

THE VICTORY BLOOD TYPE DIET

Seven Weeks To Winning The Food Fight

THE PROBLEM

Consider these facts:

- 60% of the cancer in men and 40% in women is related to diet
- There is a very strong link between obesity and the risk of diabetes
- At least 50% of the ten major leading causes of death in North America are related to lifestyle factors. And most of those factors had to do with the Standard Diet (high fat, high sugar, low fiber)
- Your blood type cannot be changed yet most people are not aware of their blood type and don't tailor their diet and lifestyle to maximize their blood type attributes

Knowledge is NOT Power – **Action IS!**

Most people need to have a simple effective plan they can follow to make changes in both diet and activity that would ensure a successful change from unhealthy to healthy lifestyle.

THE SOLUTION

The way to stay trim and fit and the way to gain easy, permanent control over excess eating is really a rediscovery of what our grandparents and ancestors knew all along.

The secret is to eat from a few basic recipes changing a few foods so they are more compatible with your Blood Type, to eat as big a breakfast as you can hold, and to eat mostly fiber-rich complex carbohydrates. Then add to that a few simple, low-volume exercises – just ten minutes a day – and your fat days are over. (Go to end of handout for some basic exercise ideas!)

Learn to make 3 breakfasts, 4 lunches, 5 simple dinners and do 10 minutes of exercise five days a week. It's that simple. There is absolutely no excuse for not following such a simple plan. "I'm too busy" or "I don't have the time" or "It's too complicated" is not acceptable when you consider that this process has been tested on the busiest executives, leaders, housewives and career women with families – and IT WORKS!

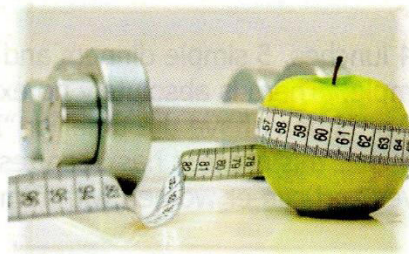
So having said all this, LET'S GET TO IT!

PRINCIPLES – SOME THINGS YOU SHOULD KNOW

If you understand the simple principles or concepts behind what you are told to do it often makes it easier to follow or make adjustments in the program.

VICTORY DIET PRINCIPLES – By shifting your intake of food towards these principles it will be easy to reverse the storage of fat from high fat and carbohydrate intake at the end of the day.

1. This is a program to help you make changes to a healthier more vital lifestyle. It needs to become "Your Program"!
2. Make the changes one step at a time if necessary but make DAILY AND WEEKLY CHANGES and stick to it. Follow the Seven Weeks Outline if you need steps.
3. Habits are - thoughts plus actions repeated over time. By learning how to think and act differently and repeating those thoughts and actions you will create the new habits.
4. Breakfast like a King – Lunch like a Prince – and eat Dinner like a Pauper. This saying reflects the importance and emphasis we should place on each meal.
5. Choose from these simple healthy recipes – Low fat, high fiber, easy to make, and tasty. Add herbs and learn to dress up the appearance of foods to make them more pleasing.
6. No diet plan is good for everyone. One of the most overlooked aspects of diet is Blood Typing. Your blood type is inherited and cannot be changed. It is important to learn to live to enhance your blood type strengths and minimize your weaknesses.
7. Although it is a big foundation – Diet alone will not create good health. Exercise and Stress levels also play important roles in our health profile.
8. Learn to move your body on a regular basis to get your muscle engines burning, your blood flowing and waste products removed.
9. Stress tends to cause a lot of damage or wear and tear on our tissues. Learn how to minimize stress in your life and incorporate "The Relaxation Response" and "High Level Satisfaction" in everything you undertake to do.



THE RELAXATION RESPONSE

The Relaxation Response is a simple practice that once learned takes 10 to 20 minutes a day and can relieve the stress and tension that stands between you and a richer and healthier life. The technique was developed by Herbert Benson, M.D. at Harvard Medical School, tested extensively and written up in his book entitled, of all things, "the Relaxation Response".

I encourage you to set aside 10 or 20 minutes today and try it. The following is the technique taken word for word from his book.

1.

Sit quietly in a comfortable position.

2.

Close your eyes.

3.

Deeply relax all your muscles,
beginning at your feet and progressing up to your face.
Keep them relaxed.

4.

Breathe through your nose.
Become aware of your breathing.
As you breathe out, say the word, "ONE",
silently to yourself. For example,
breathe IN ... OUT, "ONE", - IN... OUT, "ONE", etc.
Breathe easily and naturally.

5.

Continue for 10 to 20 minutes.
You may open your eyes to check the time, but do not use an alarm.
When you finish, sit quietly for several minutes,
at first with your eyes closed and later with your eyes opened.
Do not stand up for a few minutes.

6.

Do not worry about whether you are successful
in achieving a deep level of relaxation.
Maintain a passive attitude and permit relaxation to occur at its own pace.
When distracting thoughts occur,
try to ignore them by not dwelling upon them
and return to repeating "ONE."
With practice, the response should come with little effort.
Practice the technique once or twice daily,
but not within two hours after any meal,
since the digestive processes seem to interfere with
the elicitation of the Relaxation Response.

