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| Blood Type : O | **The Hunter : strong, self reliant, leader** |
| **STRENGTHS** | **WEAKNESSES** | **MEDICAL RISKS** | **DIET PROFILE** | **WEIGHT LOSS KEY** | **SUPPLEMENTS** | **EXERCISE REGIME** |
| Hardy digestive tractStrong immune systemNatural defenses against infectionsSystem designed for efficient metabolism and preservation of nutrients | Intolerant to new dietary, environment conditionsImmune system can be overactive and attack itself | Blood clotting disordersInflammatory diseases eg.  arthritisLow thyroid productionUlcersAllergies | High protein : meat eaters meat, fish, vegetables, fruitLimited : grains, beans, legumes | Avoid : wheat, corn, navy beans, kidney beans,  lentils, cabbage, brussel sprouts, cauliflower, mustard greensAids : kelp,   seafood, salt, liver, red meat, spinach, kale, broccoli | Vitamin BVitamin KCalciumIodine,LicoriceKelp | Intense physical exercise, such as :aerobicsmartial artscontact 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 changesImmune system preserves and metabolises nutrients more easily | Sensitive digestive tractVulnerable immune system, open to microbial invasion | Heart diseaseCancerAnemiaLiver and gallbladder disordersType I diabetes | VegetarianVegetables, tofu, seafood, grains, beans, legumes, fruit | Avoid : meat, dairy, kidney beans, lima beans, wheatAids : vegetable oil, soy foods, vegetables, pineapple | Vitamin B12Folic acidVitamin CVitamin EHawthornEchinanceaQuercitinMilk 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 systemVersatile adaptation to dietary and environmental changesBalanced nervous system | No natural weaknesses, but imbalance causes tendency toward autoimmune breakdowns and rare viruses  | Type I diabetesChronic fatigue syndromeAutoimmune 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, buckwheatAids : greens, eggs, venison, liver, licorice, tea | MagnesiumLicoriceGingkoLecithin | 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 conditionsHighly tolerant immune systemCombines benfits of Type A and Type B | Sensitive digestive tractTendency for over-tolerant immune system, allowing microbial invasionReacts negatively to A-like and B-like conditions | Heart diseaseCancerAnemia | Mixed diet in moderation : Meat, seafood, dairy, tofu, beans, legumes, grains, vegetables, fruit | Avoid : red meat, kidney beans, lima beans, seeds, corn, buckwheatAids : tofu, seafood, dairy, greens, kelp, pineapple | Vitamin C, hawthorn, echinacea, valerian, quercitin, milk thistle | Calming, centering exercises eg. Yoga, tai chiCombined with : Moderate physical, with mental balance, such as : hiking, cycling, tennis, swimming |