



*Serotyping With Advanced Modifying Inventories*



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*Individualized For*

**Amy Colman**

*GT3 Teacher (Blood Group A Rh Positive Secretor Status Unknown)*

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*Mar 18, 2011 at 01:33 AM*

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**D'ADAMO PERSONALIZED NUTRITION™**

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## Welcome to SWAMI Xpress

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by Peter D'Adamo, ND

After 12,600,000 individual calculations (performed on 225 individual nutrient values found in each of 800 foods, matched to the results of the measurements, history and test results that you've provided) your personalized SWAMI Xpress diet is now ready. Whew!

As a naturopathic physician and a researcher, I've always had a deep faith in our ability to take control of our bodies and our lives. Every day, I've treated patients who discovered a health, vitality, and joy in life that they'd never thought possible, simply by altering what they ate, which supplements they took, and how they exercised. Since my first book, *Eat Right for Your Type*, was published 11 years ago, I've been privileged to hear the most heartening stories about people whose lives have been transformed by finding the diet and exercise plan that fit them best.

Yet I'll admit I had one blind spot that I'd imagine a lot of you share. I always assumed that the genetic part of our story had already been written. The genes we inherited from our parents, I believed, were the cards we were dealt. I knew we had a lot of leeway in how to play those cards—and I went on to write numerous books that helped a lot of people play them better. But I was pretty sure that the cards we received at the moment of conception were the ones we had for life.

Imagine my delight, then, as I began to discover that we have an enormous power to improve our lives, even when it comes to our genes. True, we can't do anything about which chromosomes we got from our parents; we can't add new genes to the mix or eradicate old ones. But the genes we get at conception are only the beginning of the story. From our time in the womb through our childhoods, youth, and adulthood, we have the capacity to turn up the volume on some genes and silence others, vastly improving our capacity for health and happiness. We can understand the trajectory of our life and health—what physical challenges we're likely to face, what disorders we're most prone to—and we can respond effectively. With this in mind, I wrote my most recent book, called *The GenoType Diet* which identified, six different 'genetic archetypes' which I call **GenoTypes**.

### What Is a GenoType?

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As you can see, we're interested in both our genes and their response to the environment. We're especially interested in their response to those crucial nine months in the womb. That whole package—our genetic material and its prenatal response—is called a GenoType.

Your Genotype determines such seemingly trivial details as the shape of your teeth, the length of your legs, and the pattern of your fingerprints. More significantly, it decides which foods will help you lose weight and achieve vitality—and which illnesses you're most at risk for.

I've identified six GenoTypes: the Hunter, the Gatherer, the Teacher, the Explorer, the Warrior, and the Nomad. These GenoTypes probably developed over the last 100,000 years of human history. They're older than ethnicity, and they don't necessarily line up with your family patterns. In other words, you could be the only Hunter in a family full of Gatherers, or the only Nomad in a family full of Warriors. Yes, your GenoType is the product of the genes you inherited from your family, but it's also the result of your prenatal experience. Your genes, and your first nine months in the womb combine to create your GenoType. When you know which GenoType you belong to you'll know which diet, exercise plan, and supplements can give you the best chance at your optimal weight and maximum health. You'll also learn which diet and exercise can help you prevent the conditions to which you're most vulnerable.

The GenoType Diet is rooted in intense scientific study and analysis, bringing together genetic research and physical data from hundreds of individuals to create six distinct GenoTypes and accompanying strategies to maximize each one's strengths and minimize weaknesses.



## GenoType and Blood Type: What's the Difference?

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By this point, those of you who are familiar with my Blood Type Diet may be asking how it relates to The GenoType Diet. After all, both diets are individualized health plans that are geared to your specific biology and your unique health needs. And both depend to some extent on your genetic heritage.

That's true, and I don't want those of you who were good enough to buy my Blood Type Diet books to throw them away! I can assure you, they're still accurate. But in the 11 years since I published the first of these books, I've done further research and learned a lot more about how our bodies work. I can now see that GenoTypes are an even more refined, complete, and accurate way of understanding the human body than blood type alone.

Although they have very great similarities, the Blood Type Diet series of books and the new GenoType Diet book are actually two distinct dietary systems, which complement each other but work through different mechanisms. While it is hard to blend both systems on your own, working from each book (you more or less have to choose a system and stick with it) it is very easy to develop even more specific and personalized diet plans for any individual by using the tremendous data crunching power of modern computers. Computer programs can rapidly analyze hundreds of different foods in a split second; and make tens of thousands of decisions based on how we program it.

In essence, with the Blood Type Diet system *we adjust person to their genes*, and with the GenoType Diet system *we adjust the genes to the person*.

### Welcome to *SWAMI Xpress*

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*SWAMI Xpress* is a sophisticated computer software system written by Dr. Peter D'Adamo. Dr. D'Adamo is a world-renowned expert in nutrition and genomics and he wrote the *SWAMI Xpress* software to harness the power of computers and artificial intelligence, using their tremendous precision and speed to help tailor unique one-of-a-kind diets to individuals, based on their blood types, fingerprints, medical history, biometric measurements and over ninety other variables.

So what follows is undoubtedly the most custom-tailored diet that science and technology are currently capable of producing. *SWAMI Xpress* is capable of determining your GenoType and prescribing the appropriate GenoType Diet for you, but it can do much, much more. From its extensive knowledge base, *SWAMI Xpress* can evaluate each of over 700 foods for over 200 individual attributes (such as its cholesterol level, gluten content, presence of antioxidants, etc.) to determine if that food is either a superfood or toxin for you. It then prints out a specific one-of-a-kind diet in an easy-to-read, friendly format.

*SWAMI Xpress* considers a food to be either of three values: a 'superfood', 'neutral' or 'toxin avoid.' Each category of food is broken down based on these values; for example, some types of poultry may be better for you than others. At the end of the diet section *SWAMI Xpress* prints out a list of food which you should minimize and its rationale for its decisions. Some avoids are noted by a black dot (•). These are **temporary avoids** meaning that you should minimize or avoid these foods for a period of about three months, to allow your digestive system to regenerate and detoxify. Once it has been rebuilt you can reintroduce these in small amounts. Some superfoods are noted with a diamond character (◊). These are **extra-special super-foods** with the ability to enhance weight loss, increase immunity and slow down aging. These foods should be consumed frequently.



## The Teacher GenoType

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The Teacher represents the third basic response to a challenging world: altruism. “All you need is love.” is the Teacher’s motto, and their immune systems reflect it. Perhaps because this GenoType emerged during a time when people were migrating more and living in more varied environments, Teachers are able to tolerate a wide variety of unfamiliar bacteria, viruses, and microbes, avoiding the hair-trigger symptoms that plague the Hunter. Unfortunately, they sometimes welcome infectious elements that they would do better to repel. Teachers may live for a long time without symptoms and then discover that digestive problems, lung disorders, or even cancer have been building within them for years. Our goal for Teachers is to protect their stomachs, colons, and lungs from the wear and tear of the environment. We want to keep their “good bacteria” happy and numerous so they can crowd out the disease-causing “bad” bacteria, yeast, and viruses. We also want to make their immune defenses more efficient by “teaching” it with food, supplements, and lifestyle to be more protective and discriminating.

### What Makes You a GT3 Teacher:

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**Calculator Choice:** Using Standard GenoType Calculation Tools.

### Results

The six GenoTypes described by Dr. D'Adamo are very broad characterizations; no individual is purely one GenoType. Since many of the GenoType characteristics overlap, most people will have aspects of at least two or more GenoTypes. However SWAMI Xpress uses powerful statistical tools to calculate which single GenoType best captures the highest degree of your unique variation.

Your results: **53 %** of your epigenetic variation is encapsulated in the GT3 Teacher profile.



**Interpretation:** Strong Association with GT3 Teacher

There a high degree of your of your epigenetic variation encapsulated within this GenoType. Following these guidelines for this GenoType should have a highly significant dietary effect on healthy genetic expression.

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## The Teacher Inventory

These are the findings which identified your GenoType as Teacher. To learn more about these tests and measurements, consult chapters 3 and 4 in *The GenoType Diet* book.

### Calculator Points:

- Torso to Leg Ratio /Characteristic of Teacher.
  - Your torso is longer than your legs.
  - Your upper leg longer than your lower leg.
- Your ABO blood type (A) is characteristic of Teacher.

### Strength Testing, First Pass

- Meso or meso-ecto somatotype /Characteristic of Teacher.
- Whorl count four or greater /Characteristic of Teacher.

### Strength Testing, Second Pass

- History suggestive of GenoType (infection/overgrowth) /Characteristic of Teacher.
- Lactose intolerance /Characteristic of Teacher.
- MBI JP(J) Function suggestive of GenoType /Characteristic of Teacher.
- Parameter suggestive of GenoType (Low Risk WHR) /Characteristic of Teacher.
- Parameter suggestive of GenoType (wrist circumference) /Characteristic of Teacher.



## The Teacher GenoType Profile

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### **The Teacher Immune System Profile**

The tolerant Teacher immune system can easily over-identify with the external world, lowering its defenses against microbes, harmful foods and aberrant cells. Poor immune surveillance means vulnerability to infections, as well as a higher than average risk for many common cancers. This often occurs in Teachers because tumor cells often turn-off genes that are supposed to keep them in check. These 'jail-keeper' genes are called tumor-suppressor genes and they are supposed to prevent cancer genes from activating. Often in Teachers, the first thing cancer genes do is figure out a way to turn off the suppressor genes. At that point the inmates are running the prison. Fortunately with the Teacher GenoType diet, you can put those suppressor genes back to work for you.

### **The Teacher Diet and Digestion**

Their ancient heritage of farmers has genetically disposed Teachers to metabolize a wide variety of fresh foods, grains and seafood. Conversely, they lack the enzymes to properly digest and metabolize animal fat. The ideal Teacher diet is vegetable and seafood based, with small amounts of other low-fat proteins. Unlike the other GenoTypes that gain weight from excess calories or inadequate exercise, Teachers gain weight from excess toxicity. When their diets are excessively meat based, they gradually develop a buildup of bacteria in the digestive tract, which can act as a powerful block on their metabolism and immune system. The result is a range of stomach and intestinal problems, including gastritis, which causes extreme discomfort in the upper abdomen, nausea, and in severe cases dark bloody stools. The wild bird that best personifies the character of the Teacher is the crane. In addition to being great fishing birds, cranes perch for lengths of time on one leg. There is a rather well-known stance in martial arts known as "crane on a rock." The practitioner balances on one leg, and like the crane, remains still, perhaps awaiting the movement of its prey before responding. Balance.

As with the crane, the Teacher is a success story in acceptance and integration, highly beneficial traits for both man and environment. I urge you to get started now. Turn to the Teacher Diet in the next section, and begin living better for your GenoType.



## Further Customization (1)

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SWAMI Xpress has identified several additional dietary factors which it has integrated into your program:

**Diet Emphasis:** Synthesis of GTD and BTD Food Values

SWAMI Xpress has chosen to build your diet plan around a synthesis of *The GenoType Diet* and *Blood Type Diet* food values.

**Emphasized and Deemphasized Nutrients**

SWAMI Xpress has chosen to further tailor the diet to your unique needs by emphasizing and deemphasizing food containing certain key nutrients. These include:

*Foods considered high in these ingredients received **Strong Deemphasis***

- Allergen
- High in pesticide residue

*Foods rich in these ingredients received **Strong Emphasis***

- Good Elimination Food

*Foods rich these ingredients received **Moderate Emphasis***

- Butyric Acid
  - Pantothenic acid
  - Inhibits bacterial overgrowth
- 
- Certain foods rich in lactose and galactose are being restricted





## Further Customization (2)

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### Epigenetic Worldview

SWAMI Xpress has added an additional level of food filtering based upon unique aspects of your epigenetic heritage. The program will set a preference for overall tone of the diet choices by virtue of epigenetic worldview (Reactor, Receptor or Thrifty). This filter will rescan the nutrient database for special 'constellations' of nutrients which enhance or detract from the biologic characteristics of the selected worldview. SWAMI Xpress has characterized your personal epigenetic worldview as:

- **REACTOR TYPE.** The Reactor worldview tends to regard most environmental influences as potentially harmful. Reactor types typically tend to experience more inflammation and auto-immune problems, but often will be quite resistant to infections and may have a lower overall rate of malignancy.

### GenoHarmonic Relationships

SWAMI Xpress has calculated that the best **GenoHarmonic Relationship** for you emphasizes food relationships capable of *Enhancing Global Remethylation Effects* :

- Amy, these *Geno-Harmonic* food relationships emphasize superbeneficial foods for your blood type and GenoType which contain nutrients that enhance gene methylation (which increases the fidelity of your gene's ability to make good quality copies of itself). Because the loss of gene fidelity is a major hallmark of aging cells, using these food combinations will produce maximum personalized anti-aging effects in your body. Loss of methyl groups over our lifespan is a precondition for a cell's ability to turn cancerous, so these Geno-Harmonic food combinations will also have anti-cancer effects in your body as well. You can learn more about these epigenetic functions by reading Chapter III *GenoType Whys and Wherefores*, pages 28-52 in *The GenoType Diet*.



## Understanding the GenoType Diet Food Categories

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OK, now let's take a look at each food category, the pros and cons for each GenoType and how you can be a better shopper and consumer. Note that these are **general guidelines**; your specific GenoType Diet may vary. *Always follow the values for the foods listed in the diet section. Those are always specific to your unique needs.*

**Red Meats:** Despite sources who continue to claim that all humans can be successful vegetarians, the anthropological record indicates that this is simply not true. Although not a wise choice of food for Teacher or Warrior GenoTypes, red meat from organic ranches and wild game are essential for the success of several GenoTypes including the Hunter and Gatherer and to a lesser degree, the Nomad and Explorer. However, fatty, steroid and antibiotic-laced animals raised under inhumane conditions not only fail to mimic the original environmental conditions, but also tend to increase their concentrations of pro-inflammatory fats, and toxins. 'Free-Range' and 'organic' are good monikers to look for, but best of all is 'grass-fed', since even free-range or organic meats can be fed exclusively corn and soy beans, neither of which is part of the traditional diet of ruminant animals.

