their Law unless they're fighting for their life. If we establish something as a law, our self-indulgent human nature will immediately begin looking for ways to "get around it" and we go into hiding with it, ashamed of ourselves and then using it as an excuse to feel like a failure and beat ourselves up about it.

Bottom line is: our "diet" is whatever food products we consume during any given season. If you've already given up animal proteins like my sisterT, then you are on a "vegan diet"; if you add butter, eggs, and perhaps fish to your menu, then you are considered to be on a "vegetarian diet". Most of the reviewers and readers, as well as D'Adamo himself, refer to the food lists in his book as "the blood type diets" but I stand firm in my opposition to the word "diet" because in our society today, the word "diet" and the images or

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concepts that word produces in the minds of Americans seems inevitably be connected to the popular concept of Weight Loss.

I've never gone on a diet in my life, Lil'Man! Nobody in our family has ever taken on any type of weight-loss program as far as I know, because none of us has ever really struggled with our weight, except for my sisterM when she was going through her thyroid issues. "Dieting" is just not something that has ever been a part of our lives because very few people in any of your lineage have struggled with obesity.

I've heard all about dieting; gotten the gritty details of countless types of "weight-loss" programs from my former clients and many of my friends over the years. You can read more of my opinions in other letters I wrote you that also accompany Chapter Six of DoingEars®: Auto-Reflexology™ for Families. Suffice to say here, Lil'Man, TheGami believes "dieting" is yet another industry that makes money on the misery of the masses.

That very drawback or shortcoming of the "weight loss industry" is one of the beautiful things about the food lists in D'Adamo's book, D.J.; you can fit this simple tool into your lifestyle and healthstyle™ choices with very little effort, and you can mix-and-match medicinal foods with poison foods all you want, when your humanity (self-indulgence) gets the better of you. Your mamaLoo and auntBoo follow the list when it's not too inconvenient, and know exactly which foods are sure to produce which predictable reactions which repeatedly and consistently affect their digestion and/or weight. My sisterT follows it in general, along with Jas and A# because they still don't have much input on the grocery list. G# follow it only to the degree that it fits into his established paradigms and his affection for an overall "vegan diet".

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SisterT and her family may not follow the food lists as closely as others, because they've reached a mutual consensus that they don't want to eat animal products regardless of what the lists suggest. My sisterM follows the lists somewhat but our b'scotty has chosen to make this a tool he uses every meal time. Mander and TheSandwich have no interest in proactive participation as far as I know, but don't object when someone prepares a meal that contains foods listed as "highly beneficial" for them. I know your daddy has instinctively developed food preferences that line up with the lists in D'Adamo's book, even though he may not ever agree with me on the topic and even though he's never read the book himself but has heard us talk about it. DrMimi helps your Pop-pop and UncaSam do the best they will by offering healthy foods that their bodies will receive in a medicinal way; if they're hungry they will enjoy the meal. Wouldn't you agree, it must have merit if every single one of our family members follows it to some extent, my Darling D.J.?

Before I tell you what I know about the blood type food lists, and why I'm such an advocate, I will tell my D.J. that I'm well aware of all the criticism D'Adamo has been subjected to, ever since this book was published. I've honestly never bothered to research any of the criticisms, which seem to be centered around his research and documentation, because I'd become a fan and seen personal benefit long before I was ever presented with criticism. I trusted MaryBeth, I saw right away how easy this tool was for me to implement, and how much my body seemed to gravitate more and more away from the foods on the list of foods to Avoid, without any proactive effort on my part.

I'd been learning and recommending the lists for ten years before one of the clerks in the store where I was DoingEars (in a Ministerial capacity) laughed

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when he heard me mention it, scoffing at the lack of duplicity in D'Adamo's research. However, he cited mainstream medical sources and I'd already formed my opinion that western medicine is in the business of prolonged illness rather than being truly interested in curing anything. He didn't stop to consider the fact that I would have nothing to gain by recognizing (much less endorsing) something as simple-to-apply as a list of foods with no requirements or restrictions governing the degree of any person's application. You know TheGami, Lil'Man: she's not about to keep quiet about something this beneficial when that something is equally effortless.

