

## Obesity Is an Eating Disorder Causing Many Diseases

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### Abstract

Previous literature has described obesity as a disease causing millions of deaths in the world but this paper claims that obesity is an eating disorder. Climatic conditions have a strong correlation with obesity and the availability of seasonal fruit and vegetables as well as the diseases which spread out in a specific season. All foods coming in a particular season are real source to combat seasonal health issues as a gift from God. Most of these diseases are related to season and eating not according to blood groups. Deficiency of certain major nutrients, minerals and vitamins also result in certain communicable and non-communicable diseases. There is a protein in blood of each individual known as lectin but these proteins have different functions in each blood group individual to combine with certain specific types of sugars in foods we eat and allow the blood to coagulate or not.

Food likes and dislikes are important information explaining types of lectins mostly present in a particular blood group type individual. Human mind keeps a record of likes and dislikes to inbuilt data. These food likes and dislikes are based on taste buds which could help to combat any disease with food like obesity. There is no any junk food made by God but we should choose foods according to our blood groups and what so ever it may be but is good for one blood group.

**Key words:** Obesity; Blood group diet; Diseases

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Most of the World's scientists conducting human studies are not bothering about a strong biomarker that is blood group. While to be on the safe side they should know about distribution of four blood groups in different regions of the world and think unbiased that variable effects of these four different blood groups may pose different errors in research.

Similarly sensory scientists are reporting that there are basic four taste buds and these four taste buds are real source of selection of any food which ultimately become balanced diet and nutrition for a specific blood group individual (Sarfraz., *et al.* 2016)<sup>1</sup>. There is need to conduct new research on BMI calculation on the basis of blood group and to monitor significant error in important research for world health. WHO should consult on these basis and arrange discussions as well as provide funds to conduct research to eliminate this critical error. On the basis of BMI in relation to specific tissues and relevant diet in Asian region where prevalence of blood group "B" is highest and also have high BMI as compared to "AB", "O" and lowest in "A" But in the other regions which are relatively cold are having highest BMI in "AB" according to the prevalence of blood groups in the world. If variation occurs can be corrected by taking blood

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group specific diets. In relation to blood group "AB" having connective tissues as major tissues demanding high calcium and hot foods (Faiz, 2002)<sup>6</sup>. Many residents of cold regions are complaining about body pains and shrinking of veins due to highly cold climate and many are declared as asthmatic due to passing cold and dry air through nostrils in to lungs. Physicians irrespective of chilling climatic conditions are recommending inhalers. Sensory scientists say that bitter and astringent taste is liked by blood group "AB" people. Also medicines being sold in the market to reduce weight contain bitter plant extracts, which provide energy to the body to keep it warm and support the function of spleen. If function of spleen is perfect, the body will not be obese. One such food is bittergourd. As connective tissues of blood group "AB" are coldest part in the body will not support peristaltic movement and digestion of food until and unless hot foods are not taken to keep the body warm (Peter and Catherine, 2000)<sup>9</sup>.

Ispagola husk is also producing very deleterious effects on AB blood group patients of constipation. It is a result of coldness and dryness in the climate. Regions in which the climatic conditions are severely cold and it causes dryness as the water clots resulting in low moisture in the air. The human can save themselves from coldness by putting warm clothes but low moisture in the air causes dryness of nostrils, dries up lung tubes causing asthma. Ispagola husk has strongly cool and wet (humidifying) effect on body, if taken continuously by three blood groups (A, AB and O) will produce paralysis in these three blood group individuals. In colder regions, the birth rate diminishes and male genital organs shrinks and sperm count decreases. The blood group "A" is having nervous tissues as major tissues demanding nerves supporting foods (almond, walnuts, pine nuts, etc. as source of Zinc & Magnesium to activate 350 enzymes in their stomach) to become active, healthy and females to become pregnant. Shrunken ovaries will be unable to deliver healthy babies. In such regions birth of disabled babies are due to the chilling temperatures.

According to the data available on internet, regions having blood group "O" need red meat, table salt, MSG, Soy sauce, onion, ginger, garlic, hot red chilies, spices, red tomatoes and should not take bakery food items, dairy items except cow's milk, and cow's clarified butter (desi ghee).