**Poultry:** Some GenoTypes, such as the Gatherer and the Nomad do not do very well with some forms of poultry, such as chicken. Others, like the Teacher, need to keep their total intake rather low. Hunter and Explorers do well with most poultry, especially the flying birds, which for them make better poultry choices than the terrestrial varieties. Flyers have high levels of dark meat which means more myoglobin: muscle protein that is a premium raw material for their metabolic furnaces. As with red meat, when consuming a food so high up the food chain you will need to search for the cleanest sources: free range, hormone and antibiotic free sources are a must.

**Eggs:** To some degree or another, all GenoTypes can use commercially available eggs as a source of a complete and inexpensive protein. Many farms are working to increase the omega-3 content of their eggs by including 10-20% of flax in the hen's diet, which in turn, results in these eggs being higher in omega-3 fatty acids than conventional eggs. Try to find eggs "high in DHA" one of the major omega-3 fatty acids which are essential for optimal nerve and immune system health.

**Fish and Seafood:** Some GenoTypes do best with the oily types of ocean fish, which are rich in omega-3 fatty and omega-6 fatty acids. These help modulate and can correct their pro-inflammatory capacities, and surprisingly can also assist with balancing their HPA (hypothalamus-pituitary-axis) as well as raising their spirits and enhancing their ability to respond resourcefully to stress. Oily fish have oils throughout the fillet and in the belly cavity around the gut, rather than only in the liver like white fish. Others do best with the "white" fish which have proteins that help balance and heal the intestinal lining and minimize bacterial overgrowth. Insure that salmon purchased is not "farm raised" by rather "wild caught". All GenoTypes, but most importantly Explorers, should keep alert to any news about fish contamination; the picture is constantly changing, so you would best be advised to contact your regional Fish and Wildlife Services for the most up to date information

**Dairy Products:** A relatively recent addition to the human diet, dairy products are very GenoType specific. Many dairy products which might be a problem in one GenoType are sometimes a solution in another. For example, because they can overreact to mycotoxins, Explorer GenoTypes should avoid the so-called "blue" category of cheeses: Gorgonzola, Limburger, Stilton, Roquefort, produced by inoculating loosely pressed curds with *Penicillium roqueforti* or *Penicillium glaucum* molds. On the other hand, some of these cheeses are 'low-overgrowth' cheeses and actually can help rebuild the digestive tract in Teacher GenoTypes! The softer cheeses, such as ricotta and mozzarella are often well tolerated by Warrior and Nomad GenoTypes, whereas the Hunter GenoType does poorly on most cheeses.

## Understanding the GenoType Diet Food Categories (continued)

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**Vegetable Proteins:** An author once wrote that if we were to pile up each and every food that humans have eaten since the beginning of our species, the acorn pile would probably still be the tallest. Often resorted to in historical times of scarcity, vegetable proteins, typically in the form of beans, nuts and seeds, are a good protein source –if they are chosen well. Many of the nuts and seeds in the human diet are GenoType specific, especially those which contain allergens and lectins. Try to find vendors with high turnover, so that you can be sure of getting your seeds, nuts and legumes in as fresh a state as possible. Unlike animal proteins, many vegetable proteins are not “complete proteins” in that they do not contain all of the essential amino acids; a protein missing one or more of these are an “incomplete protein.” Most incomplete proteins can be combined together to make a complete spectrum of all the essential amino acids.

**Fats and Oils:** Oil choices are often GenoType specific, with perhaps the exception of olive oil. The proper choice of oils and fats are also essential to getting the thrifty metabolisms of the Warrior and Gatherer back into shape. Always try to buy high quality oils, preferably cold-pressed when appropriate. Oils do go bad (rancidify) so make a point of never buying more than you can use within two months.

**Carbohydrates:** No food category has experienced the change in fortune that carbohydrates have undergone in the public consciousness. From the low fat high-carb eighties to the no-carb nineties, we’ve seen this class of food at the extremes of every diet spectrum. Of course, the reality is that certain carbohydrates are good for certain people. If you’ve discovered that you have fingerprint white lines and follow these carbohydrate recommendations, the lining of your intestines will improve within a few months. However, it can take about a year before the fingerprint white lines disappear. Many types of joint and muscle problems, such as arthritis and fibromyalgia, are inflammatory conditions that are worsened by wheat in the diet. An early sign that you are choosing carbohydrates correctly for your GenoType will be the welcome disappearance of morning aches and pains caused by stiffness.

**Live Foods:** Live Foods are enzyme rich plant foods such as vegetables, kelps and mushrooms. For each GenoType the best live food choices are designed to be low in lectins, allergens, chitinase, pesticides, known genetically modified species, and molds. The superb choices for each GenoType are high in fiber, lignans, isoflavones, antioxidants and all sort of other goodies specific for the metabolisms and health problems of that GenoType. Choose organic, pesticide-free, non-irradiated, non-genetically modified vegetables and wash, wash, wash!

**Fruits:** The best fruits for each are rich in antioxidants, vitamins and fiber. In particular, berries and cherries are super antioxidant foods. Many of these plant antioxidants are specific to certain tissues of the body, which may them especially important nutrients for GenoTypes with health issues in those areas. For example, many of the blue pigmented fruits have antioxidants which can heal joint tissue, while the antioxidants in yellow pigmented fruits protect the delicate tissues of the eye and ovaries. What is especially great about the wide choices of fruits is how well they can substitute for carbohydrate cravings in the early stages of the program that can result from the severe grain restrictions. All fruits should be washed with a mild soap and rinsed for at least one minute.

**Spices:** Spices have an ancient relationship with humans and played a prominent role in early medical treatment. GenoType Hunter does best with spices that support immune system well-being by minimizing inflammation, and reducing stress. Warriors and Gatherers can enhance their metabolism by increasing their use of thermogenic spices. Teachers can benefit from the anti-microbial actions of many spices, Explorers from their detoxification benefits.

**Beverages:** All the GenoTypes can benefit from the gene protecting polyphenols found in green tea. Like fruits and live foods, many juices are GenoType specific. All GenoTypes should avoid high fructose corn syrup sweetened drinks and drinks with phosphoric acid, such as diet colas. Coffee can be beneficial for Teachers and Warriors, used in moderation by Nomads and Gatherers, but should be avoided by Hunters and Explorers.

**Condiments:** Sweeteners and other condiments are usually specific to GenoType. Many commercial condiments contain additives and preservatives that should be avoided by all GenoTypes. Alternative versions of commercial condiments that are acceptable for your GenoType can often be made at home from allowable ingredients.

## Red Meats



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*

Food choices emphasizing hybridized BTB and GTD values

Portion Size: *About the size of the palm of your hand (4-6 ounces)*

Frequency: 1 serving weekly.

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Always choose grass-fed, antibiotic, hormone and pesticide free meats. These choices are high in conjugated linoleic acid (CLA) a very healthful fatty acid --actually the only trans fat that is healthy! Emphasize eye round, top round, top sirloin, sirloin tip, brisket and 95% lean ground cuts. These have less of the pro-inflammatory fats. This food source must be certified organic, antibiotic and pesticide free.

Optimally, you should look for “free-range” and “grass-fed” cuts of meats. Grass-fed meat is a natural source of omega-3 fatty acids, whereas grain fed meats have virtually no omega-3. While the amount of omega-6 fatty acids remains about the same in grain versus grass fed meats, the amount of omega-3 is so dramatically increased that the omega-3 to omega-6 ratio alters from a highly undesirable 1:12 in grain fed meat to a 3:1 in grass fed. Remember, this is not simply a matter of giving the animal organic feed grain: whether the grain is organic or not have no effect on the production of omega-3. Most domestic animals are ruminants and grasses are their natural energy source. Buy from the back of the fridge. Ask for cuts of meat that have to be butchered to order in the back of the shop. Pork naturally contains toxins (biogenic amines) and should be avoided. Even organic pork.

Goat and mutton are good red meat choices for GT3 Teacher, since they are highest in bioavailable iron.

*Superfoods marked with a diamond (◊) are great metabolic activators for Blood Group A Secretor Status Unknown Teachers and can enhance weight loss and muscle building if regularly consumed. Toxins and avoids marked with a black dot (•) should be avoided for a minimum sixty day 'washout time.' After that, you can then carefully reintroduce these foods back into your diet.*

### SUPERFOODS

### NEUTRALS

### BEST AVOIDED

Bear  
 Beef  
 Beef, Heart  
 Beef, Liver  
 Beef, Tongue  
 Bone Soup (allowable meats)  
 Buffalo, Bison  
 Calf, Liver  
 Caribou  
 Goat •  
 Ham  
 Horse  
 Kangaroo  
 Lamb •  
 Marrow Soup  
 Moose  
 Mutton •  
 Opossum  
 Pork, Bacon  
 Rabbit  
 Squirrel  
 Sweetbreads  
 Veal  
 Venison

## Poultry



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*

Food choices emphasizing hybridized BTD and GTD values

Portion Size: *About the size of the palm of your hand (4-6 ounces)*

Frequency: 3 servings weekly.

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This food source must be certified organic, antibiotic and pesticide free. Always choose free-range poultry. Select poultry products from the back of the fridge where the temperature is coldest.

Poultry is a fine secondary protein source for GT3 Teacher, especially when their range of choices widens after the three month washout period. GT3 teachers should always pre-soak poultry in cold water for at least five minutes, changing the water at least 3-4 times.

*Superfoods marked with a diamond (◊) are great metabolic activators for Blood Group A Secretor Status Unknown Teachers and can enhance weight loss and muscle building if regularly consumed. Toxins and avoids marked with a black dot (•) should be avoided for a minimum sixty day 'washout time.' After that, you can then carefully reintroduce these foods back into your diet.*

### SUPERFOODS

Cornish Hen  
Ostrich  
Squab  
Turkey

### NEUTRALS

Chicken  
Chicken, Liver

### BEST AVOIDED

Duck •  
Duck Liver  
Emu •  
Goose  
Goose Liver  
Grouse •  
Guinea Hen •  
Partridge  
Pheasant  
Quail

## Fish and Seafood



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*  
 Food choices emphasizing hybridized BTB and GTD values  
 Portion Size: *About the size of the palm of your hand (4-6 ounces)*  
 Frequency: 5 servings weekly.

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Seafood can be an excellent protein source. The oilier fish have oils throughout the fillet and in the belly cavity around the gut, rather than only in the liver. Their oils are rich in omega-3 fatty acids, which are essential for bone, muscle and tissue health, and can boost metabolism. Take special care to assure that the source of fish is fresh and free of industrial toxins, which accumulate in the fat. Make sure that your fish is fresh caught, not farm raised and free of industrial toxins (dioxins, xenobiotics and heavy metals). Ask for fish that is nearest to the ice or from the back of the fridge where the temperature is coldest.

These are considered to be in the non-oily, so-called “whitefish” category. These species are generally free of contamination by dioxins, PCBs, vinyl and mercury. Unlike oily fish, white fish contain oils only in their liver, rather than in the gut. The flesh tends to be dry and white. They are excellent “Clearing Foods” and can be used to detoxify other substances out of the digestive tract. If you are especially chemically sensitive you may want to avoid excess consumption of bottom feeding fish such as flounder, turbot and halibut. Please note that this does not imply that these foods are safe for individuals with known allergies to shellfish and seafood!

*Superfoods marked with a diamond (◊) are great metabolic activators for Blood Group A Secretor Status Unknown Teachers and can enhance weight loss and muscle building if regularly consumed. Toxins and avoids marked with a black dot (●) should be avoided for a minimum sixty day 'washout time.' After that, you can then carefully reintroduce these foods back into your diet.*

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**This is a large category of food, so we put the food table on its own page... (over)**

## Fish and Seafood

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### SUPERFOODS

Bullhead ◇  
 Butterfish  
 Carp ◇  
 Chub ◇  
 Cod ◇  
 Cusk  
 Drum ◇  
 Halfmoon Fish ◇  
 Mahi-mahi  
 Monkfish ◇  
 Mullet ◇  
 Muskellunge ◇  
 Ocean Pout  
 Parrotfish ◇  
 Perch ◇  
 Pickerel, Walleye ◇  
 Pike ◇  
 Pilchards  
 Pollock, Atlantic ◇  
 Pompano ◇  
 Porgy ◇  
 Red Snapper ◇  
 Salmon, Atlantic, wild  
 Salmon, Chinook ◇  
 Salmon, Sockeye ◇  
 Sardine ◇  
 Scrod ◇  
 Sea Bream ◇  
 Smelt ◇  
 Snail, Escargot ◇  
 Sturgeon  
 Sucker ◇  
 Sunfish, Pumpkinseed ◇  
 Tilapia  
 Trout, Rainbow, Wild  
 Trout, Sea  
 Trout, Steelhead, Wild ◇  
 Tuna, Skipjack  
 Tuna, Yellowfin  
 Turbot, European  
 Whitefish ◇  
 Whiting

### NEUTRALS

Croaker  
 Herring  
 Mackerel, Atlantic  
 Mackerel, Spanish  
 Perch, Ocean  
 Rosefish  
 Yellowtail

### BEST AVOIDED

Abalone, Sea-Ears, Muttonshells  
 Anchovy  
 Barracuda  
 Bass, Blue Gill  
 Bass, Sea, Lake •  
 Bass, Striped  
 Bluefish  
 Catfish  
 Clam  
 Conch  
 Crab  
 Eel  
 Flounder  
 Frog  
 Gray Sole  
 Grouper  
 Haddock  
 Hake  
 Halibut  
 Harvest Fish  
 Jellyfish, dried, salted  
 Lobster  
 Mussels  
 Octopus  
 Opaleye Fish  
 Orange Roughy  
 Oyster  
 Scallops  
 Scup  
 Shad  
 Shark  
 Sheepshead fish  
 Shrimp  
 Skate  
 Sole  
 Squid, Calamari  
 Swordfish •  
 Tilefish  
 Tuna, Bluefin •  
 Turtle  
 Weakfish  
 Wolfish, Atlantic

## Eggs and Roes



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*

Food choices emphasizing hybridized BTD and GTD values

Portion Size: 1 egg

Frequency: 7 servings weekly.