- *The Relaxation Response*, Herbert Benson, M.D.

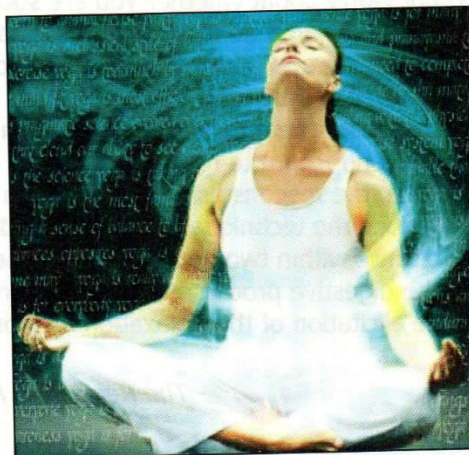
HIGH LEVEL SATISFACTION

YOUR MISSION: (Should you choose to accept it...) is to build memories that are positive and inviting – and develop the habit of having satisfying days.

SATISFACTION: is a feeling, internally, that you have enjoyed doing/ experiencing something. It is individual – i.e. determined by you.

THE STEPS:

1. Take 5-10 minutes at the end of each day to do the following exercise:
On a scale of 0-10, with 10 being the highest level –
 - Reflect on your days activities
 - Think of at least 2 or 3 memories of the day that are at a score of 7 or above (high level satisfaction) to you personally.
 - Savor the memories and notice what was particularly satisfying about them.
2. If you have trouble remembering or experiencing events of the day that are high level satisfaction (7 or above) – think of an incident that had some satisfaction and think of what you might have done to make it a higher level of satisfaction e.g. took dog for a walk = satisfaction level 5. I could have... taken a different route and slowed down to enjoy the scenery = satisfaction level 8.
3. Think of activities in your next day – what activities, moments can you build (plan) in that would be high level satisfaction? Make sure you build them into your day so you will have some good memories that are high level satisfaction at the end of the day.
4. During daily activities, notice what things you can do, or from which you can change state to a higher level of satisfaction in whatever you are doing e.g. washing dishes – whistle while you work.



BLOOD TYPING AND YOUR VICTORY PROGRAM

Blood Type O - The Hunter: The most abundant blood type.

- Meat eaters and should avoid whole wheat products and excess dairy.
- Requires an efficient metabolism to stay lean and energetic. Should eat lots of green leafy vegetables to buffer proteins and obtain more minerals in the diet.
- Is prone to allergies, acid buildup, and thyroid or iodine deficiencies.
- Transfers stress to muscular system so needs lots of vigorous physical exercise to offset the effects.

Blood Type A - The Cultivator: The second most predominant blood type.

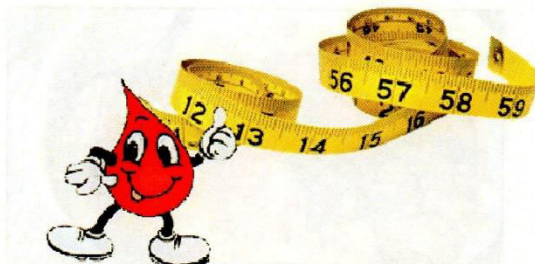
- Is more suited for the vegetarian and grain diet but does not do well with unsprouted wheat products or Lima beans.
- Should avoid or minimize dairy and red meat.
- Transfers stress into the digestive tract so needs to clear the mind with relaxation response, walks in nature, or rhythmic exercise.

Blood Type B - The Nomad

- Balanced strong immune system and digestive tract but strong reactions to wheat gluten.
- Tolerates Dairy but needs to substitute turkey for chicken meat in diet.
- Insulin (blood sugar) reactions to kidney or Lima beans, corn, buckwheat, or sesame seeds.
- Responds best to stress with creativity.
- Requires a balance between physical and mental activity to stay lean and sharp.

Blood Type AB - The Enigma: A mix of reactions.

- Is a modern merging of A and B Types.
- Sensitive digestive tract and overly tolerant immune system.
- Require digestive enzymes to digest meat and poultry. Do better on lamb, mutton, rabbit, and turkey instead of beef.
- Responds best to stress spiritually, with physical activity and creative energy.
- Needs to be aware of diet and possible reactions of both A and B blood types.



BREAKFASTS

WHY A BIG BREAKFAST HELPS YOU LOSE WEIGHT

Eating breakfast is important. A big Breakfast with whole-grain carbohydrates, fat, and protein gives you the energy you need to launch your day, and it patterns the rest of your day's meals and snacks.

Eating a big breakfast keeps your metabolism and blood sugars in balance and will keep you from food bingeing and midmorning doughnut and coffee snacking. This in turn will set you up to eat a Victory dinner and then have nothing before bed but fruit or light snacks, you will not have to store unburned carbohydrate calories and will wake up looking forward to enjoying another Victory breakfast.

