

RIGHT DIET FOR YOUR BLOOD TYPE

Intro: A diet for the 21st century. Most people know about their blood type when only blood transfusion is needed. Women of child bearing age are now aware of their blood type especially during pregnancy. What people eat nowadays is big business.

Blood type is a genetic power house with a primary influence on the immune system, metabolism, and digestive processes. So different blood types have their own preferences. So knowing your blood type is an obligation for good health, don't wait for emergencies.

Eating rightly for according to your blood type will prevent, or enhance certain health conditions. For example, weight loss, control blood pressure, sugar level, and bloated stomach, reduce pains, having more energy etc. Lifetime suffering resolved. It is a long-term way of eating and living.

The Blood Type Diet is unique in that; it presents a theory of personalized nutrition in a society where people have learned to be comfortable with a ***one-size-fit-solution***. Nutrigenomics (the way food affects gene expression). Each of the basic four Blood Type Diet is healthy in its own right. The Blood Type Diet (BTD) simply adds the extra element of knowing which of the four basically healthy diets the most healthful diet is for you.

“..... Since each person was housed in a special body with different strengths, weaknesses, and nutritional requirements, only the way to maintain health or cure illness was to accommodate to that particular patient's specific needs”

James D'Adamo

Peter's Father (author)

Your blood type is the key that unlocks the door to the mysteries of health, disease, longevity, physical vitality, and emotional strength. Your blood type determines your susceptibility to illness, which foods you should not eat, and how you should exercise. It is a factor in your energy level and perhaps even in your personality. Every human being is utterly unique, hence there is no right or wrong lifestyle or diet; there are only right or wrong **choices** to be made based on our individual genetic codes.

The human story was all about survival, where to live, what to eat, where to find it and moving to find it. Ultimately, the differences in blood types was to acclimate to the different environmental challenges. For most parts, these challenges impacted the digestive and immune systems. Hence survival is inextricably tied to our digestive and immune systems. It is in these two areas that most of the distinction between blood types are found; A, B, O, AB.

There are major differences between the blood types in how individual immune systems interact with the environment. The most important involves the antibodies carried by the different blood types. These are the same antibodies that prohibit transfusion of blood between different blood types.

Type “*O is for old*”, mostly wonderers, eating mainly animals. So their system can digest animal protein easily due to HCL acid in their stomach.

Type “*A for Agrarian*”. These are settlers and do domesticate grains, vegies etc. settling into permanent farming communities presented new developmental challenges. There is a high percentage of Type A in the areas of the world with long histories of urban living. They are most resistant as compared to Type O.

Type “*B is for balance*”, do well with food both from animals and plants ie (omnivore). This group sprang up with the pastoral nomads who were first settlers and then have to move due to wars.

Types “*AB is for modern*”, Type A and Type B simply co-exist since they are both dominant alleles ie co-dominant. Type AB came to existence through the simple circumstance of a population of Type A blood colliding and cohabitating with a population of Type B blood. Unlike A, B, O, which were adaptations to climate, diet and disease. AB is the first blood type to adopt an amalgamation of immune characteristics, some of which make it stronger, and some of which are in conflict. Types AB presents the perfect metaphor for modern life: complex and unsettled.

Importance of Blood Types

Blood is a homogenous red liquid, but under the microscope, it shows itself to be composed of many different elements. You have the red blood cells (carries Oxygen), white blood cells (soldiers), for protection against infections, proteins that deliver nutrients to tissues, platelets that help the clot, and plasma that contains the guardians of our immune system.

Your blood type has always been the driving force behind human survival, changing and adapting to new conditions, environments and foods supplies. So blood types is the key to your body’s entire immune system. The immune system works to define “self” and destroy “non-self”. In other words, the immune system boils down to two basic functions: recognizing ‘us’ and killing ‘them’.

Our digestive track is a hotbed of activity. It is estimated the human digestive tract may contain up to 100trillion microorganisms, and the human gut may host up to a

thousand different species of bacteria. People of different blood types have different gut bacteria.

NB: The BloodType Diet is not an attempt to superimpose a rigid formula on what you eat or rob you of your foods that are important to your culture. Rather they are a way to fully support your most basic identity to lead you to the essential truths that live in every cell of your body.

Blood Type and Weight Loss

Virtually every diet program begins with the premise that it is formulated to work for everybody. We want to dismiss or dispel once and for all the myth that any single diet approach works for every individual. As we have already seen, blood type is one of the most potent markers of biological individuality. So Blood Type Diet is truly individualized approach, harnessing your unique biochemical attributes, while avoiding pit falls. So a '*one-size-fits-all diet*' can't be a solution for everyone. In other word, the bottom line is that the best weight loss diet is an individualized nutritional approach.

