

# EATING FOR YOUR BLOOD TYPE

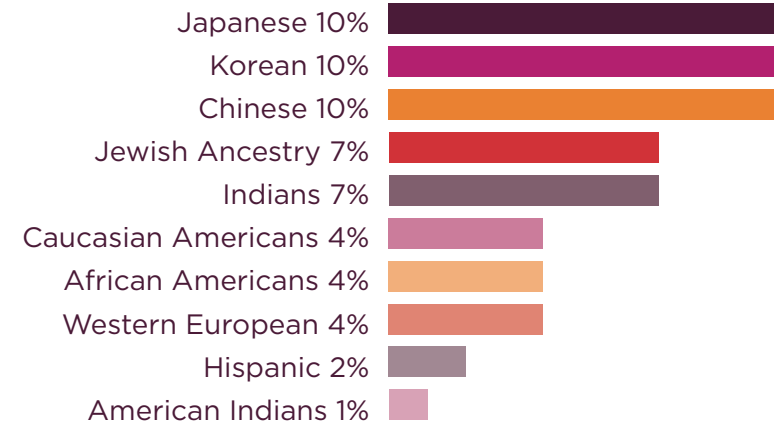
It is believed by some that blood types affect the digestive system, the way you exercise, and your susceptibility to various diseases.

**MODERN**

- Rare
- Enigma
- Mysterious
- Highly sensitive



Blood Type AB is the most recently evolved blood type.



STRENGTH	WEAKNESS	HEALTH RISK	DIET PROFILE	WEIGHT LOSS	SUPPLEMENTS	EXERCISE
<p>Designed for modern life</p> <p>Rugged immune system</p> <p>Combined benefits of Type A and Type B</p> <p>Most adaptable; can morph into anything</p> <p>Can process information quickly</p>	<p>Sensitive digestive tract</p> <p>Tendency for overtolerant immune system that allows for microbial invasion</p> <p>Has trouble feeling understood by society</p>	<p>Heart disease</p> <p>Cancer</p> <p>Anemia</p>	<p>Mixed diet in moderation</p> <p>Meat</p> <p>Seafood</p> <p>Dairy</p> <p>Tofu</p> <p>Beans</p> <p>Legumes</p> <p>Grains</p> <p>Vegetables</p> <p>Fruit</p>	<p>Reduce:</p> <p>Red meat</p> <p>Kidney beans</p> <p>Lima beans</p> <p>Seeds</p> <p>Corn</p> <p>Buckwheat</p> <p>Increase:</p> <p>Tofu</p> <p>Seafood</p> <p>Good quality dairy</p> <p>Greens</p> <p>Kelp</p> <p>Pineapple</p>	<p>Vitamin C</p> <p>Hawthorn</p> <p>Echinacea</p> <p>Valerian</p> <p>Quercitin</p> <p>Milk thistle</p>	<p>Calming, centering exercises, such as yoga or tai chi combined with moderate physical exercises, such as hiking, cycling, and tennis</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*