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Merging modern and traditional medicine into a new constitutional medicine: The ABO-biotype system

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Constitutional types have always been the corner of traditional medicine. Constitutional Medicine was the foundation of Western and is still today the basis of all non-Western (Eastern) medicines: TCM, Unani, TJM, Ayurveda, etc. In these different traditions, the number of somatotypes can vary, although the essential concepts remain the same: the physical constitution influences the hormonal and biochemical physiology of the individual. More recently, the ABO blood type was discovered thereby dividing all women and men into four basic blood groups: A, B, AB and O. This new division of mankind is equally based on precise biochemical processes. Since the two biotypologies are not mutually exclusive they can be suitably applied to each individual. Therefore, a nascent new synthesis between Western biotype classification (chosen for simplicity and for traditional purposes) and ABO blood groups is herewith

proposed. The resulting new medicine effectively merges the age-old traditions with contemporary biological medicine. The ABO-biotype system is a new traditional constitutional medicine capable of explaining the differences in immune responses, athletic fitness, physical aptitude, and many more characteristics between diverse humans. Even more so, it allows developing an individualized therapeutic approach based on nutritional and physical interventions. The ABO-biotype system may hence be defined as a personalized traditional medicine, where every human being is treated holistically.

Biography

Marcello Menapace is a researcher, philosopher, scientist, medical writer, and professional regulatory consultant. He is the director of M&Ms Consulting Ltd, a high-end consultancy and research organization. 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.

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