Hence, if you eat right for your blood type, you will lose weight and you will feel good in the process, not deprived nor sick, not lethargic but as if a key clicked into the lock. You will experience an inner joy that you can't explain. It is a diet for optimal health and performance. You Lose weight because your body is experiencing restoration of your body's natural set point. This diet helps your body find and maintain its ideal weight for some, this means losing weight naturally for others, this may involve gaining or retaining muscle.

When you eat right for your blood type, you feel better, your skin looks clearer, have better digestion and more efficient metabolism-less bloating after

meals, more regularity, disappearance of heartburn, more energy; all happening simultaneously and we are losing weight.

THE BLOOD TYPE SOLUTION

Your blood type diet (BTD) lets your zero in on the health and nutrition information that corresponds to your exact biological profile. Armed with this information you can now make choices about your diet, exercise regimens, and general health that are based on the dynamic natural forces within your own body. Hence are some basic steps to take before you begin your BTD

1. Learn (know) your blood type.
2. If you want an additional level of information that will aid your compliance, learn your secretion status (tears, digestive juices, perspiration, semen etc)
3. Write down your primary goals for the BTD and articulate how you will measure success

Eg.

- Weight loss
- Blood sugar normalization
- Lower cholesterol
- Lower triglycerides (carbohydrates)
- Clearer thinking
- Normal blood pressure
- Reduced allergy or allergy symptoms
- Reduced asthma symptoms
- More energy

- Better sleep cycle
- Chronic pain reduction or resolution
- More muscular strength
- Fewer seasonal colds and flu
- Less bloating and digestive comfort

The BTD is a way to restore the natural protective functions of the immune system, reset your metabolic clock and clear your body of dangerous agglutinating lectins. It slows down cell deterioration thus slow aging

Each of the blood type diet (BTD) including twelve food groups

- Meat and poultry
- Seafood
- Dairy and eggs
- Oils and fats
- Nuts and seeds
- Beans and legumes
- Grains and cereals
- Vegetables
- Fruits
- Beverages, teas and coffee
- Herbs and spices
- Condiments, sweeteners and additives.

Each of these groups divides food into three categories: Highly beneficial, neutral and avoid.

1. Highly beneficial: Is a food that acts like Medicine. It advances your health or protects you from possible illnesses

2. Neutral; is a food that acts like food. It provides required micronutrients and caloric energy. Contain nutrients necessary for balanced diet.
3. Avoid: Is a food that acts like a poison. It induces biological disorders or increases your chances of disease based on differences between the blood type.

It is not only the foods we eat that determine our wellbeing. It is also the way our body uses those nutrients for good or ill. That is where stress comes in.

Stress related disorders cause 50-80% Of all illness in modern life. We know how powerfully the mind influences the body and vice versa. Examples of stress related illnesses are: high blood pressure, migraine headaches, arthritis, and other inflammatory diseases, asthma and other respiratory diseases, insomnia and other sleep disorders, eating disorders, variety of skin problems, herpes, eczema etc.

Nobody is immune to the effects of stress. Each of us reacts to stress in a unique way especially when it is unwanted and prolonged. Not all stress is bad for you. Certain stress, such as physical or creative activity, produces pleasant emotional states, which the body perceives as an enjoyable heightened mental or physical experience.

Your BTD includes a description of your own, blood type stress pattern, along with the recommended course of exercise that will turn stress into a positive force. This element provides a crucial complement to your diet. Our personality is a mixture of nature and nurture, with nurture probably being the major influence.

Thus, these elements- diet, weight management, dietary supplementation, stress control, and personal quantities – form the essential elements of your individual Blood Type Diet.

Microbiome

It is a particular environment (including the body or part of the body)

Human microbiome is the aggregate of all microbiota that resides on or within human tissues and biofluids.

Microbiota is the wide variety of microorganisms that live in a certain environment. The human microbiota includes all bacteria, viruses, fungi and other single-celled organisms living in the human body.

Microbiota plays a fundamental role on the induction, training and functioning of the host immune system.

Lectin

Proteins obtain from the seeds of leguminous plants but also from many other plants and animal sources that have binding sites for specific mono or oligosaccharides in cell walls or membranes

N/B Do me this favor;

Find out your blood type

Blood Group Type and Diet

Key

≠ Enhances carbohydrate metabolism, helps with weight loss.

