

Blood type diets: Expanding the theory to practice

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Abstract

Theoretical and molecular biology has expanded its scope recently to include a vast array of new topics following the greater availability of new technologies. Glycobiology is one such subcategory of Life Sciences that has considerably benefited from the introduction of almost fantascientific novel tools to explore humans at the molecular level. Advances in glycobiology have have new realms of explanation possibilities especially in Nutrition. Blood type diets (BTD) have now been confirmed and thoroughly explained both theoretically and practically by the presence of glycans (small oligosugars) in all foods. As the name suggests, blood groupings identify the presence of these glycans in all women and men which are thus divided into four blood groups: A, B, AB and O. These glycans are not only expressed on red blood cells but also on every other cell in the human body and in some cases (secretors) in bodily secretions too (such as saliva). Most interestingly, it is now a proven fact that the different sugar terminals (residue) of the three different glycans (A, B and O) forming the four blood groups react differentially not only with other glycans but also with other glycan-binding proteins (lectins) whatever their origin (exogeneous and endogeneous). Moreover, glycans on proteins (glycoproteins) and lipids (glycolipids) influence the way these (whether on the cell surface, within or in the extracellular matrix) react to various stimuli (internal or external) and consequentially alter most biochemical cascades. Finally, the consequences are obvious: each blood group will have specific nutritional needs as exemplified by various physiological factors.



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
4. The Revolution of the Holobiont publication date Jun 1, 2019 publication description Acta Scientific Nutritional Health, 3(7), p. 211-212
5. "Merging Modern and Traditional Medicine into a New Constitutional Medicine" publication date Apr 1, 2019 publication description Journal of Regenerative Medicine - Conference Proceedings (126th Conference)

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