I don't really care what anyone says, Lil'Man! I've seen in my own life what this list of foods can do to enhance overall health and wellness. So I'll tell you "the story" as I know it and relate it, and hereby *disclaim myself from attention to exact detail, and absolve the authors of any connection to the story I tell.* The way our angel MaryBeth told it as I recall, the author and his dad ran a spa (she used the term "fat farm" which really dates us both) somewhere in or near Connecticut, and through the years they could never figure out why some other the people who came to participate in their program got fit and trim and healthy, and others seemed to just get sicker and fatter. At some point, MaryBeth told me they were purging their files for archive (something that is required for doctors on a regular basis) and one of their temporary office staff "just happened to notice" that most of the people who didn't seem to respond to the regimen at the spa were all the same blood type. Was it mere coincidence?

Evidently they didn't think so either. From what I understand, they separated the "four basic food groups" into sixteen categories and then went into a laboratory and somehow isolated the various components of the different foods and then matched those components, one-by-one, to the four blood types recognized as The ABO System throughout the western world (possibly

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other countries as well, but I don't know). By the time you become my apprentice, Lil'Man, you will know what your blood type is and you will be offering information from that book to people you know. It's been a scientific fact for decades that one blood type is not necessarily compatible with another, a discovery which exponentially lowered mortality rates in surgical procedures.

Not only did they claim to figure out in detail why one blood type is not compatible with another and, in fact, may kill a transfusion recipient; they figured out there are also certain components in the various foods we eat that will render those foods, to some degree, poison to our particular blood type. Conversely, there are also certain foods we can eat that contain components which will render those foods, to some degree, as medicine. The rest of the foods in our world would, by default, be received by the body as foods.

While it's a strong policy of mine to focus on what I want to have happen, I think it might help my DJ if I describe how most people initially take this information so that we can get that out of the way immediately. I was the same way! When our angel MaryBeth told me about the blood-type book and I began to read it, like everyone else I jumped straight into the lists of the foods I'm "not supposed to eat". I've found it's common for us to love the very foods that are poisoning us, however slowly or imperceptibly. (SisterT said the bacteria/toxins that feed on the mucus the body creates will excrete their own enzymes into our digestion so that we feed them even though it may be unhealthy to do so.) I was no exception; I loved many of the foods on my list of foods to Avoid, so I thought it was a whole lot of garbage and knew there was No Way I would ever give up certain foods that I loved and indulged myself every single day (fresh strawberries). We all have the tendency to focus

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on all the foods we love that we're "not supposed" to eat. What a great way to set ourselves up for failure!

This is a typical reaction from everyone I've introduced to this list of food guidelines, Lil'Man! It must be human nature to immediately begin scanning to see where we're making mistakes or see how we will be depriving ourselves, thinking we must suffer to be healthy... perhaps thinking we need to run home and start throwing away food we bought with our hard-earned money. Which brings me to one of the things I really love about this list of foods: you can mix and match the healthy with the unhealthy; the medicinal foods can be mixed with the poison foods to more or less balance each other out.

I suggest you go through the list of foods for your blood type, and make a mark next to the foods listed as highly beneficial and neutral. If you don't like to write in your books, my darling DJ, change your mind! Make a mark next to the highly beneficial foods you already love, and eat more of them. Make another mark next to the neutral foods that you love, and eat them every day. Make a commitment not to torture yourself; you do not have to choke anything down just because it's healthy. If you decide to begin exploring healthier alternatives, buy the very smallest serving available so that you can throw it away if it's nasty-tasting To You. Experimentation is the only way to know which brand-names you like and which products you can easily fit into your "average" meal plans. You will gradually and effortlessly draw away from the foods on the list to avoid, and begin to develop an appetite for more of the medicinal foods. It's actually quite amazing; I cannot remember the last time I craved fresh strawberries and don't really even find them appealing anymore.

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In my personal and professional opinion, Lil'Man (for whatever it's worth), our amazing Tea and the book I'm talking about in this letter are the two single most valuable tools TheGami could ever offer you for long-term health and wellness. The author claims a person can reduce their allergies and restore ideal weight within five years by following the guidelines on the food lists in the book. DoingEars® will only make it happen much more quickly, and every bit as effortlessly. Don't work too hard at being healthy, DJ; it doesn't have to be an all-or-nothing ordeal.

Take the information for what it's worth, use whatever you can/will when it's not too inconvenient, and always remember that health and wellness is a day-by-day, meal-by-meal, hour-by-hour set of variables and choices we have to make from whatever perspective we're in at the time. Every day is a new day! Do the best you will at any given time, Lil'Man. I will help you as much as you will allow so don't ever forget to call TheGami with questions, concerns, curiosities, or just to chat. I love to hear from you for any reason!