↑ ≠ Increase microbiome, diversity, discourages microbial imbalance.

↓ ≠ Decreases microbiome diversity, encourages microbial imbalance.

1) Blood Type Diet

Type "O": the hunter

- Meat eater
- Hardy digestive tract
- Intolerant to dietary and environmental adaptations.
- Response best to stress with intense physical activities
- Requires an efficient metabolism to stay lean and energetic.

Type O thrives well on intense physical exercise and animal protein. The success of the type O diet depends on your use of lean, chemical free diet, meat and fish with an abundance of fresh vegetables and fruits. Risk factor is thyroid diseases.

Food_Groups	Highly Beneficial	Neutral	Avoid
1) Meats and poultry	Beef ↑ ≠ Lamb ↑ ≠ Beef liver ↑ ≠ Calf live ↑ ≠ Mutton ↑ ≠	Chicken Chicken liver Puck Goose Guinea hen Turkey Rabbit Squirrel	Turtle Quail Pork ↓
2) Sea foods	Cod ↑ ≠ Mackerel Swordfis Yellow tail	Carp Crab Lobster Oyster Sardine Shrimp Tilapia Snail Tuna	Catfish Squid Frog Octopus

3) Dairy and eggs (1 egg weekly)	Romanian Urdu ↑ ≠	Butter Chicken egg Duck egg Goat cheese	Cheese egg Quail egg Ice cream Cow milk Yogurt ↓
4) Oils and Fats (1 table spoon weekly)	Camelina oil ↑ ≠ Flaxseed ↑ Olive oil ↑ Rice bran oil ↑	Almond oil Apricot kernel oil Chia seed oil Cod liver oil Pumpkin seed oil Sesame oil Walnut oil	Avocado oil Castor oil Coconut oil Cottons seed oil Corn oil Peanut oil Sunflower oil Margerine Palm oil ↓
5) Nuts and Fats (6-8 weekly)	Chestnut ↑ Flax seed ↑ # Pumpkin seed ↑ Walnut ↑ #	Almond Chia seed Sesame butter Sesame flour Water melon seed ↑ Sesame seed	Cashew Peanut Peanut butter Sunflower seed

6) Beans and legumes	Black eyed pea Adzuki bean	Black bean Green bean Soy bean Lima bean Soy milk White bean ↑ Yellow bean	Kidney bean Pinto bean Tamarind bean
7) Grains and Cereals	Flaxseed bread	Millet Oat Rice Bran Rice brown Soybean flour Wheat (whole grain) Cassava Taro ↑	Barley Corn flakes Wheat germ ↓
8) Vegetables	Broccoli ↑# Dandelion Ginger Horseradish Lettuce Okra Onions Parsley Pumpkin	Bamboo shoot Beet Broccoli leaves Cabbage Carrot Cassava leaves Celery Chili pepper ↑ Egg plant	Aloe vera Cauliflower Corn, pop corn Leeks Black olive ↓

	Spinach Sweet potato Turnip greens	Garlic Funnel Mushroom Radish Shallot Squash Tomato Tomatillo Zucchini	
9) Fruits	Banana Blueberry Guava Mango Plum Apple ↑	Apple Date Elderberry Grapefruit Lemon Lime Papaya Passion fruit Peach Pear Pineapple Raisin Raspberry Strawberry Watermelon	Orange ↓ Kiwi Tangerine Plantain

<p>10) Teas and Coffees Beverages</p>	<p>Cayenne tea Chickweed tea Dandelion tea Gingerroet tea Green tea Guava juice Mango juice Parseley tea Peppermint tea Pineapple juice Prune juice Vegetable juice</p>	<p>Apple cider Apple juice Beet juice Cabbage juice Carrot juice Celery juice Chamomile tea Coconut water Elder tea Ginseng tea Grape fruit Pawpaw juice Peppermint tea Pineapple juice Pomegranate juice Thyme tea Tomato juice Vegetable juice (from acceptable vegetables) Watermelon Red wine Yarrow tea</p>	<p>Beer Black tea (all forms) Aloe vera Coconut milk Coffee Cucumber Echinacea tea Orange juice Tangerine juice White wine Soda Red clover tea Corn silk tea St John's wort</p>
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<p>11) Herbs and spices</p>	<p>Ginger Curry Garlic Cayenne pepper Turmeric Parsley Horseradish</p>	<p>Basil Chili pepper Chocolate Cilantro Cinnamon Clove Coriander Cumin Fennel Oregano Rosemary Salt, sea salt Thyme Vanilla Peppermint</p>	<p>Nutmeg Black pepper</p>
<p>12)Condiments Sweeteners Additives</p>		<p>Apple cider vinegar Baking soda Honey Jam (from acceptable fruit) Mayonnaise Molasses Salad dressing Soya bean sauce Sugar (brown, white) Vinegar Yeast</p>	<p>Cornstarch Ketchup White pepper</p>