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Use eggs from free-range farm sources, preferably those advertised as being 'DHA rich'. DHA is a fatty acid that is increasingly being viewed as essential for proper nerve and immune system health. Currently, many eggs are from chickens fed primarily wheat and soya. This results in eggs that are much lower in omega-3 than omega-6 fatty acids. Many farms are working to increase the omega-3 content of their eggs by including 10-20% of flax in the hen's diet, which in turn, results in these eggs being higher in omega-3 fatty acids than conventional eggs. All whole eggs from poultry are good sources of vitamin A and selenium but are also significant sources of cholesterol. Surprisingly, no studies have ever proven that this has lead directly to artery disease, probably because eggs are also good sources of choline. Chicken egg yolk is a great source of folic acid, zinc and vitamin E. In addition to being a very high quality protein, eggs can also be a source of helpful omega 3 fatty acids.

The choline and lecithin in eggs have marvelous gene-stabilizing effects in GT3 Teachers, which make them an excellent first-choice protein source.

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### SUPERFOODS

Egg White, Chicken  
Egg Whole, Chicken  
Egg Yolk, Chicken  
Sailfish Roe  
Salmon Roe ◊

### NEUTRALS

### BEST AVOIDED

Carp Roe •  
Caviar  
Egg White, Duck  
Egg Whole, Duck •  
Goose Egg •  
Herring Roe  
Quail Egg •



## Dairy



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*

Food choices emphasizing hybridized BTD and GTD values

Portion Size: Milk: 6 ounces; Cheeses: 2-4 ounces; Ghee and Butter 1 teaspoon

Frequency: 5 servings weekly.

Cheeses contain substantial amounts of protein, but also contain milk sugars and saturated fats. In general, try to avoid dairy products that use carrageenan, guar gum or agar-agar as thickeners. Although milk itself is often considered part of the protein spectrum of the human diet, one could easily make a strong case for it as a source of carbohydrate (5% of milk is composed of the sugar lactose) or fat (between 3 and 4% of whole milk is fat; the vast majority being saturated, but with a significant monounsaturated fraction as well.)

These dairy choices are designed to correct digestive imbalance by restricting the carbohydrates available to intestinal bacteria and yeast. Only the carbohydrates that are well absorbed are included, so that intestinal bacteria have nothing to feed on. This helps to correct the bacterial overgrowth and the related mucus and toxin production.

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**This is a large category of food, so we put the food table on its own page... (over)**

## Dairy

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### SUPERFOODS

Ghee, Clarified Butter  
Manchego Cheese  
Parmesan Cheese ◊  
Pecorino Cheese ◊  
Romano Cheese ◊

### NEUTRALS

Colby Cheese  
Feta Cheese  
Gorgonzola Cheese  
Gouda Cheese  
Muenster Cheese  
Provolone Cheese

### BEST AVOIDED

American Cheese  
Blue Cheese •  
Brie Cheese •  
Butter •  
Camembert Cheese •  
Casein  
Cheddar Cheese  
Cheshire Cheese  
Cottage Cheese  
Cream Cheese  
Edam Cheese •  
Emmenthal, Swiss Cheese •  
Farmer Cheese •  
Gruyere Cheese •  
Half & Half  
Havarti Cheese •  
Jarlsberg Cheese •  
Kefalotyri Cheese  
Kefir •  
Limburger Cheese  
Milk, Buttermilk •  
Milk, Cow-Skim or 2%  
Milk, Cow-Whole  
Milk, Goat  
Milk, Indian buffalo  
Monterey Jack Cheese •  
Mozzarella Cheese, all types •  
Neufchatel Cheese  
Paneer Cheese •  
Port de Salut Cheese  
Quark Cheese •  
Ricotta Cheese •  
Romanian Urda  
Roquefort Cheese •  
Sour Cream  
Stilton Cheese •  
String Cheese  
Whey Protein Powder  
Yogurt

## Vegetable Proteins



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*

Food choices emphasizing hybridized BTB and GTD values

Portion Size: Nuts, Seeds: *half cup*; Nut Butters: 2 tablespoons

Frequency: 9 servings weekly.

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An author once wrote that if we were to pile up each and every food that humans have eaten since the beginning of our species, the acorn pile would probably still be the tallest. Often resorted to in historical times of scarcity, vegetable proteins, typically in the form of beans, nuts and seeds, are a good protein source for all Genotypes –if they are chosen correctly. Most plants do not contain a complete set of amino acids, and thus different sources and combinations of protein must be used. Most seeds and grains however, do contain “complete proteins.”

GT3 Teacher plant proteins typically diminish excess bacterial overgrowth in the intestinal tract. Thus they can decrease fermentation and lower the levels of bacterial byproducts resulting in healing of damaged gut lining and improvement in the powers of assimilation. GT3 Teacher choices are also high in phytic acid (phytate) a natural chelator and anti-oxidant which helps prevent over-mineralization of joints, blood vessels, and other parts of the body common in older persons. Phytates reduce oxidative stress in the intestinal tract and are thought to be the reason the fiber of legumes and grains is responsible for preventing colon cancer and other cancers.

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## Vegetable Proteins

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### SUPERFOODS

Adzuki Beans ◇  
 Black Beans ◇  
 Broad Beans, Fava ◇  
 Cannellini Beans  
 Carob ◇  
 Flax Seeds ◇  
 Great Northern Beans ◇  
 Haricot Beans ◇  
 Hemp Seeds ◇  
 Lentils, Sprouted  
 Lentils, all types ◇  
 Natto ◇  
 Peanut Butter ◇  
 Peanut Flour ◇  
 Peanuts ◇  
 Peas  
 Pinto Beans ◇  
 Pinto Beans, Sprouted ◇  
 Safflower Seeds ◇  
 Sesame Butter, Tahini  
 Sesame Flour  
 Soybean Beans ◇  
 Soybean Granules, Lecithin  
 Soybean Meal  
 Soybean Pasta ◇  
 Soybean, 'Cheese' ◇  
 Soybean, Sprouted ◇  
 Soybean, Tempeh ◇  
 Soybean, Tofu ◇  
 Watermelon Seeds ◇

### NEUTRALS

Almond Butter  
 Almond Cheese  
 Almonds  
 Black Eyed Peas  
 Butter Beans  
 Chestnuts, Chinese  
 Chestnuts, European  
 Chia Seeds, Pinole  
 Mothbeans  
 Pecans  
 Pine Nuts, Pignola ◇  
 Poppy Seeds  
 Pumpkin Seeds  
 Sesame Seed  
 Snap, String, Beans  
 Sunflower Seeds  
 Walnuts  
 White Beans  
 Yardlong Beans

### BEST AVOIDED

Beechnuts  
 Brazil Nuts  
 Butternuts  
 Cashew Butter  
 Cashews  
 Copper Beans  
 Filberts, Hazelnuts •  
 Garbanzo Beans, Chickpeas  
 Hickory Nuts •  
 Kidney Beans  
 Lima Bean Flour •  
 Lima Beans  
 Litchi Nuts •  
 Lotus Seeds  
 Lotus root  
 Lupin Seeds  
 Macadamia Nuts •  
 Mung Beans •  
 Navy Beans  
 Pistachio Nuts  
 Sapodilla  
 Tamarind Bean  
 Winged Beans

## Fats and Oils



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*  
 Food choices emphasizing hybridized BTB and GTD values  
 Portion Size: 1 tablespoon  
 Frequency: 6 servings weekly.

Oils possess several characteristics that can make a big difference in their relative benefit between different Genotypes. Always try to buy high quality oils, preferably cold-pressed when appropriate. Oils do go bad, so make a point of never buying more than you can use within two months. Avoid reusing oils. Pay attention to the smoke point of the oil or fat. The smoke point refers to the point in which a cooking fat or oil is heated until it breaks down. The substance smokes or burns, and gives food an unpleasant taste.

GT3 Teacher choices stress short chain fatty acids, medium chain saturated fats and high lignan oils; all of which have a regenerating effect on the lining of the digestive tract. Ghee is a clarified butter which has had its solids removed is a source of several short chain fatty acids, including butyric acid. Butyric acid has been associated with enhanced genetic fidelity due to its effects on the enzyme histone deacetylase.

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### SUPERFOODS

Almond Oil  
 Black Currant Seed Oil ◊  
 Borage Seed Oil  
 Chia Seed Oil  
 Flax Seed, Linseed Oil ◊  
 Hemp Seed Oil  
 Olive Oil ◊  
 Perilla Seed Oil  
 Rice Bran Oil  
 Safflower Oil

### NEUTRALS

Apricot Kernel Oil  
 Avocado Oil  
 Babassu Oil  
 Coconut Oil  
 Cod Liver Oil  
 Evening Primrose Oil  
 Herring Oil  
 Macadamia Oil  
 Oat Oil  
 Pumpkin Seed Oil  
 Salmon Oil  
 Sesame Oil  
 Shea Nut Oil  
 Soybean Oil  
 Sunflower Oil  
 Tea Seed Oil  
 Walnut Oil  
 Wheat Germ Oil

### BEST AVOIDED

Camelina Oil •  
 Canola Oil •  
 Corn Oil  
 Cottonseed Oil  
 Grape Seed Oil •  
 Hazelnut Nut Oil  
 Lard  
 Margarine  
 Palm Oil  
 Peanut Oil  
 Quinoa Oil •

## Carbohydrates



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*

Food choices emphasizing hybridized BTB and GTD values

Portion Size: Grains, Cereals: *half cup*; Baked Goods: *1/2 muffin*; *1 slice bread*

Frequency: 4 servings daily.

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Scientists commonly classify carbohydrates as simple or complex depending on their size, however no matter what the size or form carbohydrates are consumed in, they are ultimately broken down into glucose and then converted into energy. Some of glucose goes directly to fuel brain cells and red blood cells, while the rest makes its way to the liver and muscles, where it is stored as glycogen, and to fat cells, where it is stored as triglyceride, the most abundant storage form of fat in animals and plants, and hence the most important dietary lipid. Glycogen is the body's auxiliary energy source, tapped and converted back into glucose when there is need for energy.

Try to avoid being a 'starchitarian.' In our grain-driven modern society cereal crops such as wheat, corn and rice are so predominant that their continued use almost always leads to a relative deficiency of omega-3 fatty acids and an overabundance of omega-6. Throw in some typically grain fed sources of animal protein and you've got a formula for diabetics, cardiovascular disease, inflammation and cancer.

GT3 Teacher carbohydrate choices designed to minimize bacterial and fungal overgrowth in the digestive tract and increase assimilation. GT3 Teachers should try to minimize using gums and resins such as carrageenan, agar-agar and guar gum that are often found as thickeners; if allowed, use mastic, arrowroot or potato starch instead. GT3 Teacher carbohydrate choices are rich in lignans, isoflavones and phytates. These exert a conditioning effect on the gut lining, lowering putrefactive components, polyamines and providing a mild chelating effect. White lines in the fingerprints are characteristic of the breakdown of this gut lining. If you follow these carbohydrate recommendations, the lining of your intestines will improve within a few months. However, it can take about a year before the fingerprint white lines disappear.

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## Carbohydrates

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### SUPERFOODS

Artichoke Flour, Pasta ◊  
 Buckwheat, Kasha, Soba ◊  
 Flaxseed Bread (containing allowable grains) ◊  
 Job's Tears, Coix spp. ◊  
 Larch Fiber ◊  
 Lentil Flour, Dahl ◊  
 Malanga, Tannier, Xanthosoma ◊  
 Oat Bran ◊  
 Oatmeal, Oat Flour, Oats ◊  
 Papadam ◊  
 Quinoa  
 Rice Bran  
 Rice Flour, Brown  
 Rice, Brown  
 Rice, Wild  
 Sorghum  
 Soybean Flour  
 Wheat, Bulgur  
 Wheat, Whole Grain Emmer  
 Wheat, Whole Grain Kamut  
 Wheat, Whole Grain Spelt

### NEUTRALS

Amaranth  
 Cornmeal, Hominy, Polenta  
 Essene, Manna Bread  
 Fonio  
 Mastic Gum  
 Millet  
 Rice Flour, White  
 Rice, Basmati  
 Rice, Puffed or Rice Cakes  
 Rice, White  
 Taro, Tahitian, Poi, Dansheen  
 Wheat, Durum, Semolina, Couscous  
 Wheat, Puffed  
 Wheat, Sprouted  
 Wheat, White Flour, Gluten  
 Wheat, Whole Grain

### BEST AVOIDED

Barley •  
 Carrageenan  
 Guar Gum •  
 Kudzu •  
 Rye •  
 Rye Flour •  
 Tapioca, Manioc, Cassava, Yucca •  
 Teff •  
 Wheat, Bran, Germ •

## Live Foods



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*  
 Food choices emphasizing hybridized BTD and GTD values  
 Portion Size: 1 cup  
 Frequency: 5 servings daily.

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As it says in the Talmud 'Woe to the body that does not see vegetables.' Live foods maximize insulin efficiency (their more complex sugars take longer to metabolize) and provide essential fiber (roughage) to allow the natural cleansing mechanisms of the body to do their job of removing waste and cellular debris. Live foods are your greatest insurance policy against developing virtually all the common cancers, and slowing or reversing the aging process.