MUESLI: The Real Breakfast of Champions

½ Cup of whole Oats

Small handful of whole almonds or pecans

Small amount of organic raisins

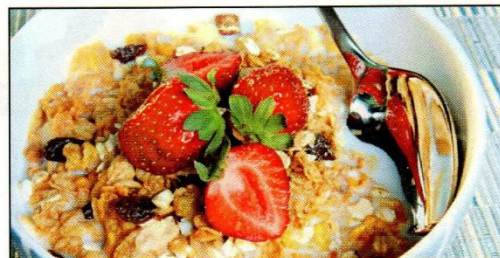
Place ingredients in a bowl; add water to top of ingredients, and cover.

Leave on counter top overnight.

In morning add 2 tbl spoons of yogurt, essential oils, and sliced fresh fruit or applesauce. Add a little maple syrup if you need to for taste.

CONSIDER THESE FACTS:

- Muesli is an European breakfast recipe developed for healthy living
- Muesli is a healthy balance of carbohydrates, essential oils and protein
- Muesli is high in fiber and water. A high fiber diet with adequate water helps you guard against problems of the lower intestine. Symptoms of which are gas pains, heartburn, nausea, cramping and constipation
- Muesli is filling yet lowers cholesterol and it tastes great.
- Muesli does not have to be eaten with milk. Adding sufficient water when you soak it, as well as adding the fresh fruit and/or apple sauce is usually all that is needed.
- The secret is to make it ahead and soak the dry ingredients overnight so that the grain starts to germinate and the dry ingredients soften for the digestive tract.



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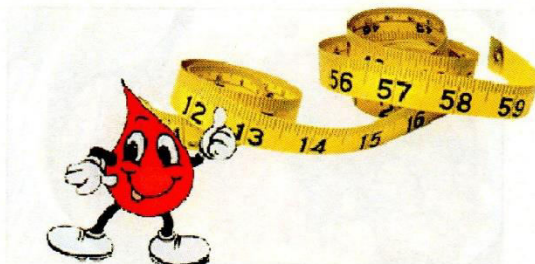
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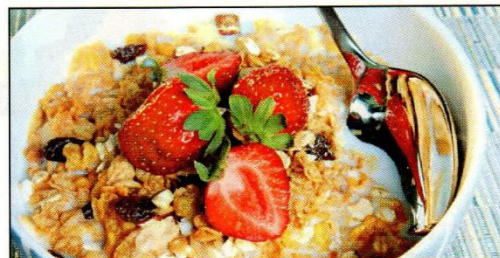
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THE VICTORY BREAKFAST # 1

Muesli

½ a Grapefruit
One large serving of Muesli
With fresh fruit (sliced apple, blueberries) or applesauce
Yogurt (low fat vanilla or plain)
1-2 tbl spoon of Flax or Omega 1:1 oil
1 Cup herbal tea or coffee substitute

Grapefruit should be eaten before anything else or preferably ½ hour before eating the rest of breakfast. Blood Type O & B can generally tolerate the oatmeal if it is soaked overnight.

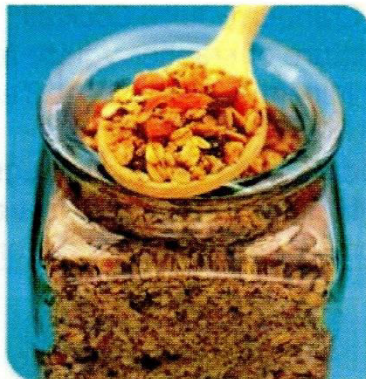
THE VICTORY BREAKFAST # 2

8 oz. Pineapple or Prune juice
Shredded wheat with rice dream
1 poached egg
Green tea or Herbal tea

THE VICTORY BREAKFAST # 3

Light Breakfast for those times when your appetite is not right but you still need something to stabilize your blood sugar.

Sliced apple
Piece of Whole Grain toast (Rye or Sprouted grain)
Slice of Cheese
1 Cup of Herbal tea or Coffee substitute



VICTORY LUNCHES

Tips for Lunch! Lunches should be easy to make and light and easy to digest. Don't work at lunch. Make lunch time your break time – Enjoy It! Belly breathe and do the Relaxation Response to relax the diaphragm and prepare the digestive juices beforehand. Afterwards, take a few minutes to relax and be grateful for life. Eat lunch outside, or get out in the sunshine, as much as possible.

VICTORY LUNCH # 1

THE THIN-WIN LUNCH

Tuna Salad

(Delicious water-packed tuna made with low-oil dressing and served on a bed of crisp lettuce)

With tomatoes and cucumbers or zucchini

Celery sticks

1 slice of Rye bread

Cranberry Juice Cocktail

(50/50 mixture of juice and mineral water)

Or Herbal tea

Vary portions a little according to your size. Make certain that you eat enough to feel satisfied. Tuna is an oily fish. Fish oils help lower cholesterol and fish is very high in protein.

