

EDITORIAL

Immune System and Nutrition: Correlations?

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All our immune systems are facing major challenges these days. This concerns, among others, the problems of spike proteins due to Corona viruses and vaccines. The frequency of anti-RNA and anti-DNA antibodies as part of a general auto aggressiveness has increased considerably. The mitochondria of all cells, for example, suffer from this in the form of mitochondriopathy. This mainly affects the heart muscle, the intima of the arteries, the motility of the blood cells and thus the blood supply to the brain. Silent inflammations spread in the organism. A super-mortality has begun.

One can help the immune system by taking vitamin D3, omega-3 fatty acids, selenium, zinc and curcumin. More specifically by N-palmitoyl ethanolamine (PEA). Nutrition is becoming more and more important, since about 80% of the immune cells are dependent on the intestine. If you cannot digest what you eat without problems, your immune system will be compromised. Many people eat the wrong food because they do not know what they can digest well. This is where the subject of genetics comes into play, and - building on that - blood groups, because knowing them provides insight into basic genetic makeup. Decades ago, there was Dr. Peter J. D'Adamo who devoted himself to this subject. He was attacked because he disavowed himself beyond the basic truths with exaggerated assertions. The basics, however, are that there is no such thing as a universally good diet, but that it depends on the genes (and thus on the blood groups).

In recent times there is another doctor who takes up this topic, it is Dr. Pietro Mozzi from Milano/Italy (<https://editricemogliazze.it/en/>). His diet is based on D'Adamo but expands it. It is booming in Italy. What are facts? The blood groups Zero and A are the most frequent with about 42% each. Zero is the oldest and represents the hunters and collectors. They need animal protein, but cannot tolerate gluten, lectin, and milk. They should not try to be vegan. Blood type A originated when part of humanity became farmers many thousands of years ago. They tolerate gluten-free grains but have difficulty tolerating animal proteins (except poultry), making them predestined to become vegetarians. People of the rarer blood group B (around 10%) tolerate many things. In AB, gluten is tolerated, also dairy products, little meat, but fish. Dr. Mozzi has published very detailed recipe books about this.

In my practice, his diet has proven itself. There have been improvements in the intestinal environment, in body weight, and in autoimmune aberrations. It can be stated that there are clear links between diet and the immune system, that today's gluten-rich cereals are a major factor in incompatibilities, and that taking the blood group into account is the easiest way to counteract this. The gluten-rich wheat prevalent in the Western world largely contradicts our genetics and digestive capabilities. Rice would be a better alternative. Regarding animal meat, from the ethical point of view, one can discuss very well and reject its consumption, but the Zero-carriers need it, and these are after all about 42%. However, pork is highly allergenic and should be minimized. Intestinal histaminosis as a main factor for immune problems could be reduced in this way.