GT3 Teacher choices are designed to be low in ingredients that can contribute to malabsorption and bacterial overgrowth including complex sugars, disaccharides and polysaccharides and chitinase containing foods. Foods also high in pesticides or containing known genetically modified components or molds are also not included. The superb choices are high in fiber, lignans, isoflavones, antioxidants (lycopene, phytofluene, quercetin flavonoids), Vitamin C, folate, detoxifying agents (glucosinolates and isothiocyanates and plant phytochemicals (organosulfur compounds, saponins, phytosterols and monoterpenes).

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## Live Foods

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### SUPERFOODS

Alfalfa Sprouts ◇  
 Artichoke ◇  
 Arugula  
 Avocado  
 Beet Greens ◇  
 Beets  
 Bok Choy, Pak Choi ◇  
 Broccoli  
 Broccoli Raab, Rapini  
 Broccoli, Chinese  
 Brussels Sprout  
 Canistel  
 Carrots ◇  
 Cauliflower  
 Celeriac  
 Chinese Kale, Kai-lan ◇  
 Collard Greens  
 Dandelion Greens ◇  
 Escarole ◇  
 Fennel ◇  
 Fiddlehead Fern  
 Garlic  
 Ginger ◇  
 Hearts of Palm  
 Horseradish ◇  
 Kale ◇  
 Leeks ◇  
 Lettuce, Romaine  
 Mamey Sapote, Mammy Apple  
 Mushrooms, Enoki  
 Mushrooms, Maitake ◇  
 Mushrooms, White, Silver Dollar  
 Mustard Greens ◇  
 Onion, all types ◇  
 Pumpkin ◇  
 Radish Sprouts  
 Rutabaga ◇  
 Scallion  
 Sea Vegetables, Irish Moss ◇  
 Sea Vegetables, Kelp, Kombu, Nori,  
 Bladderwrack ◇  
 Sea Vegetables, Wakame  
 Squash  
 Swiss Chard ◇  
 Tomatillo ◇  
 Turnip Greens ◇  
 Watercress ◇  
 Zucchini

### NEUTRALS

Aloe Vera  
 Asparagus  
 Asparagus Peas  
 Balsam Pear, Bitter Gourd  
 Bamboo Shoot  
 Borage  
 Broccoli Leaves  
 Celtnce  
 Chicory  
 Chicory Root  
 Endive  
 Fenugreek  
 Jerusalem Artichoke  
 Jew's Ear, Pepeao  
 Jute, Potherb  
 Kanpyo, Dried Gourd Strips  
 Kohlrabi  
 Mountain Yam  
 Mushrooms, Black Trumpet  
 Mushrooms, Brown, Crimini  
 Mushrooms, Oyster  
 Mushrooms, Portobella  
 Mushrooms, Straw  
 Okra  
 Olives, Green  
 Oyster Plant, Salsify  
 Parsnips  
 Pickle, Brine  
 Pimento  
 Pumpkin Flowers  
 Radicchio  
 Radishes  
 Rowal  
 Sea Cucumber  
 Sea Vegetables, Spirulina  
 Shallots  
 Swamp Cabbage, Skunk Cabbage  
 Sweet Potato Leaves  
 Taro Leaves, Shoots  
 Turnips  
 Water Chestnut, Matai  
 Wax Gourd (Chinese Preserving Melon)

### BEST AVOIDED

Cabbage •  
 Caper •  
 Cassava •  
 Celery •  
 Chayote, Pipinella, Vegetable Pear •  
 Corn, Popcorn •  
 Cucumber •  
 Daikon Radish •  
 Eggplant  
 Grape Leaves •  
 Jicama •  
 Lettuce, Green Leaf, Iceberg •  
 Mushrooms, Shiitake  
 Olives, Black  
 Peppers, Bell •  
 Peppers, Chili, Jalapeno  
 Pickle, Vinegar  
 Potato, White with Skin  
 Purslane  
 Quorn •  
 Rhubarb  
 Sauerkraut •  
 Spinach •  
 Sweet Potato  
 Tomato  
 Yam

## Fruits



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*  
 Food choices emphasizing hybridized BTD and GTD values  
 Portion Size: 1 cup Fruit or 1 medium sized Fruit  
 Frequency: 4 servings daily.

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Fruits are nature's custom designed snack food. Almost always chock full of life giving enzymes and phytochemicals, they should be part of your daily routine, as they make an excellent 'mid-meal' snack. All fruits should be toughly washed with a mild soap and rinsed for at least two minutes.

GT3 Teacher fruits are low in ingredients that can contribute to malabsorption and bacterial overgrowth including complex sugars, disaccharides and polysaccharides and chitinase containing foods. Foods also high in pesticides or containing known genetically modified components or molds are also not included. The superb choices are high in fiber, lignans, isoflavones, antioxidants (lycopene, phytofluene, quercetin flavonoids), Vitamin C, folate, detoxifying agents (glucosinolates and isothiocyanates and plant phytochemicals (organosulfur compounds, saponins, phytosterols and monterpenes).

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**This is a large category of food, so we put the food table on its own page... (over)**

## Fruits

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### SUPERFOODS

Blueberries ◇  
 Boysenberries  
 Cranberries ◇  
 Currants  
 Dates ◇  
 Dewberries  
 Durian  
 Elderberries ◇  
 Figs  
 Goji, Wolfberry  
 Gooseberry  
 Grapefruit ◇  
 Jack Fruit  
 Kiwi  
 Lemon ◇  
 Lime ◇  
 Lingonberries  
 Loganberries  
 Mulberries  
 Papaya  
 Passion Fruit  
 Paw Paw ◇  
 Persimmon  
 Pineapple ◇  
 Plums  
 Prunes  
 Quince  
 Youngberries

### NEUTRALS

Acai Berries  
 Asian Pear  
 Blackberries  
 Breadfruit  
 Canang Melon  
 Cantaloupe Melon  
 Carissa, Natal Plum  
 Casaba Melon  
 Cherimoya  
 Christmas Melon  
 Crenshaw Melon  
 Feijoa  
 Groundcherries, Cape Gooseberries, Poha  
 Guava  
 Huckleberries  
 Java-plum, Jambolan  
 Jujube  
 Mangosteen  
 Nectarine  
 Peach  
 Pear  
 Persian Melon  
 Prickly Pear  
 Pummelo  
 Sago Palm  
 Sapotes, Marmalade Plum  
 Spanish Melon  
 Starfruit, Carambola  
 Watermelon

### BEST AVOIDED

Apple •  
 Apricots •  
 Banana  
 Bitter Melon  
 Cherries •  
 Cloudberries  
 Coconut Meat  
 Grapes  
 Honeydew Melon  
 Kumquat •  
 Loquat  
 Mango  
 Musk Melon •  
 Noni •  
 Orange  
 Plantain •  
 Pomegranate •  
 Raisins •  
 Raspberries •  
 Rowanberries •  
 Strawberries  
 Tamarillos  
 Tangerine

## Spices



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*  
 Food choices emphasizing hybridized BTD and GTD values  
 Portion Size: 1 teaspoon  
 Frequency: 2 servings daily.

Spices are the original medicines. Many are rich in anti-microbial essential oils, whilst others are great sources of anti-oxidants, immune enhancing phytochemicals and fat burning thermogenic compounds. Try to work your recommended spices into your diet on a regular basis.

GT3 Teacher choices in spices are rich in anti-microbial essential oils and gene-repairing phytochemicals.

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SUPERFOODS	NEUTRALS	BEST AVOIDED
Allspice	Anise	Acacia (Arabic Gum)
Arrowroot	Bergamot	Celery Seed •
Basil	Caraway	Chili Powder
Bay Leaf	Cardamom	Chives •
Cilantro ◊	Chervil	Chocolate •
Cinnamon	Clove	Cream of Tartar •
Curry	Coriander	Licorice Root •
Dill	Cornstarch	Pepper, Black
Fennel (spice) ◊	Cumin	Pepper, Red Flakes
Ginger (spice) ◊	Dulse	Wintergreen
Nutmeg	Guarana	
Oregano	Lemon Grass, Citronella	
Paprika	Mace	
Parsley	Marjoram	
Peppermint	Mustard, Dry	
Rosemary	Saffron	
Sage	Savory	
Thyme	Senna	
Turmeric ◊	Spearmint	
	Tarragon	
	Vanilla	

## Beverages



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*  
 Food choices emphasizing hybridized BTD and GTD values  
 Portion Size: 6-8 ounce glass or cup  
 Frequency: 3 servings daily.

Many beverages can exert powerful healing and rehabilitative effects. Green tea is a genetic superfood: it repairs genetic damage and increases the fidelity (quality) of the gene's ability to copy itself.

GT3 Teacher does best with beverages low in simple sugars and rich in antioxidants. This discourages excess bacterial growth in the digestive tract. They do best with beverages that are high in antioxidants such as the gene protecting polyphenols found in green tea.

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### SUPERFOODS

Blackberry Juice  
 Carrot Juice  
 Coffee ◇  
 Cranberry Juice  
 Elderberry Juice ◇  
 Ginger Root Tea ◇  
 Grapefruit Juice ◇  
 Green Tea, Kukicha, Bancha ◇  
 Kombucha Tea ◇  
 Lemon and Water ◇  
 Pineapple Juice ◇  
 Wine, Red

### NEUTRALS

Apple Juice  
 Beet Juice  
 Blueberry Juice  
 Cabbage Juice  
 Celery Juice  
 Chamomile Tea  
 Cucumber Juice  
 Goji Berry juice  
 Grape Juice  
 Lemon Balm Tea  
 Licorice Root Tea  
 Milk, Almond  
 Milk, Rice  
 Milk, Soy  
 Noni Juice  
 Peppermint Tea  
 Pomegranite Juice  
 Prune Juice  
 Pummelo Juice  
 Rooibos Tea  
 Rosehip Tea  
 Watermelon Juice  
 Yerba Mate Tea

### BEST AVOIDED

Beer  
 Black Tea, all forms •  
 Cherry Juice •  
 Coconut Milk  
 Ginseng Tea •  
 Liquor, Distilled  
 Orange Juice  
 Pear Juice •  
 Seltzer Water  
 Tangerine Juice  
 Tomato Juice  
 Wine, White •

## Condiments



*GT3 'Teacher' (Blood Group A Secretor Status Unknown)*  
 Food choices emphasizing hybridized BTD and GTD values  
 Portion Size: 1 teaspoon  
 Frequency: 0 to 1 serving as needed.

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Although most condiments are used in only very small amounts, you should still choose them wisely.

Sweeteners are not particularly beneficial for GT3 Teachers, since they tend to turn the metabolism towards the acidic spectrum, and encourage bacterial overgrowth. If you occasionally use them, stick with acceptable sugars. In particular, avoid corn syrup, which is an ingredient in countless processed foods and soft drinks.

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### SUPERFOODS

Barley Malt ◇  
 Honey  
 Mayonnaise, Tofu, Soy  
 Sea Salt  
 Soybean Sauce, Tamari, Wheat-free ◇  
 Vegetable Glycerine  
 Yeast, Bakers  
 Yeast, Nutritional

### NEUTRALS

Agave Syrup  
 Baking Soda  
 Epazote  
 Lecithin  
 Maple Syrup  
 Miso  
 Molasses  
 Molasses, Blackstrap  
 Mustard, Wheat-free, Vinegar-free  
 Roselle  
 Stevia  
 Umeboshi Plum, Vinegar  
 Yeast Extract Spread, Marmite

### BEST AVOIDED

Agar  
 Aspartame  
 Dextrose ●  
 Fructose ●  
 Fruit Pectin ●  
 Gelatin, Plain  
 High Fructose Corn Syrup  
 Ketchup  
 MSG  
 Mayonnaise  
 Mustard, with Vinegar and Wheat  
 Pickle Relish  
 Rice Syrup ●  
 Sugar, Brown, White ●  
 Vinegar, all types  
 Worcestershire Sauce




















## Geno Harmonic Foods

### Enhancing Global Remethylation Effects





**Geno Harmonic Foods** are unique combinations of certain foods which SWAMI Xpress has determined will yield the maximum epigenetic enhancement. The epigenic value of the food is indicated by its star value, from exceptional ( ★★★★★ ) to very good ( ★★★★★☆ ). Simply reference a food you will be using at the left, and try to combine it with Geno Harmonic foods that are listed to the right.

Amy, these *Geno-Harmonic* food relationships emphasize superbeneficial foods for your blood type and GenoType which contain nutrients that enhance gene methylation (which increases the fidelity of your gene's ability to make good quality copies of itself). Because the loss of gene fidelity is a major hallmark of aging cells, using these food combinations will produce maximum personalized anti-aging effects in your body. Loss of methyl groups over our lifespan is a precondition for a cell's ability to turn cancerous, so these Geno-Harmonic food combinations will also have anti-cancer effects in your body as well. You can learn more about these epigenetic functions by reading Chapter III *GenoType Whys and Wherefores*, pages 28-52 in *The GenoType Diet*.