Sample planning meal for Type O

Breakfast

- Vegetable juice
- Banana
- Green tea or herbal tea
- A slice of toasted Essene bread, whole wheat bread
- Natural jam
- Poached egg

Lunch

- Meat toasted
- Spinach salad
- Pineapple slices
- Chicken
- Plums
- Settzer
- Rice (brown, white)
- Tomatoes

Mid afternoon snack

- Green or herbal tea
- Celery
- Sliced carrots
- Honey (drizzle)
- Pumpkin seeds
- Walnuts
- Rice cakes
- Dates

Dinner

- Steamed broccoli
- Sweet potato
- Blueberries (mixed fresh fruits)
- Lemon juice
- Avoid beer and wine

Seltzer: carbonated water combined with alcohol and fruit flavoring.

Type O Supplement Advisory

The role of supplements, be they vitamins, minerals, or herbs, is to add the nutrients that are lacking in your diet and to provide extra protection where you need it. The supplement focus of Type O is

- Supercharging the metabolism
- Balancing the internal biosphere (microbiome)
- Preventing inflammation
- Supporting the thyroid
- Blunting unwanted stress

Vitamins

Eat much of vitamin B foods

Minerals- Calcium, Magnesium, Iodine

(Bladderwrack – google)

Type O Stress-Exercise Profile

Aerobics 40-60min

Swimming 30-45min'

Jogging 30min

Weight training 30min

Stair climbing 30min

Martial arts 60min

Brisk walking 30-40min

Dancing 40-60min

Treadmill 30min

The best antidote to fatigue and depression is physical work. With the BTD exercise is really all about personalized stress reduction. As a type O, we have to do whatever we can to increase dopamine (and its accompanying feelings of satisfaction and well-being) and decrease norepinephrine and its accompanying feelings of anxiety and stress. Doing regular exercise will make you feel better, stress levels will be reduced, your mood will be better and you will have renewed energy.

2) Blood Type “A” Diet

Type A = The Cultivator

- Reap what he sows
- Sensitive digestive tract
- Tolerant immune system
- Adapts well to settled dietary and environmental conditions
- Responds best to stress with calming action
- Requires agrarian diet to stay lean and productive.

Type A flourishes on plant- based diets. Their diets is more of soy proteins, grains and vegetables. They are predisposed to heart disease, cancer and diabetes (risk factor).

Food Groups	Highly Beneficial	Neutral	Avoid
1) Meats and Poultry		Chicken Chicken liver Guinea hen Turkey	Beef Goat Duck Goose Quail Mutton Pork Bacon ↓
2) Seafood	Carp Cod Mackerel Salmon Sardine Snail	Shark Tilapia Tuna	Cat fish Crab Crayfish Eel Lobster Shrimp ↓

3) Dairy and Eggs		Quail eggs Chicken egg Duck egg Yogurt Sour cream Milk, goat	Butter Cheese Ice cream Cow milk (whole or skimmed) ↓
4) Oils and Fats	Kernel oil Apricot Camelina oil Flaxseed oil Olive oil Walnut oil	Avocado oil Almond oil Cod liver oil Pumpkin seed oil Soybean oil Sunflower oil Rice bran oil	Castor oil Coconut oil Corn oil Cotton seed oil Margarine Peanut oil ↓
5) Nuts and Seeds	Peanut ↑# Peanut butter Pumpkin seed ↑ Flaxseed Butter	Almond Chia seed ↑ Sesame butter Sesame seed ↑ Sunflower seed Watermelon seed	Cashew Cashew butter Brazil nut
6) Beans and Legumes	Black beans ↑ Black eyed pea Green bean Lentil sprouted Pinto beans Soy beans # Soy bean sprouted Soy bean milk	White bean Northern bean pea	Kidney bean ↓ Tamarind bean Lima bean
7) Grains and Cereals	Amaranth Flaxseed Oat bran Oat meal Soybean flour	Barley Black bean flour Millet Rice brown, white Rice bran	Wheat bran germ