Obesity in "AB" blood groups is most prevalent in cold climates (mostly European countries). This eating disorder becomes more prominent in coldest season in winter from November, 25<sup>th</sup> to December, 11<sup>th</sup>, which shows that this eating disorder is very common in cold countries. So, it is better for these people to live in warm or moderate climatic regions. Meian., *et al.* (2012)<sup>7</sup> reported that people having blood group "AB" are most vulnerable to heart attack and "O" is most resistant (research was conducted at Harvard School of Public Health and published in American Journal of Heart association) the study was conducted on 90,000 patients and was followed up for twenty years. We should avoid such marriages and climatic conditions which formulate blood group "AB" in offspring's as to avoid heart attacks due to cold body conditions.

At the time of marriage blood groups should be taken in to consideration to have children with minimum health problems and select diet according to blood groups to remain healthy. Never plan a marriage with the possibility of transfer blood group "AB" in some children either they should plan to live in hot regions to avoid health problems. Marriages with female may result in disabled children due to improper blood circulation and improper development of fetus. Similarly "A" males have more female babies in cold regions. There are some specific diseases which have close correlation with climatic conditions to give birth to female babies. The concept of balanced diet and nutrition needs revision in the light of four blood group individuals on the basis of their active relevant tissues and their different energy and specific nutrient requirements as Individuals having blood group "O" has muscular, "A" has nervous, "B" has epithelial and "AB" has connective tissues (Babar, 2005)<sup>8</sup>. Similarly these four blood groups have different taste buds as "O" has most liking of saltish taste (helpful for the highest production of HCl in the stomach- also need Iodine to support energy production in the body due to heavy and quick loss, this blood group mostly prevails in hot regions of the world near equator). The most prevalent blood groups in the world are 62% "O", 21% "A", 16% "B" and the least is 1% "AB" (Beckman, 2008)<sup>3</sup>.

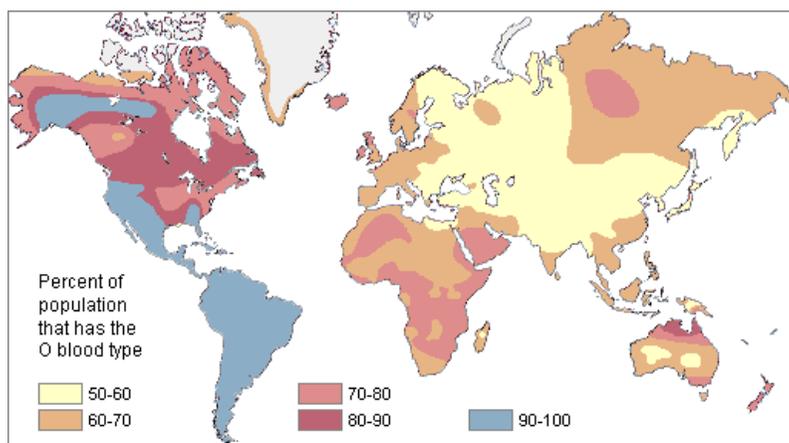


Figure 1: Shows most prevalent (63%) blood group “O” in the world (Beckman, 2008)<sup>3</sup>.

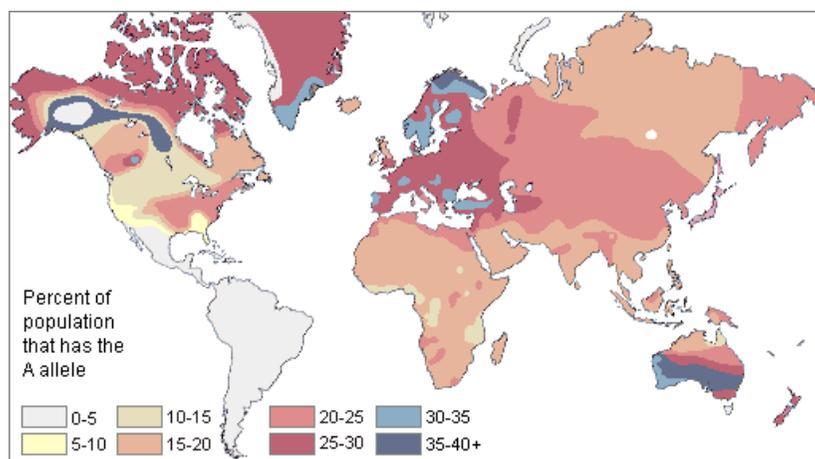


Figure 2: Shows second most prevalent (21%) blood group “A” in the world (Beckman, 2008) [3].