<b>Black Beans</b> (Vegetable Proteins) ★★★★★	BLACKBERRY JUICE • BLUEBERRY JUICE • CABBAGE JUICE • CHAMOMILE TEA • COLBY CHEESE • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MULLET • MUSKELLUNGE • SARDINE •
<b>Chicory</b> (Live Foods) ★★★★★	BLACKBERRY JUICE • CHINESE KALE, KAI-LAN • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • HERRING • LEEKS • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • NATTO • PICKLE, BRINE • SARDINE • SOYBEAN GRANULES, LECITHIN •
<b>Cod</b> (Fish and Seafood) ★★★★★	BLACKBERRY JUICE • BLUEBERRIES • BOK CHOY, PAK CHOI • CHAMOMILE TEA • CHINESE KALE, KAI-LAN • CRANBERRIES • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • LEEKS • PICKLE, BRINE • WATERCRESS • WINE, RED •
<b>Flax Seeds</b> (Vegetable Proteins) ★★★★★	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •
<b>Green Tea, Kukicha, Bancha</b> (Beverages) ★★★★★	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •
<b>Kiwi</b> (Fruits) ★★★★★	BLACKBERRY JUICE • BLUEBERRIES • BLUEBERRY JUICE • CABBAGE JUICE • CHAMOMILE TEA • COLBY CHEESE • CRANBERRIES • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • GREEN TEA, KUKICHA, BANCHA • WINE, RED •
<b>Leeks</b> (Live Foods) ★★★★★	BLACKBERRY JUICE • CHINESE KALE, KAI-LAN • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • NATTO • PICKLE, BRINE • SARDINE • SOYBEAN GRANULES, LECITHIN • SOYBEAN, SPROUTED •
<b>Mackerel, Spanish</b> (Fish and Seafood) ★★★★★	BLACKBERRY JUICE • BLUEBERRIES • BOK CHOY, PAK CHOI • CHAMOMILE TEA • CHINESE KALE, KAI-LAN • CRANBERRIES • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • LEEKS • PICKLE, BRINE • WATERCRESS • WINE, RED •
<b>Miso</b> (Condiments) ★★★★★	BLUEBERRIES • CHINESE KALE, KAI-LAN • CRANBERRIES • GHEE, CLARIFIED BUTTER • HERRING • LEEKS • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • NATTO • PICKLE, BRINE • SARDINE • SOYBEAN BEANS • SOYBEAN GRANULES, LECITHIN • SOYBEAN, SPROUTED •

<b>Molasses</b> (Condiments) 	BLACKBERRY JUICE • CHINESE KALE, KAI-LAN • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • HERRING • LEEKS • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • NATTO • PICKLE, BRINE • SARDINE • SOYBEAN GRANULES, LECITHIN •
<b>Molasses, Blackstrap</b> (Condiments) 	BLACKBERRY JUICE • BLUEBERRIES • BOK CHOY, PAK CHOI • BROCCOLI • CABBAGE JUICE • CHAMOMILE TEA • CHINESE KALE, KAI-LAN • CRANBERRIES • CRANBERRY JUICE • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • KALE • LEEKS • PICKLE, BRINE • WATERCRESS • WINE, RED •
<b>Mullet</b> (Fish and Seafood) 	BLACKBERRY JUICE • BLUEBERRIES • BOK CHOY, PAK CHOI • CHAMOMILE TEA • CHINESE KALE, KAI-LAN • CRANBERRIES • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • LEEKS • PICKLE, BRINE • WATERCRESS • WINE, RED •
<b>Mushrooms, Black Trumpet</b> (Live Foods) 	BLACKBERRY JUICE • CHINESE KALE, KAI-LAN • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • HERRING • LEEKS • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • NATTO • PICKLE, BRINE • SARDINE • SOYBEAN GRANULES, LECITHIN •
<b>Mushrooms, Maitake</b> (Live Foods) 	BLACKBERRY JUICE • CHINESE KALE, KAI-LAN • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • HERRING • LEEKS • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • NATTO • PICKLE, BRINE • SARDINE • SOYBEAN GRANULES, LECITHIN •
<b>Mushrooms, Portobella</b> (Live Foods) 	BLACKBERRY JUICE • CHINESE KALE, KAI-LAN • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • HERRING • LEEKS • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • NATTO • PICKLE, BRINE • SARDINE • SOYBEAN GRANULES, LECITHIN •
<b>Paw Paw</b> (Fruits) 	BLACKBERRY JUICE • BLUEBERRIES • BLUEBERRY JUICE • CABBAGE JUICE • CHAMOMILE TEA • COLBY CHEESE • CRANBERRIES • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • GREEN TEA, KUKICHA, BANCHA • WINE, RED •
<b>Peas</b> (Vegetable Proteins) 	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •
<b>Pecans</b> (Vegetable Proteins) 	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •
<b>Rice Flour, Brown</b> (Carbohydrates) 	BLACKBERRY JUICE • BLUEBERRIES • BOK CHOY, PAK CHOI • BROCCOLI • CABBAGE JUICE • CHAMOMILE TEA • CHINESE KALE, KAI-LAN • CRANBERRIES • CRANBERRY JUICE • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • KALE • LEEKS • PICKLE, BRINE • WATERCRESS • WINE, RED •
<b>Rice, Brown</b> (Carbohydrates) 	BLACKBERRY JUICE • BLUEBERRIES • BOK CHOY, PAK CHOI • BROCCOLI • CABBAGE JUICE • CHAMOMILE TEA • CHINESE KALE, KAI-LAN • CRANBERRIES • CRANBERRY JUICE • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • KALE • LEEKS • PICKLE, BRINE • WATERCRESS • WINE, RED •
<b>Sesame Oil</b> (Fats and Oils) 	BLUEBERRIES • CHINESE KALE, KAI-LAN • CRANBERRIES • GHEE, CLARIFIED BUTTER • HERRING • LEEKS • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • NATTO • PICKLE, BRINE • SARDINE • SOYBEAN BEANS • SOYBEAN GRANULES, LECITHIN • SOYBEAN, SPROUTED •
<b>Sesame Seed</b> (Vegetable Proteins) 	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •
<b>Soybean Granules, Lecithin</b> (Vegetable Proteins) 	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •
<b>Soybean Meal</b> (Vegetable Proteins) 	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •
<b>Soybean, 'Cheese'</b> (Vegetable Proteins) 	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •
<b>Soybean, Sprouted</b> (Vegetable Proteins) 	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •



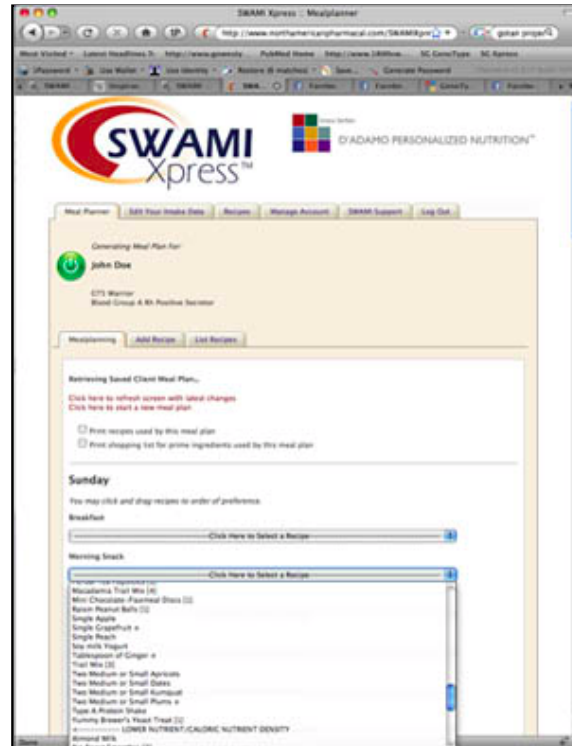
<b>Soybean, Tempeh</b> (Vegetable Proteins) 	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •
<b>Soybean, Tofu</b> (Vegetable Proteins) 	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •
<b>Sunflower Oil</b> (Fats and Oils) 	BLUEBERRIES • CHINESE KALE, KAI-LAN • CRANBERRIES • GHEE, CLARIFIED BUTTER • HERRING • LEEKS • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • NATTO • PICKLE, BRINE • SARDINE • SOYBEAN BEANS • SOYBEAN GRANULES, LECITHIN • SOYBEAN, SPROUTED •
<b>Walnuts</b> (Vegetable Proteins) 	BLACKBERRY JUICE • CHAMOMILE TEA • CRANBERRY JUICE • FLAX SEED, LINSEED OIL • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • GHEE, CLARIFIED BUTTER • GOUDA CHEESE • HERRING • MACKEREL, ATLANTIC • MACKEREL, SPANISH • MULLET • RED SNAPPER • SARDINE • SMELT • WINE, RED •



## Developing Specific Meal Plans

As a *SWAMI Xpress* client, you have special access to unique meal planning software, which allows you to develop a weekly meal plan directly from the results of your diet report. You can even print out the recipes to use during the week and generate an ingredient shopping list!

The interface is simple to use, and there is an extensive help document that can guide you through using the software.



The SWAMI Xpress Meal Planner

To use your personalized meal planning software, point your internet browser to this address:

<https://www.northamericanpharmaceutical.com/SWAMIXpress/mealplanner.pl?4691>

## Shopping List Wallet Card

Use this page to create a handy quick reference/ shopping list. Just cut along the dotted lines along the edges and fold at the middle. One side will list all your beneficial foods, the other your avoids. What about Neutrals? If the food is not on one side or the other, then it's a Neutral!