	Soybean (sprouted)	Sorghum Tapioca Cassava Taro Wheat (whole grain)	
8) Vegetables	Aloe vera Beet greens Broccoli ↑ Carrot Celery Dandelion greens Fennel Garlic Ginger Grape leaves Horseradish Leeks Lettuce Mushroom Okra Onion Parsley Pumpkin Kelp (sea vegetables) Tomatillo	Asparagus Bamboo shoot Beet Broccoli leaves Cassava Cauliflower Corn, pop corn Cucumber Lettuce Mushroom Olive green Radish Squash Shallot Zucchini Taro leaves	Cabbage Egg plant Pepper cayenne Tomato Sweet potato Yam Chili
9) Fruits	Grape fruit Lemon Lime Pawpaw Pineapple Plum Blackberry	Apple Avocado Date Grape Guava ↑ Huckleberry Kiwi	Banana Bitter melon Mango Orange Tangerine Plantain

	Apricot	Passion fruit Noni Peach Pomegranate Watermelon Strawberry Raisin	
10) Beverages Teas and coffees	Alfalfa Aloe juice Apricot juice Blueberry Chamomille tea Coffee ↑ Gingerroot tea Ginseng tea Green tea Grapefruit juice Lemon and water Lime juice Pineapple juice St John's wort tea Vegetable juice Wine (red) good for its cardiovascular effects	Apple cider juice Cabbage juice Chickweed tea Raspberry leaf tea Guava juice Coconut water Cucumber juice Parsley tea (the above fruit juice) Thyme tea	Beer Cayeme tea Tangerine juice Tomato juice Soda Seltzer water Soda
11) Herbs and spices	Dry mustard Fennel Garlic Ginger Horseradish Parsley	Basil Cinnamon Clove Coriander Cumin Curry	Chilli Cayenne Black pepper White pepper

	Tumeric	Nut meg Oregano Thyme Rosemary Vanilla Salt Sea salt	
12)Condiment sweeteners and additives	Molasses Barley malt Soybean souce	Almond extract Cornstarch Corn syrup Honey Jam (acceptable fruits) Maple syrup Apple butter Mayonnaise Sugar (white, brown) Yeast Plum Vinegar	Tamarind Ketchup √ Vinegar (all types)

Meal Planning Type A

These menus and recipes are moderate in calories and balanced for metabolic efficiency in Type A

Breakfast

- Water with lemon on rising
- Oatmeal with soy milk and molasses, grape fruit juice, coffee or any herbal tea
- Omelet

- 1 poached egg
- Yogurt
- Carrot
- Prune
- Vegetable juice

Lunch

- Greek salad (chopped lettuce, celery, green onions, cucumber, with a sprinkling of cheese, lemon, and fresh mint).
- 1 slice of sprouted wheat bread
- Herbal tea
- Mixed green salad
- Black bean
- Puffed rice

Midafternoon snack

- 2 rice cakes with peanut butter or honey
- 2 plums
- Green tea and water
- Spinach and salad
- Coffee or herbal tea

Dinner

- Frozen yogurt
- Coffee or herbal tea
- Tofu stir-fry with green beans, leeks, snow peas and alfalfa sprouts
- Red wine if desired
- Turkey – Tofu meatballs
- Baked fish

Type A supplement Advisory

The supplement focus of Type A is

- Toning the immune system
- Supplying cancer-fighting antioxidants
- Balancing the microbiome
- Strengthening the cardiovascular system

Vitamins needed most, vit B complex, vit C, vit E, minerals, Iron, Zinc.

Best carotene. Rich foods for Type As. Egg, spinach, broccoli, carrot, yellow squash.

Type A Stress- Exercise Profile

Type A often reacts to stress by mismanaging cortisol (stress hormone) which can cause weight gain, depress the immune system and interfere with restorative sleep. Even at rest, Type A has higher levels of cortisol than other blood types.

Exercises good for Type As are;

Taichi

Hatha yoga

Martial arts

Golf

Brisk walking

Swimming

Dance

Aerobics

Stretching

3) Blood Type “B” Diet

Type B = Nomad

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

Type Bs are usually able to resist many of the most severe diseases common to modern life such as cancer and heart diseases and live a long and healthy life. Best of the animals and vegetables kingdom. B stands for balance – the balancing forces of A and O.