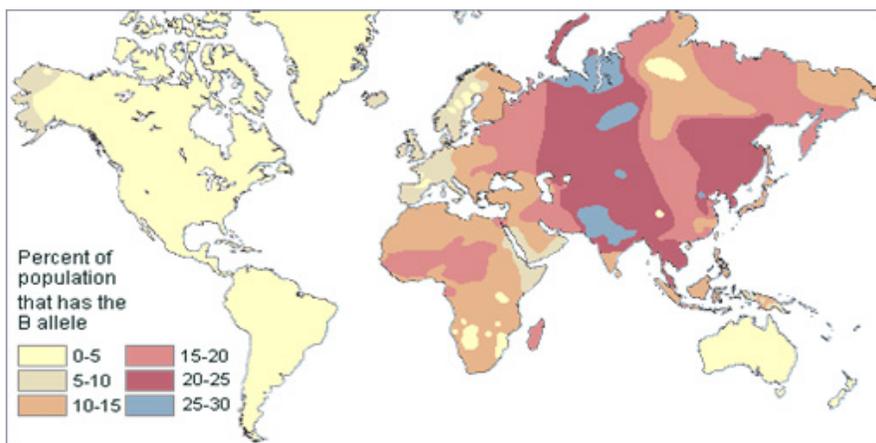


Figure 3: Shows second most prevalent (16%) blood group “B” in the world (Beckman, 2008) [3].

According to the demand of tissues, a new definition of balanced diet and nutrition may be as "It is an inbuilt capacity of mind of a person having a particular blood group to select a food which is based on specific taste buds for the selection of diet which ultimately becomes balanced diet and provides nutrition to that particular blood group individual and this capacity is independent of age, sex and sanity" (Sarfraz., et al. 2016)<sup>11</sup>.

Carbonated beverages are one of the main reasons of obesity and not suitable for blood group "AB". Carbonated beverages containing phosphoric acid deplete calcium from bones especially from people having blood group "AB" (<http://www.israel21c.org/health/israeli-study-soda--fruit-juice-drinks-cause-liver-damage>)<sup>10</sup>.

Many countries are very much conscious about obesity of their population and want to reduce it. In University College London a nutritional survey was conducted in which it was predicted that one out of 10 young children between the ages of 2 to 10, and young people aged 11 to 18 will be obese for the years 1995 to 2007 (Anon, 2008<sup>1</sup>; <http://uk.health.lifestyle.yahoo.net/obese-man-and-health.htm><sup>2</sup>).

As a thumb rule we should eat diet having opposite characteristics to the season. As crops harvested in winter are having hot temperament to save the Human beings from deleterious effects of cold climate as a gift of God. While fruits and vegetables and staple food crops being harvested in summer are having cold temperament to save Human beings from the deleterious effects of summer season. God has kept the tendency of growing seeds of crops in their gene. Such as Mango always grows in summer season, blood group "AB" is though very minor i.e. only 1% in the world population. All these diseases have one very common reason is cold climate and need to be very specific to diet as hot and dry in cold and wet season and similarly hot and wet in cold and dry season in different regions. During pregnancy, female's partners may be sent to warm and humid region to avoid shrinkage of muscles and ovary to have healthy babies. Cities situated at or very near to sea shores be preferred to stay as long the birth of baby. If sea breeze blow from the sea to the land is beneficial and vice versa.

