

## Discover Your Secretor Status

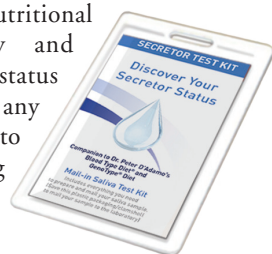
Previously, select labs using sophisticated forensic techniques could only determine secretor status. D'Adamo Personalized Nutrition (DPN) has made this important test available to you using just a saliva sample to perform the determination.

With our Saliva Test Kit, determining your secretor status is easy. Simply, fill the 3 ml tube provided in the test kit with saliva. Thirty minutes prior to collecting the sample, do not eat, drink, smoke, brush your teeth, floss, use mouthwash or chew gum. Rinse your mouth with cold water and then wait five minutes to collect the saliva.

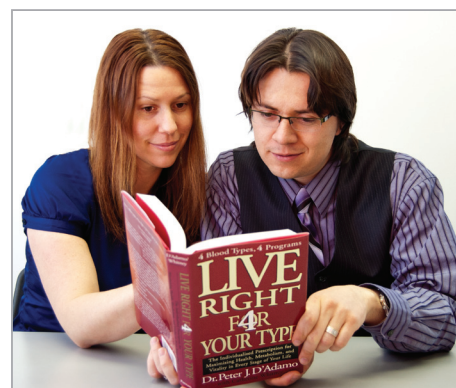
Write your name and date on the collection tube and on the Secretor Screen Request Form. You will need to fill out this simple form and include it the kit box that you send in, following shipping instructions. Specimens should be shipped on the day of collection, or else refrigerated and shipped within 72 hours.

Your results will be available on the website within 15 business days of being received by the lab.

Knowing your secretor status is essential in refining your Blood Type Diet, as well as determining your GenoType profile. It will help you use nutritional supplements more effectively and intelligently. In this way, secretor status gives you the upper hand on any illness or metabolic dysfunction to which you may be prone, allowing you to live a longer, healthier and happier life.



# Why Your Secretor Status Matters



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 **D'ADAMO**  
PERSONALIZED NUTRITION®

# Secretor Type:

## Further Refining Your Blood Type Diet

In *Eat Right for Your Type*, you learned about the significant role your blood type plays in establishing a personalized nutrition plan. By following your Blood Type Diet, you've experienced enormous benefits to your health and well being by following nutritional guidelines that are designed specifically for you.

If you are dealing with troubling, chronic health problems or would like to further refine your personal profile, you may choose to go deeper into exploring your biochemical individuality by determining your secretor status. In *Live Right for Your Type*, Dr. Peter D'Adamo takes you further along on this journey, and he provides a detailed overview of the importance of the secretor status as well as dietary guidelines and food lists for both secretors and non-secretors.

### What is Secretor Status?



Although there are four blood types—O, A, B and AB—it would be an oversimplification to suggest that there are only four types of people in the world. The reality is far more intricate and complex. Subtyping your blood type, especially your secretor status, provides an even greater specificity of identification. Your blood type doesn't just sit inert in your body. It is expressed in countless ways – and those

ways make a difference! A simple analogy would be a water faucet. Depending on the water pressure, the faucet might pour or dribble. In the same way, your secretor status relates to how much and where your blood type antigen is expressed in your body.

Everyone carries a blood type antigen on the blood cells, but most people have blood type antigens that float around freely in their body secretors. These people are called *secretors*, because they secrete their blood type antigens into the body fluids, such as saliva, mucus, sperm and breast

milk. If you're a secretor, you can learn your blood type from these other body fluids as well as from your blood. People who do not secrete their blood type antigens in other fluids besides blood are called, reasonably enough, non-secretors.

Your secretor status can have a great influence on the characteristics of your immune system and is associated with a wide variety of disease and metabolic conditions.

## Why Your Secretor Type Matters

We don't yet know precisely why nature made some of us secretors and some of us non-secretors, but we can surmise that secretor status is related to nature's effort to provide an additional layer of protection that didn't exist for the earliest humans. The secretor state was most likely an immunologic adaptation. When you are able to secrete your blood type antigens into your body fluids, these secretions appear to create a barrier against environmental elements, such as bacteria, pollutants and other irritants.



Some of the areas controlled or influenced by your secretor status are:

- Blood clotting capabilities
- Predicting the relevance of tumor markers for diagnosing cancer
- The adherence of lectins and other blood type sensitive structures in food to your digestive tissue
- Immune resistance
- Susceptibility to dental cavities
- Sensitivity to bacteria that causes ulcers
- Relative risk for the development of inflammatory bowel problems
- Risk factors for cardiovascular disease
- Prevalence of autoimmune disease