Food_Groups	Highly Beneficial	Neutral	Avoid
1) Meats and Poultry	Goat↑≠ Lamb↑ Rabbit↑ mouse↑	Beef (cow meat) Turkey Ostrich Bone soup Allowable meats Calf liver Marrow soup	Beef heart Chicken Duck Goose Pork Tuetle Squirrel Horse

2) Sea food	Cod Mackerel Salmon Sardine Tuna	Carp Cat fish Shark Squid Tuna Bluefin Tilapia	Frog Crab Crayfish Shrimp Snail Salmon (smoked) Eel
3) Dairy and Eggs	Farmer cheese Goat cheese Milk cow (skimmed or whole) Yogurt Cheese (all tpyes)	Butter Egg chicken (whole) Sour cream Whey protein (liquid that remains after sour milk has formed curds)	Duck eggs Goose eggs Quail eggs Ice cream
4) Oils and Fats	Camelina oil Olive oil Rice bran oil	Almond oil Apricot kernel oil Chia seed oil Cod liver oil Soy oil Sunflower oil Wheat germ	Avocado Castor oil Coconut oil Corn oil √ Margarine Sesame oil Pumpkin seed oil

5) Nuts and Seeds	Chesnut Walnut	Almond Brazil nut Flaxseed Watermelon seed	Cashew Peanut Peanut flour Pumpkin seed Sesame seeds Sunflower seeds
6) Beans and Legumes	Kidney bean Lima bean Navy bean	Green bean Pea Soybean Tamarind bean White bean	Black bean Black eyed pea Pinto bean Soybean meal, tofu ↓
7) Grains and Cereals	Essene bread Millet Oat bran Rice Rice bran	Barley Lima bean flour Rice flour (brown, white) Wheat Soybean flour Taro (cocoyams) Semolina couscous	Amaranth Cornflakes Sorghum Tapioca (cassava) Wheat (whole grain)
8) Vegetables	Beet greens Broccoli flower Cabbage # Carrot Cauliflower Eggplant	Bamboo shoot Broccoli leaves Celery Alantro Cucumber Dandelion	Aloe vera Cassava Corn, popcorn Olives (black, green) Pumpkin

	Ginger Mushroom Parsley Pepper (bell, chilli) Sea vegetables Sweet potato Yam	Fennel Fenugreek Garlic Lettuce Mushroom Horseradish Leeks Okra Onion (all types) Potato Shallots Spinach Squash Taro leaves shoots Tomatillo Watercress Zurchini	Radish Tomato
9) Fruits	Banana Grape Pawpaw Pineapple Plum Watermelon	Apple Blackberry Cherry Date Elderberry Guava Kiwi Lemon	Pear Huckleberry Coconut Bitter lemon Pomegranate

		Lime Mango Orange Passion fruit Pear Peach Plantain Rasseberry Raisins Strawberry Tangerine	
10) Beverages Teas and coffee	Ginseng tea Ginger root tea Grape juice Green tea Pawpaw juice Parsley tea Pineapple juice Raspberry leaf tea Watermelon juice Vegetable juice (from bb vegetable)	Aloe vera Apple cider juice Beer Black tea (all forms) Blueberry juice Carrot juice Cayenne tea Celery juice Chickweed tea Coconut water Coffee Cucumber juice Dandelion Lemon water	Coconut milk Fenugreek tea Soy milk Pomegranate juice Soda (cola) Tomato juice Seltzer water

		Lime water Orange juice Peppermint tea Strawberry leaf tea Tangerine juice Thyme tea Wine (red, white) Yellow tea	
11) Herbs and spices	Cayenne Curry Ginger Horseradish Parsley	Basil Chocolate Chilli Cilantro Clove Coriander Cumin Garlic Nutmeg Oregano Pepper (red flakes) Peppermint Rosemary Salt, sea salt Thyme Turmeric	Cinnamon Pepper (black, white) Cornstarch

12)Condiments Sweeteners and Additives	Molasses Black strap	Apple butter Baking soda Fructose Honey Sam (acceptable fruits) Mayonnaise Molasses Rice syrup Salad dressing Sugar(brown, white) Vegetable glycerine Yeast	Barley malt Cornstarch Ketchup Plum
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Meal Planning for Type B

Breakfast

- Essene bread
- Poached egg
- Green tea
- Yogurt
- Rice bran cereal and with banana and skimmed milk
- Grape juice
- Coffee
- Puffed rice
- Goat milk

Lunch

- Greek salad
- Banana
- Iced herbal tea
- Turkey breast
- Green salad
- Herbal tea
- Spinach salad
- Tuna
- Rice cakes
- Bread

Midafternoon

- Herbal tea
- Cake
- Fruit juice
- Sweetened yogurt
- Apricot fruit bread
- Coffee or tea

Dinner

- Lamb and asparagus stew
- Brown rice
- Steamed veggie (broccoli, cabbage etc)
- Frozen yogurt
- Broiled lamb
- Wine if desired
- Broiled fish
- Roasted yam
- Herbal tea (rosemary)
- Green salad

Type B supplement Advisory

The role of supplements, be they vits, minerals or herbs is to add the nutrients that are lacking in your diet and to provide extra protection.