### **Occurrence of specific diseases in blood group "AB" individuals due to coldness and wetness in winter season from November 11<sup>th</sup> to December 25<sup>th</sup>**

Abnormal heart beat (Heart sinking), apoplexy, atherosclerosis (clotting of blood in legs and other body parts seen through skin), cramping in muscles, depositions/clotting in body due to coldness, fever due to some shock, gout/joint pain, impaired vision (white motia), cerebritis, rheumatism, senselessness of hands, feet and organs, low blood pressure, low male sexual power, night blindness, night mares, pain at the back of ear, scrofula/kanthmala (Hajeeran), , Shriveling of body, small male genital organ, vomiting due to coldness, cough cold, asthma due to deposition of black bile, weakness of brain and dull mindedness due to low blood circulation (Faiz, 2002)<sup>6</sup>.

### **Occurrence of specific diseases in blood group "AB" individuals due to cold and dryness in winter season from December 26<sup>th</sup> to February 10<sup>th</sup>**

Atherosclerosis/clotting seen through skin, backache (pain in back), black motia, cancer, fistula, coldness of kidney, colic pain, constipation, deafness, eczema, false appetite, false sexual desire, flatulence/gas in stomach, itching on skin, baldness, jaundice black, moles on skin (Faiz, 2002), naubati fever, night fall (discharge of sperm during sleep), nose blockage, pain in stomach, psoriasis, shrinkage of ovary, stone in bladder, stone in kidney, stress/hardness (cramping in legs) and Severe headache (Faiz, 2002)<sup>6</sup>.

### **After effects of depositions of excessive black bile in the body**

Amnesia, backache, baldness/loss of hair, facial paralysis, body paralysis, deafness due to low blood circulation in sensitive organs, black jaundice, blood thickness, burps due to indigestion, gas in stomach, constipation, intestines remain filled with feases, tumors/cancerous clottings in body, coldness of ovary, enlargement of liver and spleen, eczema due to low blood supply, fibroid, fistulainano, habitual abortion/ inability to become pregnant, heart attack, hepatitis C, cholesterol, laziness, leukemia, malarial fever, meningitis, obesity, oligomenorrhoea/low or no menstrual bleeding, pain at the back of ear, pneumonia, psoriasis, qolic, quarten fever, shrinkage of

liver, slakeness, snail and thread worms in intestine, spleenitis (target organ in blood group "AB"), stone in kidney and bladder, sterility, and weak or loose muscles (Faiz, 2002)<sup>6</sup>.

Possible diet available in Pakistan may be as follows to have an idea. Detail studies on specific diet according to its availability and according to climatic conditions can be explored through research.

### Deposition of Blackbile in the Body and Methods to Remove it

This Khanazeri poison is produced by black bile deposition in body which has no taste or little tart and is having slimy sticky mass.

#### Mehod to remove this poison from body:

1. Qehwa of aniseed + Ajowain desi + Honey,
2. Sundh + Amonium chloride + Seeds of Colocynth (*Citrullus colocynthis schrad*)/Jarjeer/tuma in equal quantity use 2g with syrup of honey,
3. Reduce yellow bile to cure black bile deposition,
4. Peganum harmala seeds removes atishki poison.

### Diets of "Ab" Group to Reduce Obesity

**Cereals:** Chickpea black (HD), flat bread, saltish gram flour flat bread cooked in mud oven/tandoor, mud oven/Tandori fried flat bread/paratha, flat bread with fresh fenugreek and green or red ground chili flat bread, red chilies and besan ki roti (cayenne pepper may be taken at a dosage of 0.5 to 1.0g three times daily for treatment of dyspepsia prior to meals) and wheat bran

**Chutney:** Ginger chutney (HD)

**Halwa:** Semolina/sooji halwa with Jaggery/gur

**Herbal Teas:** Bishop's weed/ajowain tea (HD), ajowain desi tea 03, 33 (HD) + sundh (HD) + cardamom large qehwa 12 (HD), cinnamon qehwa 22 (HD), tea simple, clove and cinnamon tea, dry mint tea 12 (HD)

**Fruits:** Apricot, coconut dry (HD), dates dried (HD), fig (HW), linseed laddoo 12 (HD), olive 11 (HD), papaya (HD), peach sweet, grapes sweet, persimmon fruit

**Vegetables:** Garlic (*Allium sativum*) (HD), cauliflower, gram green, chohnganh, eggplant, ginger 31 (HD), kachnar, maithi, mint wild, mint 12 (HD), mustard paste/saag, peas, horseradish (*Amoracia rusticana*), taramera, tomato (DH), toria/Gobhi mustard/sarson (bracica family), turnips (good source of calcium).