<h3>BENEFICIALS</h3> <p>Foods Amy Colman should emphasize. 'Superfoods' are CAPITALIZED</p> <p><b>RED MEATS: POULTRY:</b> Cornish Hen • Ostrich • Squab • Turkey • <b>FISH AND SEAFOOD:</b> BULLHEAD • Butterfish • CARP • CHUB • COD • Cusk • DRUM • HALFMOON FISH • Mahi-mahi • MONKFISH • MULLET • MUSKELLUNGE • Ocean Pout • PARROTFISH • PERCH • PICKEREL, WALLEYE • PIKE • Pilchards • POLLOCK, ATLANTIC • POMPANNO • PORGY • RED SNAPPER • Salmon, Atlantic, wild • SALMON, CHINOOK • SALMON, SOCKEYE • SARDINE • SCROD • SEA BREAM • SMELT • SNAIL, ESCARGOT • Sturgeon • SUCKER • SUNFISH, PUMPKINSEED • Tilapia • Trout, Rainbow, Wild • Trout, Sea • TROUT, STEELHEAD, WILD • Tuna, Skipjack • Tuna, Yellowfin • Turbot, European • WHITEFISH • Whiting • <b>EGGS AND ROES:</b> Egg White, Chicken • Egg Whole, Chicken • Egg Yolk, Chicken • Sailfish Roe • SALMON ROE • <b>DAIRY:</b> Ghee, Clarified Butter • Manchego Cheese • PARMESAN CHEESE • PECORINO CHEESE • ROMANO CHEESE • <b>VEGETABLE PROTEINS:</b> ADZUKI BEANS • BLACK BEANS • BROAD BEANS, FAVA • Cannellini Beans • CAROB • FLAX SEEDS • GREAT NORTHERN BEANS • HARICOT BEANS • HEMP SEEDS • Lentils, Sprouted • LENTILS, ALL TYPES • NATTO • PEANUT BUTTER • PEANUT FLOUR • PEANUTS • Peas • PINTO BEANS • PINTO BEANS, SPROUTED • SAFFLOWER SEEDS • Sesame Butter, Tahini • Sesame Flour • SOYBEAN BEANS • Soybean Granules, Lecithin • Soybean Meal • SOYBEAN PASTA • SOYBEAN, 'CHEESE' • SOYBEAN, SPROUTED • SOYBEAN, TEMPEH • SOYBEAN, TOFU • WATERMELON SEEDS • <b>FATS AND OILS:</b> Almond Oil • BLACK CURRANT SEED OIL • Borage Seed Oil • Chia Seed Oil • FLAX SEED, LINSEED OIL • Hemp Seed Oil • OLIVE OIL • Perilla Seed Oil • Rice Bran Oil • Safflower Oil • <b>CARBOHYDRATES:</b> ARTICHOKE FLOUR, PASTA • BUCKWHEAT, KASHA, SOBA • FLAXSEED BREAD (CONTAINING ALLOWABLE GRAINS) • JOB'S TEARS, COIX SPP. • LARCH FIBER • LENTIL FLOUR, DAHL • MALANGA, TANNIER, XANTHOSOMA • OAT BRAN • OATMEAL, OAT FLOUR, OATS • PAPADAM • Quinoa • Rice Bran • Rice Flour, Brown • Rice, Brown • Rice, Wild • Sorghum • Soybean Flour • Wheat, Bulgur • Wheat, Whole Grain Emmer • Wheat, Whole Grain Kamut • Wheat, Whole Grain Spelt • <b>LIVE FOODS:</b> ALFALFA SPROUTS • ARTICHOKE • Arugula • Avocado • BEET GREENS • Beets • BOK CHOY, PAK CHOI • Broccoflower • BROCCOLI • Broccoli Raab, Rapini • Broccoli, Chinese • Brussels Sprout • Canistel • CARROTS • Cauliflower • Celeriac • CHINESE KALE, KAI-LAN • Collard Greens • DANDELION GREENS • ESCAROLE • FENNEL • Fiddlehead Fern • Garlic • GINGER • Hearts of Palm • HORSE RADISH • KALE • LEEKS • Lettuce, Romaine • Mamey Sapote, Mamma Apple • Mushrooms, Enoki • MUSHROOMS, MAITAKE • Mushrooms, White, Silver Dollar • MUSTARD GREENS • ONION, ALL TYPES • PUMPKIN • Radish Sprouts • RUTABAGA • Scallion • SEA VEGETABLES, IRISH MOSS • SEA VEGETABLES, KELP, KOMBU, NORI, BLADDERWRACK • Sea Vegetables, Wakame • Squash • SWISS CHARD • TOMATILLO • TURNIP GREENS • WATERCRESS • Zucchini • <b>FRUITS:</b> BLUEBERRIES • Boysenberries • CRANBERRIES • Currants • DATES • Dewberries • Durian • ELDERBERRIES • Figs • Goji, Wolfberry • Gooseberry • GRAPEFRUIT • Jack Fruit • Kiwi • LEMON • LIME • Lingonberries • Loganberries • Mulberries • Papaya • Passion Fruit • PAW PAW • Persimmon • PINEAPPLE • Plums • Prunes • Quince • Youngberries • <b>SPICES:</b> Allspice • Arrowroot • Basil • Bay Leaf • CILANTRO • Cinnamon • Curry • Dill • FENNEL (SPICE) • GINGER (SPICE) • Nutmeg • Oregano • Paprika • Parsley • Peppermint • Rosemary • Sage • Thyme • TURMERIC • <b>BEVERAGES:</b> Blackberry Juice • Carrot Juice • COFFEE • Cranberry Juice • ELDERBERRY JUICE • GINGER ROOT TEA • GRAPEFRUIT JUICE • GREEN TEA, KUKICHA, BANCHA • KOMBUCHA TEA • LEMON AND WATER • PINEAPPLE JUICE • Wine, Red • <b>CONDIMENTS:</b> BARLEY MALT • Honey • Mayonnaise, Tofu, Soy • Sea Salt • SOYBEAN SAUCE, TAMARI, WHEAT-FREE • Vegetable Glycerine • Yeast, Bakers • Yeast, Nutritional •</p>	<h3>AVOIDS</h3> <p>Foods Amy Colman should avoid or minimize. Avoids than can return to your diet after the 60 day washout period are CAPITALIZED.</p> <p><b>RED MEATS:</b> Bear • Beef • Beef, Heart • Beef, Liver • Beef, Tongue • Bone Soup (allowable meats) • Buffalo, Bison • Calf, Liver • Caribou • GOAT • Ham • Horse • Kangaroo • LAMB • Marrow Soup • Moose • MUTTON • Opossum • Pork, Bacon • Rabbit • Squirrel • Sweetbreads • Veal • Venison • <b>POULTRY:</b> DUCK • Duck Liver • EMU • Goose • Goose Liver • GROUSE • GUINEA HEN • Partridge • Pheasant • Quail • <b>FISH AND SEAFOOD:</b> Abalone, Sea-Ears, Muttonshells • Anchovy • Barracuda • Bass, Blue Gill • BASS, SEA, LAKE • Bass, Striped • Bluefish • Catfish • Clam • Conch • Crab • Eel • Flounder • Frog • Gray Sole • Grouper • Haddock • Hake • Halibut • Harvest Fish • Jellyfish, dried, salted • Lobster • Mussels • Octopus • Opaleye Fish • Orange Roughy • Oyster • Scallops • Scup • Shad • Shark • Sheepshead fish • Shrimp • Skate • Sole • Squid, Calamari • SWORDFISH • Tilefish • TUNA, BLUEFIN • Turtle • Weakfish • Wolfish, Atlantic • <b>EGGS AND ROES:</b> CARP ROE • Caviar • Egg White, Duck • EGG WHOLE, DUCK • GOOSE EGG • Herring Roe • QUAIL EGG • <b>DAIRY:</b> American Cheese • BLUE CHEESE • BRIE CHEESE • BUTTER • CAMEMBERT CHEESE • Casein • Cheddar Cheese • Cheshire Cheese • Cottage Cheese • Cream Cheese • EDAM CHEESE • EMMENTAL, SWISS CHEESE • FARMER CHEESE • GRUYERE CHEESE • Half &amp; Half • HAVARTI CHEESE • JARLSBERG CHEESE • Kefalotyri Cheese • KEFIR • Limburger Cheese • MILK, BUTTERMILK • Milk, Cow-Skim or 2% • Milk, Cow-Whole • Milk, Goat • Milk, Indian buffalo • MONTEREY JACK CHEESE • MOZZARELLA CHEESE, ALL TYPES • Neufchatel Cheese • PANEER CHEESE • Port de Salut Cheese • QUARK CHEESE • RICOTTA CHEESE • Romanian Urda • ROQUEFORT CHEESE • Sour Cream • STILTON CHEESE • String Cheese • Whey Protein Powder • Yogurt • <b>VEGETABLE PROTEINS:</b> Beechnuts • Brazil Nuts • Butternuts • Cashew Butter • Cashews • Copper Beans • FILBERTS, HAZELNUTS • Garbanzo Beans, Chickpeas • HICKORY NUTS • Kidney Beans • LIMA BEAN FLOUR • Lima Beans • LITCHI NUTS • Lotus Seeds • Lotus root • Lupin Seeds • MACADAMIA NUTS • MUNG BEANS • Navy Beans • Pistachio Nuts • Sapodilla • Tamarind Bean • Winged Beans • <b>FATS AND OILS:</b> CAMELINA OIL • CANOLA OIL • Corn Oil • Cottonseed Oil • GRAPE SEED OIL • Hazelnut Nut Oil • Lard • Margarine • Palm Oil • Peanut Oil • QUINOA OIL • <b>CARBOHYDRATES:</b> BARLEY • Carrageenan • GUAR GUM • KUDZU • RYE • RYE FLOUR • TAPIOCA, MANIOC, CASSAVA, YUCCA • TEFF • WHEAT, BRAN, GERM • <b>LIVE FOODS:</b> CABBAGE • CAPER • CASSAVA • CELERY • CHAYOTE, PIPINELLA, VEGETABLE PEAR • CORN, POPCORN • CUCUMBER • DAIKON RADISH • Eggplant • GRAPE LEAVES • JICAMA • LETTUCE, GREEN LEAF, ICEBERG • Mushrooms, Shiitake • Olives, Black • PEPPERS, BELL • Peppers, Chili, Jalapeno • Pickle, Vinegar • Potato, White with Skin • Purslane • QUORN • Rhubarb • SAUERKRAUT • SPINACH • Sweet Potato • Tomato • Yam • <b>FRUITS:</b> APPLE • APRICOTS • Banana • Bitter Melon • CHERRIES • Cloudberries • Coconut Meat • Grapes • Honeydew Melon • KUMQUAT • Loquat • Mango • MUSK MELON • NONI • Orange • PLANTAIN • POMEGRANATE • RAISINS • RASPBERRIES • ROWANBERRIES • Strawberries • Tamarillos • Tangerines • <b>SPICES:</b> Acacia (Arabic Gum) • CELERY SEED • Chili Powder • CHIVES • CHOCOLATE • CREAM OF TARTAR • LICORICE ROOT • Pepper, Black • Pepper, Red Flakes • Wintergreen • <b>BEVERAGES:</b> Beer • BLACK TEA, ALL FORMS • CHERRY JUICE • Coconut Milk • GINSENG TEA • Liquor, Distilled • Orange Juice • PEAR JUICE • Seltzer Water • Tangerine Juice • Tomato Juice • WINE, WHITE • <b>CONDIMENTS:</b> Agar • Aspartame • DEXTROSE • FRUCTOSE • FRUIT PECTIN • Gelatin, Plain • High Fructose Corn Syrup • Ketchup • MSG • Mayonnaise • Mustard, with Vinegar and Wheat • Pickle Relish • RICE SYRUP • SUGAR, BROWN, WHITE • Vinegar, all types • Worcestershire Sauce •</p>
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## GT3 Teacher Exercise Guide



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Teacher Genotypes need regular, vigorous exercise. To stay fit and healthy, reduce stress, and increase endurance, you'll need about 40 minutes of 4-5 times weekly. Be sure to warm up for at least 5-10 minutes with some gentle stretching before beginning any aerobic activity.

### **Less Demanding:**

- Pilates or other forms of core-strengthening
- Chi Gong or Tai Chi
- Light upper and lower body weight work
- Yoga

### **More Demanding:**

- Hiking
- Vigorous walking
- Moderate Competitive Sports (Tennis, Racquetball, Volleyball)
- Moderate resistance training

### **Purify and Tonify**

As the characteristics of this GenoType began to coalesce I could identify an almost cultural element to the Teacher; a lifestyle and set of personal habits that appear Spartan, to say the least. One could see the early teachers performing Misogi, a practice involving purification before sunrise with cold water, often under a waterfall. Before entering the waterfall people would attempt raise their metabolism and absorb as much Chi as possible by special types of deep breathing. Paradoxically, although it can be quite helpful for them, many Teachers, especially when stressed or high strung, are not particularly drawn to cold baths, showers or iced drinks. If you, like many people, don't have a waterfall handy and nearby, consider ending your morning shower with cold water. It may take some getting used to, but you may find yourself getting addicted to it!



## The Teacher In Detail

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Gathering up his wood shavings the Teacher walked over to the waste pile that archeologists call a 'midden' and threw them on it. But something here looked very odd. The top of the pile was covered with tiny white and green sprouts, many still sporting the opened seed case on their newborn leaves. He knew that sometimes this happened on manure piles, but there were no animals kept in the longhouse. Then he remembered those bitter tasting vetch seeds he had tried to eat a few days ago...

Sometime around 12,000 years ago, communities began to develop in the Middle East that displayed new human technologies that marked yet another great leap forward in human consciousness. Eventually labeled as the Neolithic ("New Stone Age") era and most famous for the revolution in agricultural technology, in reality it was first and foremost a revolution in the human mindset, initiated by the rise of new beliefs, shared rituals and symbolisms.

Although most likely an 'Out of Africa' adaptation, Teacher seems to have functioned optimally in a marshy or wetland environment, such as one would encounter in grassy wetlands in inland northern Asia or between the Tigris and Euphrates rivers of Mesopotamia, the Coastal salt marshes associated with the river estuaries of Europe and Africa. In any of these cases, fish, crustaceans and mollusks are traditionally widely available and easily procurable. By the late Mesolithic Period, the Teacher worldview was most likely centered upon the scavenging for shoreline creatures and fishing. In this food-rich bioterrain exposure to pestilence would have been a constant fact of life. The exhaustion of these resources or a rising population would have placed severe stress on these societies.

By 8000-7000 BCE the Neolithic Revolution was widespread in Asia. Asian rice began to come under extensive cultivation in the Yangtze valley of China, having originated around the foothills of the Himalayas. The first agriculturalists were strictly subsistence. Food was grown for personal and family use with very little available for trade. Since these societies were shifting from a diet high in animal protein to one based more on plant protein, it seemed particularly counterintuitive when studies showed that the nutritional standards of Neolithic people were often inferior to that of hunter gatherers and their life expectancy was probably shorter. Many anthropologists think that the Biblical story of the expulsion from the Garden of Eden was actually a metaphor for the pain and suffering from society's conversion from hunter-gathering to the beginnings of food domestication.

If so, it made the Teacher a first-class adapter and one tough buzzard.

The quality of life of these early Neolithic peoples would have also taken a major turn for the better as what has since been termed the "Secondary Products Revolution" kicked in and animals began to be seen not just as a supply of meat, but also a source of wool, milk and traction energy to pull plows and carts. Widespread net and spear fishing would also soon reap major new rewards. The going would be tough, but Teacher was just tough enough to stick it out.

These psychic ties gradually led to the beginnings of social orders and hierarchies. There is evidence for the first time of a control of labor and conflicts characteristic of tribal groups, often headed by charismatic chieftains. The hunter-gatherer way of life was being replaced with the domestication of crops and animals, which enabled people to live more sedentary lives. A settled population permits year-round observation of the growing cycle, and hunter-gatherers are keen observers of the environmental conditions optimal for specific plant products. These would have been what archeologists call Neolithic Founder Crops—the first known domesticated plants in the world. These primary foodstuffs were flax, emmer and einkorn wheat, barley, lentils, peas, chickpeas, bitter vetch and broad beans.

The Teacher carries an impressive wisdom of the body. Long ago, Teacher Genotypes incorporated rich and abundant sources of protein in combination with rapid adoption of simple but effective agricultural technologies, and went on to develop a reasonably flexible worldview.

## Physical Profile

Teacher GenoTypes are very, very tough, sinewy folks. Although not often tall or excessively muscular, they can often do the work of two or three people, since they have a marvelous synchronicity between their kinetic, chemical energy and their electric, nervous energy.

Generally they are ectomorphs or meso-ectomorphs, possessing a low body fat percentage, small bone size, a high metabolism, and a wiry physique. A characteristic of the Teacher is clearly discernable tendons and ligaments underneath the skin, a sign of flexibility and strength. Teachers tend to be smaller to average height, with torsos and legs of about equal length

Clear signs of Teacher GenoType include the combinations of blonde hair and brown eyes or black hair and the epicanthic eye fold in Europeans. Incisor shoveling in Africans and Caucasians is another sign of Teacher GenoType. The nose is typically balanced to slightly wide. Interestingly, slight epicanthic folds can often be seen in even many non-Asian Teacher GenoTypes, especially from the more northwestern parts of Europe. The epicanthic fold may be an evolutionary defense against both the extreme cold as well as the extreme light that occurs in the Eurasian arctic and north. It has also been suggested that the fold provides some protection against dust in areas of desert such as that found in the deserts of northern China and Mongolia as well as parts of Africa. Our common ancestor probably had the epicanthic fold since it has been suggested that the fold provides some protection against dust in areas of desert such that found in parts of Africa. At some point modern Africans and Europeans lost the epicanthic fold, but it was maintained by Asians probably as a defense against both the extreme cold as well as the extreme light that occurs in the Eurasian arctic and north. Interestingly, the marker that often is used by the common man to identify someone from Asia may well be a relic from Africa.

Lower leg length and upper leg length tend to be relatively balanced in the Teacher GenoType, but the trunk is usually longer than the total leg length. Teacher tends to be small boned, with a smaller frame size, although this may not be true of Africans and Northern Europeans. Teacher somatotypes are typically balanced, with few extreme versions of any somatotype, more typically Teacher is an equal mix of endomorphic, mesomorphic and ectomorphic types.