- Fine-tuning an already balanced diet
- Improving metabolic efficiency
- Strengthening immunity
- Improving brain clarity

B diets are so rich in vits, A, B, E and C, calcium, and iron. So no need for supplements.

Minerals needed, magnesium

Type B Stress – Exercise Profile

Hiking

Cycling

Swimming

Brisk walking

Jogging

Weight training

Tai – chi

Hatha yoga

Tennis

Aerobics

4) Blood “AB” Diet

Type AB = The Enigma (Person difficult to understand - mystery)

- 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 nerve and creative energy (vigor, enthusiasm).
- An evolutionary mystery

Blood Type AB is very rare (2-5% of the population) and biologically complex. Its multiplicity of qualities can be positive or negative depending on the circumstances. So type AB diet requires that you read food lists very carefully and familiarize yourself with both Types A and B diets to better understand the parameters of your own diet.

Food_Groups	Highly Beneficial	Neutral	Avoid
1) Meat and poultry	Turkey	Beef liver Goat Lamb Rabbit Ostrich	Beef Chicken Duck, Goose Guinea hen Horse Quail Squirrel Pork



2) Seafood	Cod Mackerel Salmon Sardine Snail Tuna	Carp Catfish Perch Tilapia Swordfish Whitefish	Crab Crayfish Lobster Shrimp Frog
3) Dairy and egg	Egg white Cheese (all types) Goat milk # Sour cream Yogurt	Goose egg Quail Whole chicken egg Cow milk	Duck egg Ice cream Milk cow (milk)
4) Oils and fats	Olive oil↑ Comelina oil Hemp seed oil Apricot kernel oil # ↑	Almond oil Castor oil Cod liver oil Peanut oil Soybean oil Rice bran oil Wheat germ oil	Avocado oil Corn oil ↓ Coconut oil Cotton seed oil Palm oil # Sesame oil Pumpkin seed oil
5) Nuts and seeds	Chestnut ↑ Peanut↑# Peanut butter ↑ Peanut flour ↑	Almond butter Cashew Chia seeds Flaxseed Watermelon	Pumpkin seed Sesame butter Sunflower seed

6) Beans and Legumes	Green lentil Navy beans Pinto beans Soybean Soybean tofu #	Lentils (all types) Soy milk Cheese Tamarind beans White beans	Black beans Black eyed beans Kidney beans Lima beans
7) Grains and Cereals	Amarath Essene bread Millet Oat bran Rice flour (brown, white) Rye Soybean flour #	Barley Flaxseed Lentil flour Rice flour (white) Wheat (whole grain) Wheat (white flour) Taro (cocoyam)	Cornflakes Lima beans Cassava Sorghum
8) Vegetables	Beet Broccoli flower#↑ Cauliflour # Celery Collard greens #↑ Cucumber Dandelion Sweet potato Mushrooms Eggplants	Bamboo shoot Asparagus Broccoli Cabbage Carrots Cilantro Fennel Ginger Horseradish ↑ Leeks	Aloe vera Avocado Cassava Corn, popcorn Fenugreek Chilli pepper Radish Pickles Black olives

	Garlic Parsley Parsnip Turnip greens	Lettuce Mushroom Okra Green olive Onions (all types) Pumpkin Shallot Spinach Squash Taro leaves Tomatillo Tomato Zucchini	
9) Fruits	Cherry Grapefruit Grape Kiwi Lemon Pawpaw Pineapple Plum Watermelon	Apple Asian pear Blackberry Blueberry Date Passion fruit Plantain Raisin Strawberry Raspberry Lime Tangerine	Avocado Banana Bitter lemon Coconut Quava Mango Huckleberry Pomegranate

