

EATING FOR YOUR BLOOD TYPE

It is believed by some that blood types affect the digestive system, the way you exercise, and your susceptibility to various diseases.

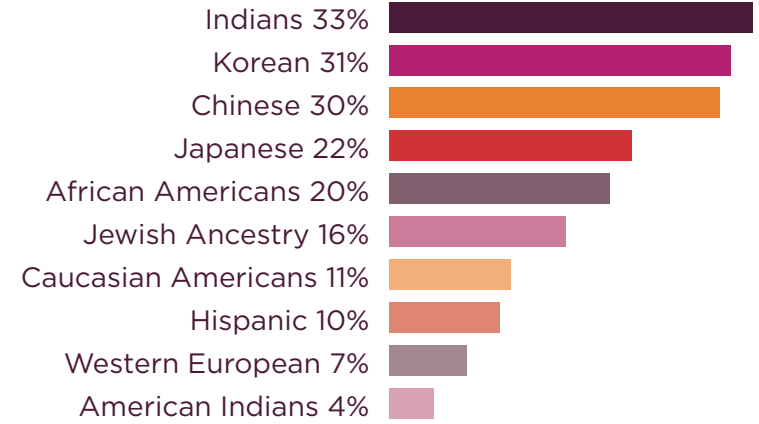
BALANCED

- Nomad
- Flexible
- Creative



Blood Type B is more likely to naturally tolerate dairy.

When there was no longer sufficient land for agriculture, people shifted to dairy foods.



STRENGTH	WEAKNESS	HEALTH RISK	DIET PROFILE	WEIGHT LOSS	SUPPLEMENTS	EXERCISE
<p>Strong immune system</p> <p>Versatile adaptation to changes in diet and environment</p> <p>Strong nervous system</p> <p>Tolerates chaos</p>	<p>No natural weaknesses</p> <p>Tendency toward auto-immune breakdowns and rare viruses</p>	<p>Type 1 diabetes</p> <p>Chronic fatigue syndrome</p> <p>Auto-immune disorders: Lou Gehrig's disease Lupus Multiple sclerosis</p>	<p>Omnivore</p> <p>Meat (no chicken)</p> <p>Dairy</p> <p>Grains</p> <p>Beans</p> <p>Legumes</p> <p>Vegetables</p> <p>Fruit</p>	<p>Reduce:</p> <p>Corn</p> <p>Lentils</p> <p>Peanuts</p> <p>Sesame seeds</p> <p>Buckwheat</p> <p>Wheat</p> <p>Increase:</p> <p>Greens</p> <p>Eggs</p> <p>Venison</p> <p>Liver</p> <p>Licorice tea</p>	<p>Magnesium</p> <p>Licorice</p> <p>Ginkgo</p> <p>Lecithin</p>	<p>Moderate physical, with mental balance, such as hiking, biking, tennis, and swimming</p>

Adapted from Peter D'Adamo's *Eat Right for Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight*