

EATING FOR YOUR BLOOD TYPE

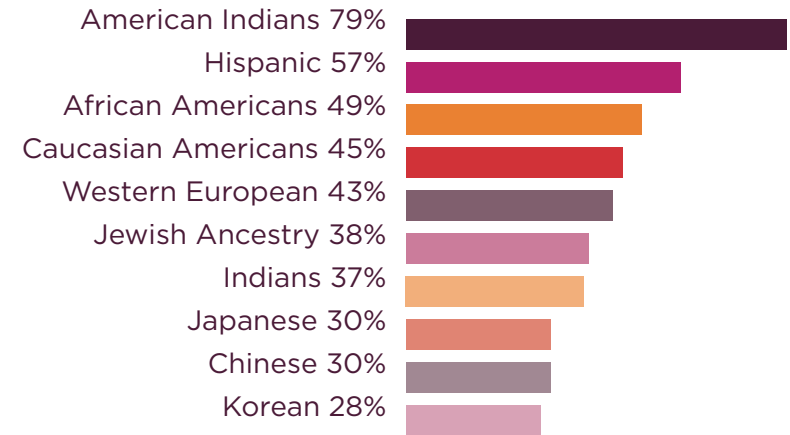
It is believed by some that blood types affect the digestive system, the way you exercise, and your susceptibility to various diseases.

OLD

- Strong
- Hunter
- Leader
- Self-reliant
- Goal-oriented



Blood Type O is most susceptible to wheat and corn allergies.



STRENGTH	WEAKNESS	HEALTH RISK	DIET PROFILE	WEIGHT LOSS	SUPPLEMENTS	EXERCISE
<ul style="list-style-type: none"> Hardy digestive tract Strong immune system Natural defenses against infections Efficient metabolism Shorter small intestines Less chance for cancer 	<ul style="list-style-type: none"> Low tolerance for new diets and new environments Immune system can be over-active and attack itself Baked goods may cause a tired, foggy feeling 	<ul style="list-style-type: none"> Low thyroid Inflammation Arthritis Blood-clotting disorders Ulcers because they get overly acidic 	<ul style="list-style-type: none"> Red meat Strong enzymes to digest meat High protein Vegetables Fruit 	<ul style="list-style-type: none"> Reduce: <ul style="list-style-type: none"> Wheat/Corn Baked goods Kidney beans Lentils Brussels sprouts Cauliflower Mustard Increase: <ul style="list-style-type: none"> Kelp Seafood Salt Liver/Red meat Kale Spinach Broccoli Pineapple 	<ul style="list-style-type: none"> Vitamin A Vitamin K Calcium Iodine Licorice Kelp Coleus Forsolli (This is the herb for type O's who want to be vegetarian but crave meat.) 	<ul style="list-style-type: none"> Intense physical exercise, such as, running, aerobics, contact sports, martial arts, and power yoga

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