

## HOLISTIC HEALTH FOR YOUR GENETICS

Often wonder diets get you NO results? End up taking many supplements, herbs as well as becoming vegan and still not well?! If so, it is time to take into account your blood type and genetics into your diet regiment!

We have an abundance of holistic health books, dvds, great info on social media which we apply where we may/may not feel results. If you have friend or co-worker who becomes vegan and “Well-Lah” get results. You try same diet and your health gets worse. You wonder “Why did it work for my friend but not me” and then you give up! I have been there as well. I was a vegan for 20 years and still ended up with a stomach ulcer for 5 long years. I tried herbs, drank alkaline water, had not eaten meat in many years! What could possibly be wrong? Did I need surgery? I sought out a Naturopath who turned out to be an Iridologist. He asked me what my blood type was and I did not know. He “Typed” me to find I was Blood Type O+. He gave me a list of foods which were averse to my blood type and I found what was causing my ulcer!! I saw my many violations and cut those foods out of my diet and have no issues with my stomach since.

I did quite well and read in the depth book on the subject by Dr. Peter D’adamo’s entitled “Eat for Your Type.” I was a holistic health practitioner and wanted to share this knowledge with all my clients. Eventually, I found the Blood Type Diet quite constricting. Additionally, I learned that Blood Type is only one of the many markers on my DNA which dictate my diet. Each Blood types fall into a Genotype categories which are: “Hunter,” “Gather,” “Teacher,” “Warrior,” “Nomad” or “Explorer.” As you know, I am Blood Type O+ & Gatherer, my fiancée is Blood Type O- “Hunter.” Although we are both Blood Type O’s, we have quite different diets based on our Genetics. Eating based on your genotype gives way more variety then only the Blood Type. You will also learn what exercises are best for you as well a little history of your Geneotype.

If interested in a holistic health consultation, contact Sista Shai (Shy-ee), 347-427-8668 at African Holistic Health & Wellness Center. [www.africanholistichealthnwellness.weebly.com](http://www.africanholistichealthnwellness.weebly.com)



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