<p>10) Beverages</p> <p>Teas and coffee</p>	<p>Alfalfa tea</p> <p>Chamomile tea</p> <p>Cranberry juice</p> <p>Ginseng tea</p> <p>Grape juice</p> <p>Green tea</p> <p>Lemon and water</p> <p>Pineapple juice</p> <p>Rose hips tea</p> <p>Strawberry leaf tea</p> <p>Vegetable juice</p> <p>Watermelon juice</p>	<p>Apple cider</p> <p>Beer</p> <p>Blackberry</p> <p>Blueberry</p> <p>Cayenne tea</p> <p>Chickweed tea</p> <p>Cucumber juice</p> <p>Dandelion tea</p> <p>Elder tea</p> <p>Gingerroot tea</p> <p>Grapefruit juice</p> <p>Soymilk</p> <p>Parsley tea</p> <p>Pear juice</p> <p>Peppermint tea</p> <p>Raspberry leaf tea</p> <p>St Johns wart tea</p> <p>Seltzer water</p> <p>Tangerine juice</p> <p>Thyme tea</p> <p>Tomato juice</p> <p>Wine (red, white)</p> <p>Yarrow tea</p>	<p>Aloe vera</p> <p>Black tea (all forms)</p> <p>Coffee</p> <p>Coconut tea</p> <p>Corn silk tea</p> <p>Fenugreek tea</p> <p>Guava juice</p> <p>Mango juice</p> <p>Orange juice</p> <p>Pomegranate juice</p> <p>Red clover tea</p> <p>Soda</p> <p>Cola</p>
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11)Herbs and Spices	Curry Garlic Ginger Horseradish Oregano ↑ Parsley ↑	Basil Chili pepper Chocolate Cilantro Cinnamon Clove Coriander Cumin Fennel Ginger ↑ Nutmeg Peppermint Rosemary Salt, sea salt Senna Thyme Turmeric Vanilla	Black pepper Red flakes pepper
12)Condiments, sweeteners and additives	Mollases Miso #	Apple butter Baking soda Brown rice syrup Honey Jams (acceptable fruits) Mayonnaise Molasses	Aloe vera Almond extract Cornstarch Corn syrup Ketchup Vinegar (all types)

		Salad dressing from acceptable ingredients Soybean sauce Sugar (brown and white) Yeast	
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Meal Planning for Type AB

Breakfast

- Water with lemon (on rising)
- Diluted grape juice
- Essene bread
- Yogurt
- Poached egg
- Organic almond butter
- Coffee
- Jam
- Soy milk

Lunch

- Turkey breast
- Bread (rye)
- 2plums
- Herbal tea
- Iced herbal tea
- Bunch of grapes or apples
- Tofu- sardine fritters
- Mixed green salad

Midafternoon snack

- Tofu cheese cake
- Iced herbal tea
- Yogurt with fruit
- Honey
- Coffee or herbal tea
- Fruit juice

Dinner

- Broiled salmon with lemon
- Brown rice
- Spinach salad
- Asparagus
- Red wine if desired
- Baked rabbit
- Frozen yogurt
- Steamed broccoli and cauliflower
- Decaffeinated coffee
- Omelet
- Mixed fruit salad

Type AB Supplement Advisory

The supplement focus for Types AB is

- Tuning the immune system
- Supplying cancer-fighting antioxidants
- Blunting stress
- Strengthening the cardiovascular system

Type AB share many characteristics of Type O (fight - or – flight). To achieve a consistent release of tension and revival of energy you need to perform one or more of these exercises 3 or 4 times weekly.

Tai – chi

Hatha yoga

Aikido

Golf

Aerobics

Cycling

Brisk walking

Swimming

Dancing

Stretching

The 10 – Day Blood Diet Challenge

Now is the time to engage in the 10 – day BTD challenge. It is fast and easy way to test the efficacy of the BTD for yourself, while learning how to check for personal makers of success. It needs a serious level of dedication. Maximum compliance equals maximum effect. Most people who follow the 10-day challenge with a high degree of compliance can expect the following results

- 1) Weight loss between 2-3kg.
- 2) Decrease in stomach circumference
- 3) Less bloating after meals
- 4) Reduced joint pains
- 5) Greater energy
- 6) Reduction in digestive distress
- 7) Improved elimination.

For the 1st five days, (lectin-detox) you start by eating high beneficial foods and take supplements that are compatible with our blood type. By so doing, you will be cleansing and detoxifying your body and allowing all your systems to function at their best.

Start the day with lemon water. Continue drinking water all day (8-10 glasses a day). Avoid harsh chemicals and stay clear of chemical cleansers. Use or try vinegar, lemon juice and baking soda.

Supplement your diet with lectin – detoxifying nutrients. Keep a record of what you eat. Record your reflections as you begin track progress, how you will feel physically, your energy levels, mood, and any other you want to record.