VICTORY LUNCH # 2

CHICKEN ITALIANO

Cold chicken Leg or Breast and slices of tomatoes and a small slice of Mozzarella or Soy cheese.

(OPTIONAL: fresh basil leaves between the tomato and cheese)

Soya or rice spaghetti or spaghetti squash

Cranberry Juice Cocktail

(A thirst quenching 50/50 mixture of cranberry juice and mineral water or Perrier

Or Mineral Water or Iced Tea

When cooking dinner, add a couple of extra legs for lunch the next day or two. REMEMBER to remove skin before cooking.

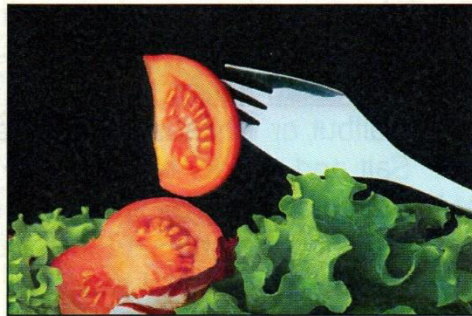
Blood Type B or AB substitute Turkey for the Chicken.

VICTORY LUNCH # 3
SEAFOOD DELIGHT

Shrimp or Crab Salad
(Shrimp or shredded crab meat served on a bed of leafy green lettuce with a dash of lemon juice, or Tarragon dressing or curry sauce)
Celery Sticks
1 slice of Rye bread
Cranberry juice cocktail or Herbal tea

VICTORY LUNCH # 4
GARDEN PROTEIN SALAD

Diced chicken or turkey breast
Grated carrot, sliced cucumber, chopped onion, assorted vegetables, corn, peas, broccoli, snow peas – lightly steamed then chilled; dash of lemon juice or oil and vinegar dressing; serve on a bed of fresh lettuce
Rye crisp crackers
Cranberry juice cocktail or Herbal tea



VICTORY DINNERS

Eat Dinner Like a Pauper! (Poor Man)

What you eat and when you eat is a big part of setting your daily eating pattern. Eating a lot of carbohydrates late in the day will cause you to store fat by raising blood insulin levels at a time when you can not burn them off. Therefore, eat dinner no later than three hours before going to bed in order to:

- stay slim by burning off some calories
- wake up hungry ready for breakfast

Working late? Take your dinner to work and eat it on schedule. Eat in an easy to follow plan – five easy recipes from which to choose.

VICTORY DINNER # 1

PASTA PLUS

Thin soy noodles cooked firm with a bit of melted butter and a few fresh garlic cloves, and topped with a dash of Mozzarella cheese

Turkey breast

Tossed salad of 5 neutral vegetables

Oil and lemon dressing

Steamed broccoli

Glass of wine

Spaghetti squash halved, cleaned, then baked in the oven is a tasty substitute for pasta!

You can eat dinner # 1 up to four times a week. Skip the wine if you are overweight.

VICTORY DINNER # 2

FAVORITE FISH DINNER

Baked fish

Fresh green garden salad

Fresh herbs and steamed broccoli

Arabian Baked Fish

1 large halibut or whitefish (3 to 4 lbs)

Salt and pepper to taste

¼ cup of lemon juice and 2 tbl spoons of olive oil

2 large onions, chopped and sautéed in olive oil

2 to 2 ½ cups tahini sauce

Preheat oven to 400 degrees F. Wash fish and dry thoroughly. Sprinkle with salt and lemon juice. Let stand for 30 minutes. Drain fish, brush with oil and place it in baking pan. Bake for 30 minutes. Cover with sautéed onions and tahini sauce. Sprinkle with salt and pepper. Return to oven and bake until fish is easily flaked with a fork (from 30 to 40 minutes). Garnish with lemon wedges and parsley. Makes 6 to 8 servings.

Tahini Sauce

1 cup organic tahini (health food store)

Juice of 3 lemons, 2 cloves of garlic (crushed)

2-3 teaspoons of salt, ¼ cup of chopped parsley

In a bowl mix tahini with lemon juice, garlic, salt and parsley. Add enough water to make a thick sauce.

VICTORY DINNER # 3

ROAST CHICKEN

Steamed beets or stir fried vegetables

Yams

Mineral water or glass of white wine

Roast Chicken a la Palmer

Chicken pieces skinless cut in half and marinated for one hour in the fridge

Marinade

2 tbl spoons Dijon mustard, 1tbl spoon olive oil

Juice of one lemon, 2 large garlic cloves (pressed)

¼ cup freshly chopped basil, 1 teaspoon dried dill

½ teaspoon fresh ground pepper, 2 tbl spoons freshly chopped parsley

Place chicken in a shallow pan with a rack and bake, uncovered for 35 minutes at 350 degrees F. After toasting, place chicken boned side down in a broiling pan and broil until golden brown – or sprinkle with paprika without using the broiler, to give it color.

