

Beyond modern and traditional medicine: A new diet for the holobiont

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Abstract

Recent advances in glycobiology have described the inner workings of the much debated blood type diets (BTD). The confirmed presence of special sugars (glycans) in all foods explain how and why people of different blood type react differently to food. All women and men can be effectively divided into four blood groups: A, B, AB and O. The BTD has been devised empirically but can now be demonstrated theoretically, too. This characterization of humanity into distinct groups (or constitutions) is neither unique nor a recent discovery. Traditionally, all medicines have always helped humanity overcome diseases with its own special interventions based on a particular constitution of the individual: most of which focused on adjusting ones diet. It can be claimed that all non-Western (Eastern) medicines (from Unani, to traditional Chinese medicine, Ayurveda, etc) and Western medicines of the past (especially, traditional Western medicine) acted in this way. While the number of somatotypes may according to tradition, the fundamental concepts remain the same. A new paradigm has emerged of late which have further confirmed the already strong scientific backing to these medicines and traditions: the holobiont. Through the biological underpinnings of the microbiota-host interactions it is possible to attain a synthesis between the two biotologies, which are not mutually exclusive. In this way, each individual can be described as a function of its genetic and physical characteristics. The result is a new nutritional system, which takes into account both the well-tested traditional suggestions (seasonal foods, etc) and the contemporary biological medicine.

Biography:

Marcello Menapace is a researcher, philosopher, scientist, medical writer, and professional regulatory consultant. He has completed his first Master's degree at the University of Milan (IT) in Chemistry, his second Master's degree in Business Administration (MBA) at the London School of Business and Finance in London (UK) and his PhD in Life Science at the H. S. University in Philadelphia (US). He has published several scientific papers on Science, Ethics and Nutrition, has been honorable speaker, chair and co-chair in European and International Conferences and is currently collaborating with Biotech Companies and Journals as Reviewer and Co-Editor.



Speaker Publications:

1. "At the Edge of Alternative Medicine: the ABO-WCM System
publication date Jan 1, 2020 publication description Journal of Medical and Clinical Sciences
2. "The ABO Blood Type Diet: A Review of the Holobiont
publication date Aug 1, 2019 publication description International Journal of Current Advance Research, 8(7), p. 19494-19500
3. The Rise of the Holobiont and the Return of Ancient Medicines
publication date Jul 1, 2019 publication description International Journal of Medical and Health Research, 5(7), p. 38-45

26th European Nutrition and Dietetics Conference; Berlin, Germany - April 20-21, 2020

Abstract Citation:

Marcello Menapace, Blood type diets: Expanding the theory to practice, Nutrition Congress 2020, 26th European Nutrition and Dietetics Conference; Berlin, Germany - April 20-21, 2020.

(<https://www.nutritionalconference.com/europe/abstract/2020/beyond-modern-and-traditional-medicine-a-new-diet-for-the-holobiont>)

