

TYPE "O": THE HUNTER

- ▶ Meat Eater
- ▶ Hardy Digestive Tract
- ▶ Overactive Immune System
- ▶ Intolerant to dietary and environmental adaptations
- ▶ Responds best to stress with intense physical activity
- ▶ Requires an efficient metabolism to stay lean and energetic

The Type O hunter is the oldest blood type which thrives on a high-protein animal and seafood diet. Digestive problems, bleeding disorders and inflammatory conditions are typical of Type Os. They also have a tendency for thyroid problems which in combination with digestive problems, often results in weight challenges.

TYPE "A": THE CULTIVATOR

- ▶ Mainly Vegetarian
- ▶ Reaps what he sows
- ▶ Sensitive digestive tract
- ▶ Overly friendly immune system
- ▶ Adapts well to settle, dietary and environmental conditions
- ▶ Responds best to stress with calming action
- ▶ Requires agrarian diet to stay lean and productive

Type As have the highest risk of developing and dying from heart disease, cancer or diabetes. That's why Type As are wise to steer away from the typical meat-and-potato diet to one rich in soy protein (tofu); whole grains (less emphasis on wheat); and plenty of raw or steamed vegetables. It's lucky in one way that Type As have these predispositions because it can really motivate them to follow the "good life".

TYPE "B": THE NOMAD

- ▶ Dairy eater
- ▶ Strong immune system
- ▶ Balanced with tolerant digestive system
- ▶ Most flexible dietary choices
- ▶ Responds best to stress with creativity
- ▶ Requires a balance between physical and mental activity to stay lean and sharp

Type Bs have sensitive nervous systems and are often described as the emotional type. Physically, they are closer to Type Os which means hardier so when they develop a disease such as cancer they recover more easily. Type Bs are more prone to exotic immune system disorders such as MS, lupus and chronic fatigue syndrome. The Type B diet is described as

being the best of the animal and vegetable kingdoms due to how balanced it is.

TYPE "AB": THE ENIGMA

- ▶ Modern Merging of A and B
- ▶ Chameleon's Response to changing environmental and dietary conditions
- ▶ Sensitive Digestive Tract
- ▶ Overly Tolerant Immune System
- ▶ Responds Best to Stress Spiritually, with Physical Verve and Creative Energy
- ▶ An Evolutionary Mystery

Blood Type AB is the newest type (about 1500 years old) and rarest, 2 to 5 per cent. Due to antigens A and B, ABs often take on both Type A or Type B characteristics. Still these biologically complex individuals sometimes break all the rules and show their individuality. Their ability to eat tomatoes is one case in point since both Type A and B cannot eat them. Type ABs are often stronger and more active than the sedentary Type As. When it comes to disease conditions, ABs need to have their immune system revved up and build protections against cardiovascular disease and cancer just like Type As. Likewise, the problem of Type A low stomach acid exists.

Why Eat According to your Blood Type?

Certain foods for each blood type contain proteins called lectins which can cause a sticky, inflammation effect in the blood leading to cell damage. The foods with harmful lectins are called "avoid" foods. The neutral foods are just that, neutral, and needed for variety. The beneficial foods promote good health and should be eaten more often, above the rest.

Your blood type can predetermine your strengths and weaknesses. For example, Type require meat protein like organic beef. Type Os have weaker stomach linings due to over-acidity in stomach; higher rates of ulcers; chronic bowel conditions and they often suffer from inflammatory conditions such as arthritis. One of the biggest challenges for the Type O is to avoid wheat and many other grains. This is the type which is prone to crohn's disease and celiac.

Type As are the mainly vegetarians* who benefit from soy protein and eating plenty of fruits and vegetables. They are disposed to the leading causes of disease: cancer, heart disease and diabetes which is why it is extremely important for Type As to avoid processed food additives and colouring. *The Type A Secretor is the true vegetarian.

If you are a Type B, your optimal diet includes game meat like rabbit and venison as well as herd meats such as lamb and mutton, but chicken is to be avoided. Type B benefits from a variety of dairy products and they also can enjoy the greatest variety of vegetables and fruits.

The diet of the Type AB is a combination of Types A and B. ABs can eat most of the foods that are good for these blood types. The best AB diet consists of vegetarian fare, with some game meat such as lamb, turkey and dairy. There is also more flexibility with whole grains including

wheat, the anomaly.