Blood type B substitute turkey for chicken

VICTORY DINNER # 4

LAMB/ASPARAGUS STEW

Steamed broccoli

Sweet potatoes

Herbal Tea

Lamb/Asparagus Stew

1 lb fresh asparagus spears, ½ lb free-range lamb meat (cubed)

1 medium onion (chopped)

1 cup water

3 tbl spoons organic unsalted butter, salt and pepper for taste

Juice of 1 lemon

Cut asparagus in 2" lengths wash well and drain. Sauté meat and onions in butter until light brown. Add water, salt and pepper and cook until tender. Add asparagus, and simmer for 15 minutes until tender. Add lemon juice. Makes 2 servings.

Blood type A can substitute firm Tofu cut into cubes for the Lamb.

VICTORY DINNER # 5

HOLD THE STEAK DINNER

Baked yam or spaghetti squash with your favorite selection of low-fat toppings

Artichoke steamed in its own natural juices – wash and snip the ends of two artichokes. Wrap in saran wrap, put in microwave for 13-15 minutes

Mixed green salad – four types of lettuce and other colorful vegetables, with ginger dressing

Mineral water or cranberry juice cocktail

Low-fat toppings

Grated Mozzarella cheese

Chopped garlic sautéed in minimum amount of olive oil

Chopped green onion

Bragg (potassium) sauce

One teaspoon flax oil butter

Favorite combo of herbs

A FEW TIPS ON GETTING THE MOST ENJOYMENT OUT OF DINNER

- Don't overheat
- Eat dinner slowly, chew a bit and savor the flavors and textures of your food. Make your meal last half an hour or more.
- Avoid distractions. Don't have the TV on, don't read the newspaper. Again, savor your food. Concentrate on its flavor and enjoy it.
- Keep down the noise. Play soft pleasant music.
- Make the dining table attractive. Use placemats or a tablecloth and cloth napkins.
- Don't mix heaps of food on your plate, and then turn yourself into a human garbage disposal. Arrange for food on your plate in a tasteful presentation, placing different dishes in discrete areas so they don't overlap. You'll enjoy your meal more, and you'll tend to eat more slowly.

WHAT ABOUT DESSERT?

You will actually reduce or eliminate your craving for sweets if you follow the Victory diet. For the fewer sweets you eat the fewer you crave. To wean yourself try a small but powerful lingering taste such as a Frazier Mint. Limit yourself to just one bite of sweets such as this. An alternative is to wait until you need that evening snack and then choose a fresh apple or some applesauce with pecans to keep you happy until bedtime.

EAT ALL THE SNACKS YOU WANT AND STAY THIN

Snacking is a very important part of the 7 week Victory Diet. Eat the right snacks – all the snacks you want, all the snacks you can hold – will prevent you from feeling hungry or from feeling deprived. You won't be so tempted to go off the deep end with candy, ice-cream, etc. and you'll lose weight, even if you eat all the snacks you want!

HERE'S YOUR VICTORY SNACK PLAN

BETWEEN BREAKFAST AND LUNCH

Eat another breakfast if you feel the need to.

BETWEEN LUNCH AND DINNER

Fresh fruit in the form of an apple, pear, banana, or chunks of water melon are quick to fill the gap and are recommended.

BETWEEN DINNER AND BEDTIME

You'll sleep better and enhance your weight-loss program if you go to bed on a relatively empty stomach, but if you feel the need for a snack use either pureed apples in a food processor, with cinnamon but no sugar, or a handful of almonds or pecans with a few raisins. A cup of chamomile tea may be satisfying.

WATER

Start your day with warm lemon water and drink five glasses of water a day. This helps you to lose weight and flush waste products from your system before they become harmful.

- Reduce the risk of dehydration by drinking before you feel thirsty, especially if you're working out. Drinking a glass of water fifteen minutes before you start a workout is a good practice to follow.
- The higher the altitude at which you are exercising, the more frequently you should drink.
- Drinking a glass of water an hour before dinner, readies your digestive juices for your meal.
- Don't substitute sugar or diet soft drinks for water.
- World-class athletes have found that it's best not to drink any of the carbonated mineral water which exercising. Good old plain water works best.



OILS

Saturated vs. Unsaturated

Saturated oils increase your blood cholesterol level. Unsaturated fats, especially polyunsaturated fats, either have no effect or actually lower your blood cholesterol level. Saturated fats are animal fats found in meat, dairy products, and lard. Two plant oils must be avoided – palm oil and coconut oil. Coconut oil is 300% to 400% higher than pure beef fat.

BEWARE OF THESE:

Margarine: use only those made completely from polyunsaturated fats – safflower oil. Cooking and salad oils use Safflower, corn or cottonseed oils. Avoid Crisco and other solid fats.

Breakfast Cereals: look out for cold cereals with too much fat or oil. Many of them have coconut oil, which is strictly taboo.

Crackers and Breads: watch out for coconut oil, and look out for hydrogenated oils. Look for brands that use principally polyunsaturated oils.

Cookies: you shouldn't be eating these anyway. If you do succumb, be aware that most of them are made with coconut oil and hydrogenated oil.

