Clare Marie Wallace-Chapman and Her Family

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Introduction

Clare Marie Wallace-Chapman is the author of *Blood Group: How the Secrets It Contains Can Change Your Life*, a self-help guide to the four blood groups and how food affects our physical and mental welfare. She wrote and produced the book herself, and it was published in 2017.

Her cover describes her as a third generation published author and second generation health practitioner. The family's other authors include Charles Wallace Chapman, co-founder of Perkins Engines, and H. J. Wallace-Chapman, author of *Signs and Symptoms of Psychosis*.

Background and teaching

Clare Marie comes from a family of writers and health practitioners.

She has a background in teaching, and has long studied natural approaches to health and longevity, especially the way diet affects the body.

Family and authors

Clare Marie belongs to the English branch of the Wallace-Chapman family. Dr John Alexander's welcome page lists her book beside two others by family members, whose subjects "run from the autobiographical to the scientific".

Author	Book
Charles Wallace Chapman (1897–1979)	*Modern High Speed Oil Engines*, plus the novels *The Directors Dinner* and *The Boardroom Battle*
H. J. Wallace-Chapman	*Signs and Symptoms of Psychosis*
Clare Marie Wallace-Chapman	*Blood Group: How the Secrets It Contains Can Change Your Life* (2017)

Her book also shares a city with Charles's work. He co-founded Perkins Engines in Peterborough in 1932, and 85 years later her book was printed in Peterborough too.

Writing Blood Group

Blood Group was published in July 2017 as a paperback, printed by Book Printing UK in Peterborough. The cover credits Clare Marie with having written and produced it herself.

The idea behind it. The book is built on the idea that our ABO blood group — A, B, O or AB — can tell us something about our personality and which foods suit us. It sets out to explain, in plain terms, how food affects both physical and mental welfare.

The traffic light guide. Its signature feature is a colour-coded "Traffic Light Guide for Easy Reference". The cover sums it up with a pedestrian signal: a figure lying down at red, standing still at amber and striding out at green.

Inside the book

The book covers the four blood groups and their link to personality, as well as food, fitness and everyday health. It describes itself as an educational publication covering a wide range of health essentials.

It sets out which foods it suggests suit each blood group, and looks at exercise and how people respond to stress. It also covers blood group compatibility and includes food charts.

Natural health. Beyond diet, the book touches on natural health topics including juicing, sprouting and apple cider vinegar.

On the cover. The front cover carries four lines around the title and the traffic light:

- "A Fascinating Look at How Food Affects our Physical and Mental Welfare"
- "Featuring the Traffic Light Guide for Easy Reference"
- "An Educational Publication Covering a Wide Range of Health Essentials"
- "3rd Generation Published Author and 2nd Generation Health Practitioner"

The science of blood groups

The blood groups at the heart of Clare Marie's book were discovered in Vienna in 1901, and the ideas linking them to personality and diet followed later in the century.

Discovery. In 1900 Karl Landsteiner noticed that serum from some people made other people's red cells clump. In 1901 he sorted human blood into groups A, B and C, later renamed O. Two of his students identified the fourth group, AB, in 1902, and Landsteiner won the Nobel Prize in 1930.

Blood type and personality. In 1927 Japanese professor Takeji Furukawa linked blood type to temperament. The idea is still popular in Japan, where blood type horoscopes appear on morning TV.

Blood type and diet. Naturopath Peter D'Adamo popularised blood type eating with *Eat Right 4 Your Type* in 1996. His plan suggests a high-protein diet for type O, a vegetarian diet for A, dairy for B and a mix of the two for AB.

Today. ABO remains the best known of the human blood group systems. Studies have not found that eating for your blood type improves health, so the book is best enjoyed as an educational read, and anyone changing their diet should talk to their GP first.

Blood groups and veterinary life

No record found links Clare Marie herself to veterinary work, but blood groups are part of everyday animal care: cats and dogs have them too, and they decide who can safely give blood to whom.

Cats: A, B and AB. Cats have three blood types. Type A is the most common and AB is rare, while type B is more frequent in the British Shorthair, Exotic Shorthair, Devon Rex and Cornish Rex.

Why cats are typed first. Cats carry natural antibodies against the type they don't have, and type B cats carry strong anti-A antibodies. So a cat's blood is typed and cross-matched before any transfusion, even the first.

Kittens at risk. When a type B queen has type A or AB kittens, antibodies in her first milk can destroy their red blood cells. This condition, neonatal isoerythrolysis, can be fatal.

Dogs: more than 13 types. Dogs are typed by the dog erythrocyte antigen (DEA) system. DEA 1 matters most, because a mismatch can cause a life-threatening reaction. About one dog in three is DEA 1 negative, which makes them universal donors.

Pet Blood Bank UK. This charity, founded in 2007, collects blood from healthy donor dogs at sessions around the country. Greyhounds, German Shepherds and Boxers are especially welcome, as they are more often DEA 1 negative.

A Greyhound connection. Dr John's "Veterinary Father", Tom Bingham, passed on to him a passion for Greyhounds, one of the breeds most wanted as blood donors. Bruno, at dachshund size, will have to leave donating to the big dogs.

Timeline

Date	Event
1897	Charles Wallace Chapman born in Lancaster
1901	Blood groups A, B and O discovered in Vienna
1932	Charles co-founds Perkins Engines in Peterborough
1964	Charles publishes *The Directors Dinner*
1965	Charles publishes *The Boardroom Battle*
1979	Charles dies, aged 82
1996	*Eat Right 4 Your Type* popularises blood type diets
2017	Publishes *Blood Group*, printed in Peterborough
2023	Alexander-Wallace Health Care Ltd, the company behind Vintage Vet Practice, is founded

Sources

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