A characteristic of Teacher is the ability to clearly discern tendons and ligaments underneath the skin, which is almost never seen with Gatherer GenoType. This seems to result in Teacher having a tremendous amount of lever-like strength, which gives these people such a physical capacity for hard work. Abraham Lincoln, a clear sign that Teacher is not a short GenoType (he had a glandular problem called acromegaly), could extend a full-sized wood axe by the end of its handle parallel to the ground for any length of time, to the constant amazement of his friends, how made him demonstrate this feat again and again.

The Teacher jaw structure is usually 'not round', meaning that the gonial angle can range from squarish to a more balanced shape. Teacher is relatively well balanced when it comes to androgens and estrogens and their lower leg extremity space is usually what would be expected for the gender of the subject.

Teacher is relatively well balanced when it comes to androgens and estrogens, but asymmetrical with regards to left and right medial planes: Their index and ring finger ratios (D2:D4 ratio) are usually asymmetrical as per left and right sides. Excessively longer ring fingers on both hands in men or index fingers in women indicate that an increased tendency towards developing cancers of the reproductive systems (prostate, ovary, breast, etc.) should be considered.

In Teacher, the relative size of protruding body parts increases with temperature. This translates into what anthropologists call Allen's Rule: people and animals in hot climates tend to have longer limbs than those in cold climates. For example, the people of East Africa are tall, slender, with long arms and legs, while the Inuit or Eskimos of Alaska, Canada, and Siberia have short, stocky bodies with short arms and legs. Asian Teachers can be surprisingly long-legged, especially with optimum pre and post-natal nutrition.

Bergman's Rule dovetails into this: A smaller body has more surface area per body weight, so it sheds heat more efficiently by sweat. Average body size increases in cold climates, decreases in hot climates; big bodies hold heat better than small ones. This is also quite true of Teacher.

Most Teachers are PROP 'tasters' or 'super tasters' and usually have an 'A antigen' blood type (blood types A1, A2, A1b, A2B).

Although encountered almost everywhere (with the noticeable exception of Central and South America) the A gene is a European, and to a certain extent Central Asian gene. Within the confines of Europe, in combination with the gene for blood type B, it splits the continent into a Western aspect (high frequency of A, low frequency of B) and Eastern aspect (high frequency of B, low frequency of A). The people in the “High A Zone” speak Indo-European languages other than Slavonic.

High concentrations of A are found in the Anatolian highlands of Turkey, and to a slightly lesser degree, the surrounding Fertile Crescent area of the Middle East. These areas are considered by some to be the birthplace of what would become the Neolithic, or agriculture; and though it would be extreme to link a single gene with the enormous effects on the human race that have resulted from the domestication of plants and animals, the physiological effects on the digestive tract that are linked to blood type A indicate that it was most certainly linked with a series of multi-gene adaptations to grasses and grains.

These areas were hotbeds of early agricultural development, developing strains of cereals and other grasses such as emmer wheat, einkorn wheat, barley; pulses such as peas, lentils and chickpeas and fibers such as flax. Looking at many of the physiological characteristics of the digestive tract known to associate with type A, it appears that many of the immunological necessities involved in being able to digest and metabolize these early grains (in reality cultivated grasses) were impressed upon the A phenotype, since this the digestive tract this blood group tends to temper the antigenicity of many grains. This has the effect of producing a form of Genetic Drift: Their greater tolerance of often highly antigenic grains would have produced an “immune sparing” effect in blood type A Teachers, with the dividend being invested in more efficient controls of inflammation and better barrier defenses.

There is a very high incidence of AB blood in sub-continental Indian Teachers, again probably the result of the genetic intermingling of steppe-dwelling Nomad horsemen with the more agrarian, settled local stock.

Teachers often have a significant number of whorl type fingerprints, a useful indicator of future cancer risks, especially for women. Research has shown that the presence of six or more whorl fingerprint patterns is associated with an increased risk of breast cancer, with a statistical significance no different from having a positive mammogram. That's pretty dramatic! In type A Teachers, a whorl count greater than 6 should be considered a wake-up call for a pro-active cancer prevention program.

Their Rhesus (Rh) blood group is interesting. They are almost always Rh-positive, and a little further detective work shows that they almost always have the 'ancient' form of the Rh-positive blood group (*CDE*).

Common wisdom would seem to imply that men wander around much more than women, exploring, burning and pillaging and whatnot; but the genetic reality seems to be quite the opposite. Matter of fact when geneticists compared the mitochondrial data with the Y-chromosome data it seems that women have migrated from one continent to another about eight times more frequently than men. This may be the result of women leaving their own families and joining their husbands, or by polygyny, men fathering children by multiple female partners.

Geneticists typically can't do very much with single mutations, and lucky for them they don't often have to since nature often works in bigger chunks of markers called haplotypes. The word haplotype is a combination of the phrase haploid genotype, which in layman's terms means “double genetic stuff.” It's double because, remember, you have two complete sets of genes - one from mom and the other from dad. When they did their little disco dance at the moment of your creation, the parts fused together, deciding then and there which of the rivals for your attention (alleles) would go on to be top dog.

Haplotypes are simply a chunk of alleles at different places along the same chromosome that are inherited as a unit, sort of like if you went to a clothing store, bought a blue sweater, and wound up being convinced by a very good salesperson that the sweater would look great with this pair of plaid pants.

The Rh blood type system was complex. Now I will explain why. We all inherit a set of three Rhesus (Rh) genes from each parent as part of a haplotype. You may have heard of them or even had them told to you when you got blood typed at a donation center: They're called the *c*, *d*, *e*, *C*, *D* and *E* genes and when the smoke clears after conception, they're a haplotype.

As with all genetic-speak, upper case means a dominant gene and lower case means a recessive one, but here is where it

gets interesting. Unlike eye color, where we could conceive of a single allele bossing the other around, like Ali versus Frazier in the “Thrilla in Manila”, with Rh blood groups it’s the relationship of two gene chunks, each of three alleles; more like the Jets versus the Sharks in *West Side Story*. You get a chunk of three alleles from mom and they rumble with the three Rh alleles from dad, however instead of calling them a gang, or ‘youth group’ we call them haplotypes.

To finish the story of the Rh groups, if moms gave you the Rh haplotype *cDe* and dad gave you the *cde* haplotype, you’d be Rh positive. Actually any capital letter will make you positive, but a capital D will make you especially positive. Which is why some folks describe Rh earlier as ‘big D’ and ‘little D.’ Those GenoType Explorer Basques? Why, 50% of them got nothing but lower case letters (*cde/cde*).

A common problem for male African Teachers is ‘favism’ (a type of anemia) though it is of the less severe form that seen with Mediterranean folks. Glucose-6-phosphate dehydrogenase (G6PD) is an enzyme found on red blood cells that is critical to maintaining proper levels of the anti-oxidant glutathione in its bioactive ‘reduced’ form. Reduced glutathione acts as a scavenger for dangerous oxidative metabolites in the cell. Many drugs and a few foods can induce this damage to the red blood cells, which often is severe enough to cause anemia. Components in fava beans (vicine and convicine) can induce severe hemolytic (destructive) anemia in people with the G6PD deficiency. Deficiency of G6PD is one of the most common enzyme defects in humans, affecting at least 300 million people worldwide.

Teachers often have polymorphisms of the cytochrome p450 detoxification system. The first thing you need to know is that the name cytochrome P450 has no relevancy whatsoever. It was coined in the early 1960’s to describe an unknown pigment in cells which when bound with carbon monoxide, absorbed light at the 450nm wavelength and the name has stuck ever since. The P450 system is a giant superfamily of enzymes that now number well over 400 genes, with 60 in us humans alone. With all those genes, there needed to be some sort of order developed, so in 1987 a system was developed whereby the symbol CYP followed by numbers and letters detailing the gene and its individual qualities.

In general the Teacher worldview is an effective and accurate predictive response to most aspects of the modern environment. However, many of the more nefarious aspects of modern life, in particular the use of drugs such as nicotine, caffeine and recreational pharmaceuticals will pose an even more significant threat to Teacher than perhaps might otherwise be appreciated. Teachers tend to have rather low levels of enzymes coded by the CYP2E1 gene, which metabolize many chemicals, including drugs and many low-molecular-weight carcinogens. This enzyme is also of interest because it is stimulated by alcohol and may play a role in liver injury induced by chemicals such as chloroform, vinyl chloride and carbon tetrachloride.

The enzyme is primarily found in the liver, and the level of enzyme varies markedly between individuals. Teachers may well be drawn to alcoholic beverages as a way of increasing this enzyme, as alcoholics have twice as much CYP2E1 activity as compared to nonalcoholics. This may be especially true of Teachers who are also non-secretors.

### **Ancestry and Variation**

A fairly ubiquitous GenoType, the Teacher is found in just about every racial and ethnic group, although it is especially common in East and South Asians and Western Europeans, which implies that it is probably not much of a marker for the modern day racial and ethnic categories. Teacher is also found equally in both men and women. The ancestral DNA haplogroups for Teacher in general are those types that are descended from macrohaplogroups associated with the ‘Out of Africa’ spread of Neolithic technologies.

Teacher is:

- Commonly Seen: North Eastern, South Eastern Asians, New World Mixes
- Frequently Seen: North Western, Western Europeans
- Often Seen: South Eastern African

### *Y-Chromosome DNA Analysis*

Although not a predominantly African GenoType, some aspects of Teacher genodynamics may be seen in some of the Bantu descendants who carry the marker for Haplogroup E3a. Many Teacher genotypes are descended from the macrohaplogroup F, although most no longer carry F, but rather one of its myriad descendants, especially the M9



mutation which marks Haplogroup K and its descendants, many of which form the mass of Teacher GenoType: haplogroup O in East Asians and R1b in West Europeans. Haplogroup O and its variants (O1, O2, O3) appear to be adaptations to rice farming, whereas R1b is considered a marker of Cro-Magnon migration into Europe in the time before the last glacier.

Haplogroup O3 is a subset of haplogroup O arising about 10,000 years ago from an ancestral male who lived in China. This haplogroup appears in over 50% of all modern Chinese men, and is not found outside East Asia. The widespread success of haplogroup O3 is conjectured to be closely associated with the sudden agricultural boom associated with rice farming. Individuals who are haplogroup O3 are descended from China's first rice farmers.

#### *DNA Mitochondrial Chromosome Analysis*

Many non-European Teachers are descended from the rather rare R haplogroup R, Haplogroup R is a direct ancestor to the very large B haplogroup, arising in Asia some 50,000 years before present and is found throughout modern Asia and the New World.

Haplogroup R is believed to have occurred somewhere in North West Asia between 30,000 and 35,000 years ago. The most important subgroup of haplogroup R is R1, which is very common throughout Europe and western Eurasia. Its distribution is believed to be associated with the re-settlement of Eurasia following the last glacial maximum. The main subgroups of R1 are R1a and R1b, which pretty much break down into an East and West description of things.

The other lineage traceable to R, and hence back to N, is Haplogroup JT and its descendant T. Although apparently originating in Eastern Europe via the Middle East, haplogroup T has migrated westward, to the point that it is now found in about 10% of all Western Europeans. Like YDNA haplogroup O, T is a Neolithic, agriculturalist marker shared by many Warrior GenoTypes as well.

SNPS that may be of special interest to Mu include the genes that regulate homocysteine metabolism and the production of methionine. These include:

- MTHFR (5,10-methylenetetrahydrofolate reductase): Polymorphisms have a role in susceptibility to certain cancers and cardiovascular problems (through its role in regulating homocysteine)
- MTR (5-methyltetrahydrofolate-homocysteine methyltransferase): MTR encodes an enzyme, which catalyzes the final step in methionine biosynthesis, a critical aspect of DNA methylation.
- MS-MTRR (5-methyltetrahydrofolate-homocysteine methyltransferase reductase): This gene produces enzymes, which are involved in the activity of the enzyme methionine synthase, which catalyzes the production of the amino acid methionine. Methionine is an essential amino acid required for protein synthesis and for DNA fidelity.

#### **Metabolic Profile**

Teacher GenoTypes are very, very tough, sinewy folks. Although not often tall or excessively muscular, they can often do the work of two or three people, since they have a marvelous synchronicity between their kinetic, chemical energy and their electric, nervous energy. Usually when one fatigues, the other takes over, and indeed a useful way for Teacher to relax is to simply alternate between these energy systems.

Because of the inherent tolerance of the Teacher immune system, their digestive tract is often host to a wide and sometimes bizarre arrangement of microbial life. Normally this is not a problem, and may well even be a slight benefit; but the Teacher should always have a 'low overgrowth' component to their food selection strategies. In general most simple sugars and carbohydrates should be minimized, as their breakdown products will in short time produce an explosive microbial overgrowth in the lower intestines. Extreme forms of microbial social engineering—such as antibiotics—almost always cause major disruption of the Teacher digestive tract unless modulated with extra short chain fatty acids, soluble fiber and probiotics. A sure sign of the Teacher is a blood type A individual with whorl type fingerprints and high breath hydrogen test readings.

In his book *Food Is Your Best Medicine* Bieler describes a version of the Teacher GenoType as a 'Thyroid Type' characterized by a slim build and an inability to gain weight, restlessness, rapid movements, fine features, and an overactive nervous system. Of the traditional classifications systems, the Chinese yin/yang classification of 'Yin-Water' is closest to the Teacher type: Blunt, passionate, confident, fearless, excellent stamina, ambitious, robust, and authoritarian. Yin-Water types also dislike most cold things and are quite averse to bathing in cold water.

## **Stress Profile**

Their tolerance of the physical world, and also to life in general, gives Teachers great insight into the nature of existence—which to them is simply the sum total of all matter in motion—and provides the Teacher GenoType an insightful, supernatural bent. However the Teacher is not antiscientific; rather, that it identified and aligned with natural processes and cosmology long before there was a science and probably will continue to do so long after it as well.