USE GOOD OILS:

- Cold pressed and stored away from light and heat
- Safflower Oil
- Sunflower Oil
- Olive Oil
- Flax Oil

Always include Vitamin E in your diet. It helps the body use oils and protects from rancidity and cell membrane weakness. The more polyunsaturated oil in your diet, the more your need for Vitamin E.

Eat fresh ocean fish once or twice a week. The oils in the fish help to reduce cholesterol.

Essential oils are good for your nervous system and help you to uptake trace minerals.



SHOPPING AND COOKING HABITS TO KEEP YOU IN THE WINNERS' CIRCLE

You'll need to know a few tricks to outwit the food industry's attempt to seduce your self constraint and good health habit!

1. Never go shopping when you're hungry. When shopping for groceries eat a banana or other piece of fruit. Be proud of your new eating habit – remember you are guiding yourself to a place of health and vitality away from the common place.
2. Learn to read labels. Avoid certain ingredients, especially if they are near the top of the ingredient list.
 - **Flour:** avoid bleached flour, and try to avoid enriched flour. Best is to find a bread made with simple whole-grain flour but since Wheat is difficult to digest for Blood Type O, B and A, try to find alternatives or sprouted or whole grain varieties like European pumpernickel. Experiment with the amount, and preparation of breads to find what works best for you. Rice noodles and spinach noodles are alternatives to bread or wheat products.
 - **Saturated Fats:** avoid animal fats (cholesterol) but also beware of no cholesterol claims if the food contains coconut oil or palm oil or partially hydrogenated oils. These contribute to all sorts of allergic and inflammatory conditions.
 - **Salt:** be cautious of any product showing over 100 mg of salt per serving.
 - **Preservatives:** these can cause all sorts of nervous system and allergic disorders. Be Aware!
 - **Sugar:** reduce the amount of simple-sugar carbohydrates in your diet. These include dextrose, honey, corn syrup, molasses, brown sugar, malt and maltose. Avoid artificial sweeteners such as Aspartame as well.
3. Watch out for the words "organic" and "natural". They can be misleading. Healthy foods need to be raised in healthy soil conditions and in cycles close to nature to maintain nutrient and harmonic energy patterns to rebuild life within us.



FOOD PREPARATION TIPS

You can buy the most wholesome and nutritious foods and still blow it if you prepare them improperly. Good cooking habits are really important if you want to stay in the Winners' Circle!

1. Go easy on cooking oil. Use only the polyunsaturated varieties, and use them moderately. We've gotten used to nonstick cooking spray call Pam, which is probably the most fat-free method of coating a skillet surface you can find.
2. Don't boil, steam instead. This guideline is very important when cooking vegetables. Streaming does not remove the vitamins and nutrients nearly to the degree that boiling does. If you don't have one, invest in a good steamer. I find the kind with nesting baskets the most convenient – the interior baskets allow you to steam more than one item at a time.
3. Use a microwave to cook vegetables and fish. No water or oils need to be used since the moisture in the food is enough.
4. There are good ways and bad ways to fry food. Generally speaking, try to substitute other cooking techniques for frying as much as possible. When you do fry, use only polyunsaturated oils, and use the absolute minimum amount.
5. Do not cook with heavy sauces or gravies. It's better simply to get out of the creamy-sauce habit. Stick to sauces made from polyunsaturated oils and vinegar. If you do prepare a sauce with milk or cheese, use low-fat or non-fat products.
6. Remove the skin from chicken before you cook it. This significantly reduces the amount of fat in the meat.

These tips on shopping and cooking habits will help you lose weight and maintain your ideal weight without a lot of calorie counting and extra thought. Buying unprocessed, naturally grown foods and vegetables is generally less expensive than paying for their adulterated, processed, packaged, and advertised opposites. Eating healthy foods also reduces your doctor bills and your waistline. It's a great investment not matter how you measure it. This is a lot of information to understand and incorporate into your daily life. Healthy habits are a learning that requires unlearning what is false or incorrect. It has taken years to sort through all the contradictory information in the market place and find a plan that is sound in principle and really works – this is the culmination. Take the time to incorporate these simple diet and lifestyle changes into your life over the next 7 weeks and continue to enjoy the benefits of a healthier more vital lifetime.

YOU CAN BE A WINNER WITH THIS PROGRAM!



THE VICTORY BLOOD TYPE DIET SHOPPING LIST

Here is a list of items you may want to consider adding to your shopping cart as you begin the Victory Diet:

Carbohydrates:

- Whole Oats (slow cook)
- Bread: Rye/Sprouted/Simple whole grain
- Soy/rice/spinach noodles
- Spaghetti squash
- Yams

Proteins:

- Tuna (water packed)
- Shrimp/crabmeat
- Chicken/turkey breasts
- Halibut/white fish (1 lb for two)
- Lamb mea (free-range)
- Soy Cheese
- Whole almonds/pecans/cashews/walnuts
- Butter (organic unsalted)
- Yoghurt
- Eggs

Other:

- Olive oil
- Low fat dressing (safflower, sunflower, flax, corn or cottonseed)
- Maple syrup (sweetener)
- Tahini (organic)
- Dijon mustard
- Applesauce

Fruits and Vegetables:

- Fresh fruit (choose according to your blood type)
- Lettuce (variety of colors/types)
- Tomatoes
- Cucumber
- Asparagus spears (fresh)
- Celery
- Carrots
- Peppers (green, red, and yellow)
- Garlic
- Fresh herbs: basil, parsley
- Onions
- Broccoli
- Artichokes
- Lemons
- Raisins (preferably organic)

Drinks:

- Mineral water
- Fruit juice
- Herbal tea
- Coffee substitute

CHECK THESE ACCORDING WITH YOUR BLOOD TYPE!

