|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Blood Type : O | | **The Hunter : strong, self reliant, leader** | | | | | |
| **STRENGTHS** | **WEAKNESSES** | **MEDICAL RISKS** | **DIET PROFILE** | **WEIGHT LOSS KEY** | **SUPPLEMENTS** | **EXERCISE REGIME** | |
| Hardy digestive tract  Strong immune system  Natural defenses against infections  System designed for efficient metabolism and preservation of nutrients | Intolerant to new dietary, environment conditions  Immune system can be overactive and attack itself | Blood clotting disorders  Inflammatory diseases eg.  arthritis  Low thyroid production  Ulcers  Allergies | High protein : meat eaters meat, fish, vegetables, fruit  Limited : grains, beans, legumes | Avoid : wheat, corn, navy beans, kidney beans,  lentils, cabbage, brussel sprouts, cauliflower, mustard greens  Aids : kelp,   seafood, salt, liver, red meat, spinach, kale, broccoli | Vitamin B  Vitamin K  Calcium  Iodine,  Licorice  Kelp | Intense physical exercise, such as :  aerobics  martial arts  contact sports | |
| Blood Type : A | | **The Cultivator : settled, co-operative, orderly** | | | | | |
| STRENGTHS | WEAKNESSES | **MEDICAL RISKS** | **DIET PROFILE** | **WEIGHT LOSS KEY** | **SUPPLEMENTS** | | **EXERCISE REGIME** |
| Adapts well to dietary and environmental changes  Immune system preserves and metabolises nutrients more easily | Sensitive digestive tract  Vulnerable immune system, open to microbial invasion | Heart disease  Cancer  Anemia  Liver and gallbladder disorders  Type I diabetes | Vegetarian  Vegetables, tofu, seafood, grains, beans, legumes, fruit | Avoid : meat, dairy, kidney beans, lima beans, wheat  Aids : vegetable oil, soy foods, vegetables, pineapple | Vitamin B12  Folic acid  Vitamin C  Vitamin E  Hawthorn  Echinancea  Quercitin  Milk Thistle | | Calming, centering exercises eg. Yoga, tai chi |
| Blood Type : B | | **The Nomad : balanced, flexible, creative** | | | | | |
| STRENGTHS | WEAKNESSES | **MEDICAL RISKS** | **DIET PROFILE** | **WEIGHT LOSS KEY** | **SUPPLEMENTS** | | **EXERCISE REGIME** |
| Strong immune system  Versatile adaptation to dietary and environmental changes  Balanced nervous system | No natural weaknesses, but imbalance causes tendency toward autoimmune breakdowns and rare viruses | Type I diabetes  Chronic fatigue syndrome  Autoimmune disorders - Lou Gehrig's disease, lupus, multiple sclerosis | Balanced omnivore : meat (no chicken) dairy, grains, beans, legumes, vegetables, fruit | Avoid : corn, lentils, peanuts, sesame seeds, buckwheat  Aids : greens, eggs, venison, liver, licorice, tea | Magnesium  Licorice  Gingko  Lecithin | | Moderate physical, with mental balance, such as : hiking, cycling, tennis, swimming |
| Blood Type : AB | | **The Enigma : rare, charismatic, mysterious** | | | | | |
| STRENGTHS | WEAKNESSES | **MEDICAL RISKS** | **DIET PROFILE** | **WEIGHT LOSS KEY** | **SUPPLEMENTS** | | **EXERCISE REGIME** |
| Designed for modern conditions  Highly tolerant immune system  Combines benfits of Type A and Type B | Sensitive digestive tract  Tendency for over-tolerant immune system, allowing microbial invasion  Reacts negatively to A-like and B-like conditions | Heart disease  Cancer  Anemia | Mixed diet in moderation : Meat, seafood, dairy, tofu, beans, legumes, grains, vegetables, fruit | Avoid : red meat, kidney beans, lima beans, seeds, corn, buckwheat  Aids : tofu, seafood, dairy, greens, kelp, pineapple | Vitamin C, hawthorn, echinacea, valerian, quercitin, milk thistle | | Calming, centering exercises eg. Yoga, tai chi  Combined with : Moderate physical, with mental balance, such as : hiking, cycling, tennis, swimming |