The Teacher worldview is an effective and accurate predictive response to most aspects of the modern environment. Their biological tolerance is often reflected in their personalities. They have a centered, calm manner. However, many of the more nefarious aspects of modern life, in particular the use of drugs such as nicotine, caffeine and recreational pharmaceuticals will pose an even more significant threat to the Teacher than perhaps might otherwise be appreciated.

In general, Teachers have the souls of an artist and are happy and healthy as long as there are ample avenues for creative expression in their lives. They are great at meta-analysis, the ability to evaluate numerous types of data and synthesize its essence or gestalt.

## **Aging Profile**

Because it is such a tolerant GenoType Teachers are not all that inflammatory-prone and in general seem to be less allergic. Teachers tend to age well, and often reach significantly advanced years. But this doesn't happen automatically. The key for Teachers is to seek balance in everything—whether it be diet, work schedules, sleep-wake cycles, or methods of exercise. Despite often reaching advanced age, a significant number of Teachers can experience major health problems in early middle age, such as cancers and circulatory problems.

Allowing the Teacher to reach a healthy old age is as simple as preventing methyl groups from getting knocked off their DNA molecules from stress, toxins and sickness, and replacing them with new methyl groups if they do. This process called methylation is critical to the proper health and aging of the Teacher GenoType. A lack of proper methylation turns Teacher DNA into the genetic version of that joke circulating around the office cubicles; a photostat of a photostat repeated so many times that the graphics and text are barely readable.

In Ayurveda a case could be made for some of the more overt aspects of Teacher GenoType fitting the constitutional type called Vata. Vata types are highly imaginative and quick to learn and grasp new knowledge. However they tend to respond to stress with fear, worry, and anxiety, especially when out of balance. Physically Vata types are slender, chests are flat and their veins and muscle tendons are visible.

## **Immune Profile**

The thymus and bone marrow loom large in the proper balance of the Teacher GenoType. Once dismissed as non-essential organ, it is now known to play an important role in the early development of the immune system, being the primary site of T cell maturation. By puberty, our thymus atrophies, gradually shrinking in size and function. For Teacher, hydrotherapy, particularly the bathing in cold spring water, has a provocative effect upon the thymus and immune system, probably due to receptors in the skin, which are activated by sudden changes in temperature. Dry brushing and lymph drainage are all useful in stimulating the thymus and bone marrow through the skin. By increasing circulation in the body, hydrotherapy increases circulation of white blood cells, which stimulates the immune system.

Having an altruistic worldview may be an admirable quality, especially when it comes to migration and having to adapt to new flora and fauna, but not when it is expressed at the expense of one's own well being. The Teacher who has exhausted his or her immune system with overwork, sleep deprivation, stress or poor diets, will have trouble fending off chronic infections. They become easy prey for the latest bacteria making the rounds in their offices or schools. Teacher children suffer from chronic ear and respiratory infections, and they often appear sickly.

In general, the Teacher's immune system is rather slow to activate, particularly against bacteria and parasites. This has its benefits, since the Immune system does not spin its wheels hunting down and destroying things that it could just as well have gotten along with, and this trait was critical to allowing the early Teachers to migrate throughout the world. However, the tolerant Teacher immune system can easily over-identify with the external world, lowering its defenses against microbes, harmful foods and aberrant cells. Poor Immune surveillance means vulnerability to infections, as well as a higher than average risk for many common cancers.

The tolerant Teacher immune system can easily over-identify with the external world, lowering its defenses against microbes, harmful foods and aberrant cells. Poor Immune surveillance means vulnerability to infections, as well as a higher than average risk for many common cancers. This often occurs in Teachers because tumor cells often turn-off genes that are supposed to keep them in check. These 'jail-keeper' genes are called tumor-suppressor genes and they are supposed to prevent cancer genes from activating. Often in Teachers, the first thing cancer genes do is figure out a way to turn off the suppressor genes. At that point the inmates are running the prison. Fortunately with the Teacher GenoType diet, you can put those suppressor genes back to work for you.

Like the Hunter, the Teacher metabolism can turn catabolic. This is often the result of unbalanced ubiquitinylation, a type of cellular elimination system. This is accomplished inside the cell by a small molecule called ubiquitin, so named because it is ubiquitous (found everywhere) in the cell. Ubiquitin is now known to be involved in several other cellular processes as well, including quality control protein synthesis, membrane signaling, control of the cell reproductive cycle, X chromosome inactivation in men and the maintenance of chromosome structure. Unbalanced ubiquitinylation can cause problems with the Teacher's cell signaling mechanisms (surface receptors) and influence tumor suppressor activity. As with Hunter, this often interferes with proper removal of mutant and damaged proteins and growth modulators. While many people today often feel the need for colonic irrigation to 'clean out' their system, in Teachers it is their cells, not their colons, which need the colonic.

Lack of self-identification, or perhaps over identification of one's own self in the external world, poses difficulties for GenoTypes with altruistic worldviews. Altruism as an unselfish concern for the welfare of others is fine enough, but to consider others as more important than oneself is degrading and demeaning to the self. Extending one's own worldview to humans, many of whom already subscribe to a code of conduct that rewards altruistic behavior is certainly praiseworthy. Lowering one's threshold of suspicion toward microbes, harmful foods and aberrant cells is another thing altogether. That is a problem for the modern day worldview of the Teacher GenoType: they can blend into the world so good they sometimes lose sight of themselves.

Adult Teacher GenoTypes will often report that a sibling or parent has developed cancer, and there is often quite a bit of cancer in the family lineage. In westernized countries, Teacher is especially prone to cardiovascular disease as well.

### **Functional Aesthetic**

As it says in the Bible, 'The sins of the father will be visited on the sons.'

However, this is only partially true.

The improvements of the father (or more likely, the mother) will also be visited upon the offspring as well. Teacher derives great benefit from many of the plant based anti-oxidants that are of the so-called flavonoid class and not surprisingly a lot of these have made it into the traditional diet in areas with high concentrations of Teachers. These include many natural compounds which are thought to exert epigenetic effects due to structural changes that they make to the three dimensional structure of DNA. This is done by changing the function histones, proteins that act as spools for DNA to wrap itself around. Although Teacher may want to do yoga stretching and Chi Gong breathing to achieve greater relaxation, their DNA, if anything, would like very much to stay coiled up and tightly wrapped. Compressed DNA tends to be quiet DNA and Teacher likes quiet DNA.

With the right diet and lifestyle changes, the results of following the GT3 Teacher diet and lifestyle recommendations are nothing short of miraculous. Once the Teacher embarks on a program of dietary and lifestyle changes, the results are immediate. Their recovery powers are quite remarkable.



## Blood Type A | Teacher | Supplements

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You've requested that SWAMI Xpress® recommend dietary supplements for your consideration. As per your desired level of indication and the degree of detail you've requested, here are your results:

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#### **TEACHER ACTIVATOR** GT3ACT



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## SWAMI Xpress: Guts, Vision and a Plan

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Epigenetics takes the evolution discussion to the next level. Rather than worrying about whether you came from an amoeba or some small mammal that made a wrong turn, you can worry about things much more relevant – like whether the weaknesses introduced into your heredity from grandparents and parents will come home to roost within you.

More importantly, you can do more than just worry –you can do something about it. By putting *SWAMI Xpress* to work, you not only make choices that will change your destiny, but under the right conditions they'll go on to change the destiny of your descendants.

There is a famous story about a rabbi and a young child. The rabbi was planting a plum tree sapling. Like most kids, this one was direct and to the point. “Isn't it kind of stupid to plant a tiny sapling when at your age there is no chance that you will live to ever taste those plums?” said the child. The rabbi thought a minute and answered the child's question with one of his own.

“Do you like plums?”

Hopefully, you get the point. There is a future somewhere out there. If we care to, we can live in the present and let the future take care of itself. However for those of us with the ambition and who are ready to do the work, epigenetics holds the promise of an improvable future of health for us and those who come after us.

What if I told you that in four generations you and your immediate descendants could change the epigenetic patterns of inheritance in your family line and eliminate diabetes, heart disease and some forms of cancer? Everyone knows a family of long-lived people or a family where nobody seems to get cancer, but everyone worries about getting Alzheimer's disease, which seems to strike half of all the family members. These are epigenetic traits within those families. Carried over several generations they imprint themselves into the family's epigenome. Drugs, toxins, poor diet all work their way into your family's epigenome as well. That's why we see so much attention deficit disease (ADD), obesity, high blood pressure, cancer and diabetes in our modern population.

Think about it. If we can imprint bad stuff through lack of attention or ignorance, with knowledge, can we just as easily imprint good things as well? Your grandchildren could be the first to parent this new generation of epigenetically healthy children. All it takes is guts, vision and a plan.

Here is your plan.

Every one of us has a huge repertoire of possible responses encoded in our genetic heritage.

As you've probably guessed, your best strategy is diet and exercise. Eating and exercising the right way will keep the right genes talking while gently encouraging the wrong ones to shut up. But because you've got a unique genetic inheritance—a unique set of characters showing up at your town meeting—you need the diet and exercise plans that are right for you. The strategies that work for your spouse, your friend, or even your parents might be harmful for you, just as the dietary choices that slim you down and boost your health might put on the pounds and drain the vitality from your loved ones. One-size-fits-all fashions are very rarely flattering to everybody, and the same is true of one-size-fits-all diets. In order to achieve optimal functioning of your town meeting, you need to eat right for your GenoType.

That's what the SWAMI Xpress Diet is all about.



## Glossary of SWAMI GenoType Terms

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**Acetylator:** A genetic polymorphism (see below) that determines how fast an individual can detoxify many substances including caffeine. Slow acetylators, such as the Explorer GenoType, are often drug sensitive whereas fast acetylators (such as the Warrior GenoType) often have problems removing certain carcinogens.

**Advanced Glycation End-Product:** Advanced Glycation End-products (AGEs) are molecules made of carbohydrates bound to a protein (glycoprotein). Unlike most glycoproteins made by the body which are a result of enzyme activity, AGEs are a result of metabolic misfortune, a type of 'browning reaction' which is essentially not reversible. Many of the manifestations of aging are the result of the deposit of AGEs in organs and tissues.

**Alleles:** The 'alternate' set (or pair) of genes received from both the father and the mother. In most circumstances, one allele for a particular trait will be dominant or recessive to another.

**Andric:** Male or masculine shaped because of the presence of more androgen (male) hormone stimulation in utero, regardless of whether the individual is male or female. The shaped is longer, leaner and more muscular. A characteristic of the andric body type is a wide opening of the space between the legs above the knees.

**Archetype:** A generic, idealized model of a person from which similar instances are derived, copied, patterned, or emulated. The concept of a GenoType (see below) as defined in this book is a portmanteau of "Genetic Archetype."

**Biometrics:** Biometrics is literally "the measure of living things." It's a way of measuring your bone lengths and other key elements of your physical self. Fingerprint analysis, also called dermatoglyphics, is a subset of biometrics as well.

**Epigenetic:** The interaction between your genes and the environment resulting in a change in the expression of the genetic material, although the DNA has not been altered. Epigenetics is sometimes called "post-genomic inheritance." It is the study of how our genes respond to the environment, creating differences that we can pass along to our children.

**Genes:** A gene is a discreet section of DNA that carries all the information needed to convey a specific trait. There are approximately 25-30,000 genes in a human.

**GenoType:** In conventional genetics, genotype is the genetic basics of a trait, as compared to phenotype, which is the physical appearance that the genotype trait produces. In this book the term GenoType is a portmanteau of "Genetic Archetype" a series of strengths and weaknesses that result from the interaction of the genetic, epigenetic and environmental influences on a person, especially during their prenatal and early childhood periods and how they organize themselves into recognizable biochemical profiles over the course of the individual's life.

**Glycation:** Glycation occurs when a sugar molecule, such as fructose, from fruit or glucose, from refined grains, binds to a protein and damages it. The damaged protein interferes with organ function, blood profusion, hormone receptivity, and kidney function, and it might cause cataracts and neuron damage a well. See also Advanced Glycation End-Product.

**Gynic:** Female or feminine shaped because of the presence of more female hormones in utero, although the individual can be either male or female. The shape is more rounded and soft. A characteristic of the gynic body type is a narrow opening of the space between the legs above the knees.

**Histone:** Spool-like molecules that cause DNA to wind into dense coils. Coiling up DNA silences genes. Uncoiling histones causes the DNA to become available for reading and thereby activates the genes.

**Lectins:** Lectins are proteins found in food that interact with many of the sugars found on the exterior of our body's cells. Many lectins are specific for a particular blood type; when you eat a food containing incompatible lectins, it can interfere with digestion, metabolism and proper immune system.

**Methylation:** One of the prime mechanisms of epigenetic gene regulation, methylation refers to the attachment of a methyl group to the DNA molecule in such a way as to prevent the gene from being 'read.' Such genes are considered 'silenced'.

**Polymorphism:** Literally meaning "many shapes", polymorphisms are multiple alleles of a gene within a population, usually expressing different phenotypes. See GenoType.

**Somatotype:** Basic classifications of a body types developed in the 1940s by American psychologist William Sheldon, according to the prominence of different basic tissue types. These roughly translate to the rounder shaped endomorph, the lanky ectomorph and the muscular mesomorph.

**Symmetry:** Symmetry (or the lack of it, asymmetry) are the measurable differences between the sides of the body. Symmetry is a subtle indicator of fitness, since asymmetry reflects the quality of the fetal environment. The less stress a fetus experiences while developing, the more symmetrical the left and right sides of the body will be; conversely, the more stress experienced in fetal development, the greater the variations from left side to right side.

**White Lines:** The appearance of white lines throughout an otherwise inked fingerprint pattern. White lines are a sign that the height of the fingerprint ridges is low, to the point where underlying crease of the skin show through. White lines throughout the fingerprints are a indication that the individual may have gluten and/or lectin intolerance.