Nutrition Matters



Basic Exercises Fitness Plan

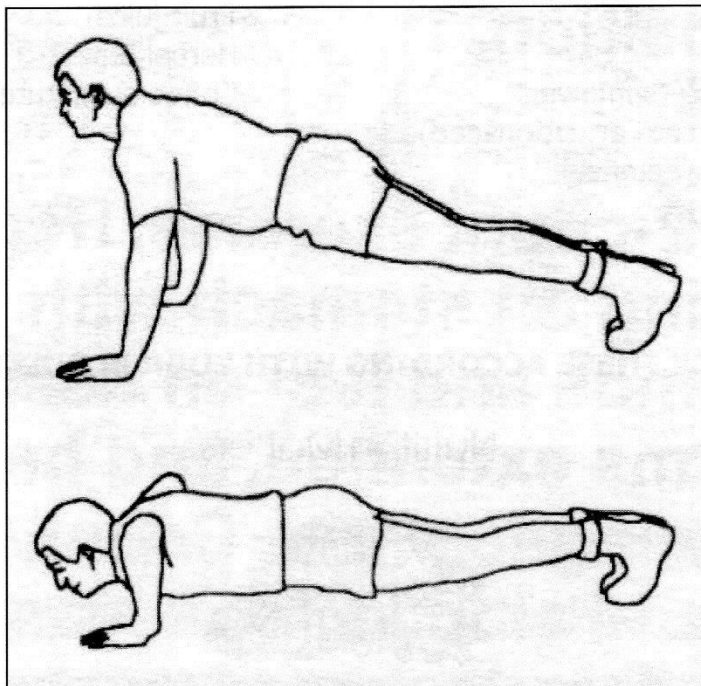
No time to exercise? Start off with a few minutes of these basic exercises and calisthenics, just a couple of times per week, and watch your fitness routine grow over time and your body fat shrivel away.

These basic exercises will really tone your body and build more muscle. Add them to your weekly routine and stick to them. If you can start doing some push-ups and crunches just 3 times a week, this will greatly enhance your fitness plan. As you become comfortable with that, add another exercise in a month.

If you prefer going to the gym, by all means, use the weights and machines. These exercises can enhance your gym workout, or provide for a good substitute when you can't get to a gym. These exercises will burn calories both in the workout themselves and in the raised metabolism you'll gain with more lean muscle. Good luck!