**Juices:** Alovera juice, moringa juice, cane sugar juice + ginger

**Meat Animals and Game bird foods:** Goat meat, dunba meat, he-goat meat, camel meat, veal meat, buffalo meat, yakhni/stew, meat of sparrow, meat of desi chicken, meat of quail/batair, canned fish with bones (salmon, sardines), deer meat (HD), bird's meat, duck meat, Partridge/teetar meat, Pigeon's meat, red leg partridge, sparrow's meat, tiliar's meat

**Meat Products:** Chapal kebab, dumba meat, haleem, kofta, liver barbequed, liver fried, liver, lungs of lamb, ojhary (compound stomach of lamb), shami kebab, tikka oilve kebab

**Poultry and products:** Egg yolk, egg fried, egg omelet Tomato + onion + green/red chilies), egg boiled

**Sea Foods:** Rahoo fish, prawns

**Nuts:** Peanuts, walnut (HD), pistacio 12 (HD), sunflower seeds

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**Pulses:** Dal masoor (HD), dal Chana, dal Moth, gram black & its flour (HD), gram roasted, black gram, curry pakora (fried pie of gram black flour with vegetables & green chilies + salt in mustard oil)

**Oils:** Sesame seed oil, mustard oil, corn oil, sunflower oil, cod liver oil, olive oil

**Spices:** Ajowain desi/ omum seed 33 (HD), anise star (*Illicium anisatum*) 22 (HD), asafoetida (*Ferula foetida*) 32 (HD), aniseed 32 (HD), bay leaf 32 (HD), black pepper, cardamom large 12 (HD), chilies green, cinnamon 22 (HD), clove (*Eugenia caryophyllata*) 22 (HD), cumin black 13 (HD), cumin white, long pepper (HD), mixed spices, mustard seeds (HD), Nigella seed, nutmeg 22 (DH), saffron, salt (HD), turmeric (HD), white pepper (HD)

**Pickles:** Kari ka dela pickle, green chilies pickle (HD), mango pickle, moringa Pickle, bittergourd pickle

**Preserves:** Gulqand/rose petals and sugar mix 22 (HD-Doze 30g, prevents rise of vapours towards brain specially just after meal), colocynt (*Citrullus colocynthis* schrad) preserve, ginger preserve (HD), mango jam

**Miscellaneous:** Afsanteen, Besan ka ladoo, black salt, dill seed, fenugreek seeds/maithray, jaukhar (HD), kachri (HD), nar kachoor (*Curcuma caesia*) 12 (HD), Nigella seed (*Nigella saliva*)/Kalvanji, honey, pie fried /pakora, kastoori khas, reetha skin, salajeet 12 (HD), sat-podeena/menthol, sesame seeds black (HD), theekry naushadar/ammonium chloride 13 (HD), tobacco 13 (HD), tomato ketchup with onion and tomato, harmal (*Peganwn harmala*) seeds (HD), tara mera seeds,

**Strongly avoid foods:** All tart foods, all cold foods, black & all other carbonated drinks, mandrin juices, ispagola husk, lemon, cucumber, water melon, tart apple, tasteless banana, coconut fresh, pineapple fresh, pomegranated red, butter of bufallo, tart curd, butter milk, etc

**Note:** HD means Hot and dry foods. There are four levels of tempraments, the 1<sup>st</sup> has little effect on body, while 2<sup>nd</sup> has some effect which can be felt but is having positive effects. The 3<sup>rd</sup> degree has pronounced effect and can be felt strongly and can be used as medicine. The 4<sup>th</sup> degree is very severe and can cause death if taken in excess. These levels of tempraments of foods are real way to cure.

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