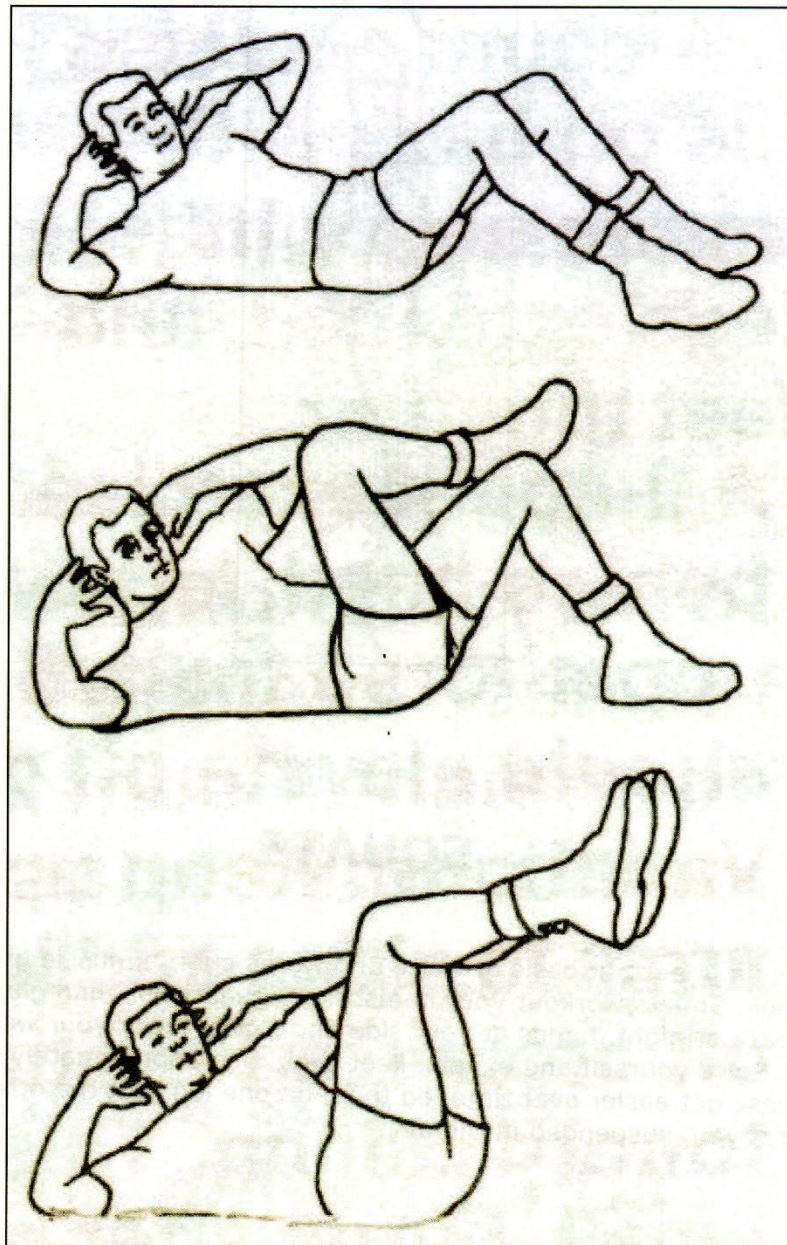
PUSH UPS

Push-ups are a great resistance exercise, which primarily build your chest and shoulders. The triceps and back also get a fair workout. Start with your hands shoulder-width apart; keep your back straight (i.e. don't stick your butt into the air); and lower yourself towards the ground until your upper arms are parallel with the floor. Push up and exhale as you do. Do enough to 'feel it', but don't push yourself to exhaustion. Remember: You're building long-term habits.



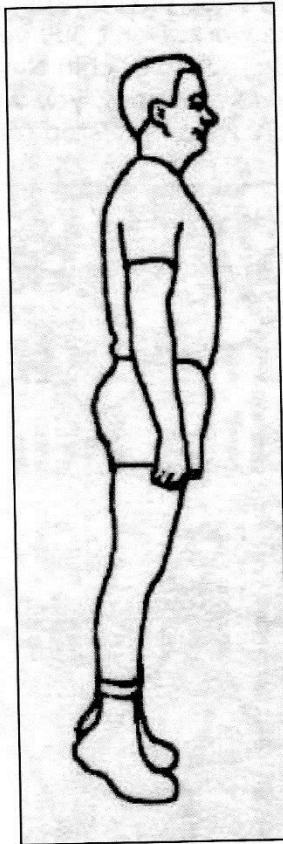
CRUNCHES

There are numerous variations of crunches, each targeting a different part of your abdominal muscles (abs). I like the crunches with my feet on the ground (either straight up, or knees bent – as shown). Raise your upper back a few inches off the floor while slowly exhaling. You can take your right elbow to left knee and vice-versa to target the oblique abdominals (side of your abs). The key with these is to make sure that your abs are doing the work. Don't pull your neck – your hands should be placed on the side of your head. Tuck your chin to your chest, if you find yourself pulling your neck. Like all of these exercises, you will get used to doing them with time. We're shifting your comfort zone, one step (or crunch) at a time!



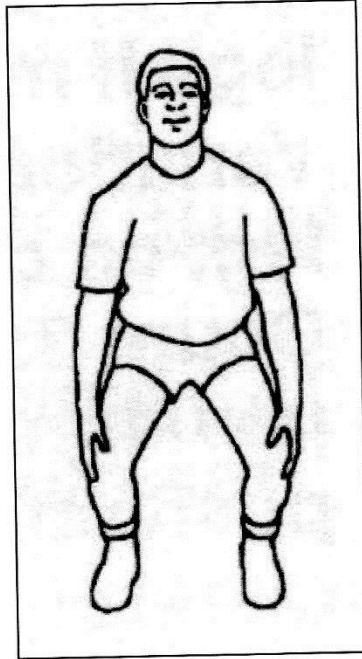
CALF RAISES

Slowly raise yourself up on your toes and lower heels back down. Do enough repetitions to 'feel it', but don't over-do it or the stairs will be an obstacle tomorrow morning. As these get easier over time (and they will as you keep doing them), do one leg at a time with the other leg bent at the knee and behind you.



SQUATS

The Squat is an important basic exercise and works a large muscle group that we often overlook. Squats workout your hamstrings, quadriceps, and gluteal muscles. Keep your back straight, hands at your side and slowly lower your weight by bending your knees. Raise yourself and exhale. Feet should be approximately shoulder-width apart. As these get easier over time, do them on one leg (put the other leg straight out in front of you, suspended in the air).



PULL UPS / CHIN UPS

For pull-ups and chin-ups you may need to install a bar or improvise (not your pipes at home, though!). This basic exercise works out your back, chest, and arm muscles. It also strengthens your grip. The wider grip will work more back and lat muscles, while the narrow grip will work the triceps muscles. Start with a few sets of a manageable number of repetitions. Chin-ups (palms inward) will also build the bicep muscles.

