

Blood Type and Nutrition

Featuring Kimberly Balas, PhD, ND and Steven Horne, RH(AHG)

Why is Blood Type Important?

- All organisms are equipped with a system which enables their bodies to identify structures that are part of their organism from structures belonging to other organisms
- Blood type is one of the most fundamental methods the body utilizes to separate self from not self
- This is why donated blood has to be compatible
- This ability to determine what is self and what is not self is at the core of our immune function

About Blood Typing

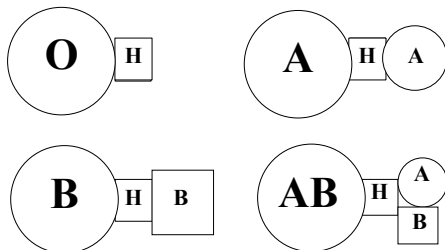
- In 1900, Karl Landsteiner proved that there were four different types of human blood.
- In 1907, Dr. Jan Jansky noted the four blood types that we know today: A, B, O, AB
- Research done by Dr. Peter D'Adamo and his father, Dr. James D'Adamo, has demonstrated there was a strong correlation between a person's blood type (O, A, B or AB) and the foods and supplements they need to consume for optimal health.
- Dr. D'Adamo has widely promoted this concept in several popular books, including *Eat Right for Your Type* and his *Live Right for Your Type*.

Determining Your Blood Type

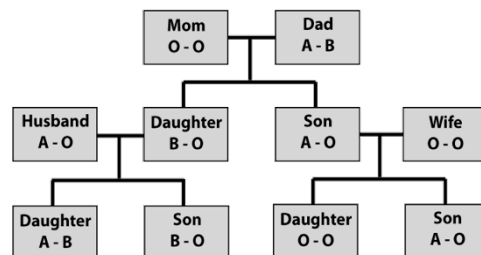
- Simple test kits are available to determine your blood type
- You can also donate blood and ask them what your blood type is when you donate



Blood Type Structures



Genetics




Lectins

- Chemicals found in all foods
- Lectins that are incompatible with one's blood type create negative biochemical reactions
- For starters, they cause agglutination of the blood, meaning they make red blood cells "sticky" so they clump together. This results in a reduction in oxygen supply in the body and lowered immunity
- Lectins can also interfere with protein digestion, block hormones, trigger immune reactions and impair absorption
- Understanding which foods contain lectins compatible with the body and which foods contain lectins that are not is the basis of the blood type diet

Food Choices

- Beneficial—foods/ supplements act like a medicine
- Neutral—foods/ supplements act like a food
- Avoid—foods/ supplements act like a poison



Secretor/Non-Secretor

- Secretors
 - 85% of population
 - Express more of your blood type in your body
 - Wall out the bad guys and kill them outside the body
- Non-secretors
 - Allow germs in and kill them within the blood stream
 - Carries a gene which inhibits them from secreting their ABO blood type in their saliva, semen, etc
 - Distinct link between non-secretors and family histories of alcoholism and diabetes


Dietary Compliance

- Healthy
 - Over age 55 – 80% compliance
 - Under age 55 – 70%
- Imbalanced or diseased
 - 80-90% compliance
- Desiring weight loss
 - 100% compliance



Blood Type Supplements

- In addition to diet each blood type is prone to a unique set of health challenges
- These can be mediated or eliminated through appropriate herbs and supplements



Blood Type O Basics

- Universal donor (can donate blood to all types)
- Carnivorous, hunter-gatherer type
- Oldest and most basic blood type
- Tend to be strong and self-reliant, natural leaders
- Hardy digestive tract
- Strong immune system with natural defenses against infection

O Blood Type O

Strengths	Weaknesses
<ul style="list-style-type: none"> • Strong immunity • Strong digestion, break down fats and proteins easily • Handle stress well in the short term • Thinner blood 	<ul style="list-style-type: none"> • Once overtaxed by stress, they require longer recovery • Can be angry or prone to risky behavior • Can be moody and hyperactive • Poor utilization of carbohydrates

O Blood Type O Diet

Major Avoids	Major Beneficials
<ul style="list-style-type: none"> • Grains (corn, wheat) • Dairy products (A-1 Beta Casein) • Beans (kidney, navy, pinto, lentils) • Nuts/Seeds (cashews, peanuts, pistachios) • Fats/Oils (soy oil, corn oil, peanut oil, black olives) • Other (cauliflower, red and white potatoes, oranges, tangerines) 	<ul style="list-style-type: none"> • Red Meat (beef (grass-finished), buffalo, lamb, venison) • Fish (sea bass, cod, halibut, snapper, yellowtail) • Beans (adzuki, black-eyed peas) • Nuts/Seeds (flax, pumpkin, walnut) • Fats/Oils (flax, olive) • Other (beet greens, Swiss chard, broccoli, kale, cherries, plums)

O Neurotransmitters

- Secrete higher levels of catecholamines (dopamine, ephedrine), which allows them to respond more rapidly to danger
- They also have low levels of MAO, which breaks down catecholamines, which is why they need a longer recovery time from stress
- Issues with these neurotransmitters make them more prone to manic-depressive disorders, bipolar disorder, schizophrenia and ADHD
- L-tyrosine found in red meat (and sprouted wheat) helps balance these neurotransmitters

O Blood Type O and Stress

<ul style="list-style-type: none"> • Produce the least amount of cortisol in response to stress • Susceptible to prolonged stress - adrenal exhaustion • Cholesterol usually runs higher 	<ul style="list-style-type: none"> • Anger management techniques • Intense physical exercise • Minimize monotony • Add high CLA proteins to diet
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- **CoQ10**
 - Helps lower blood pressure, glucose and triglycerides levels.
 - Helps with sluggish liver. Helps to improve HDL cholesterol by helping to keep LDL cholesterol oxidation inhibited. Helps reduce high serum LDL cholesterol.
 - Antioxidant, which helps to reduce the effects of oxidative stress.
 - Helps with maintenance of optimal cellular function that has been impaired by stress.
 - Crucial for energy metabolism.
- **Licorice Root**
 - Provides adaptogens to nourish adrenals and improve prolonged stress response.
 - Reduces cravings for sugar and carbs (foods that create inflammation and oxidized cholesterol)

O Blood Type O

Health Issues	Important Supplements
<ul style="list-style-type: none"> • Hyperactive Immune System <ul style="list-style-type: none"> • Allergies • Inflammatory conditions • Autoimmune diseases • Hashimoto's thyroiditis • Mood swings <ul style="list-style-type: none"> • ADHD • Manic-Depressive • Schizophrenia • Parkinson's 	<ul style="list-style-type: none"> • L-tyrosine • 5-HTP • L-glutamine • B-complex vitamins (especially folic acid) • Trace minerals • Adaptagens • Adrenal Glandular • Larch Tree Bark (arabinogalactin) • Iodine (seaweeds) • Stinging Nettle

A Blood Type A Basics

- Agrarian blood type, cultivators, more vegetarian (need the right types of proteins)
- Settled, co-operative and orderly
- Adapt well to environmental changes
- Sensitive digestive tracts
- Have more difficulty digesting protein, especially red meat
- More vulnerable to microbial invasion

A Blood Type A

Strengths	Weaknesses
<ul style="list-style-type: none"> • Adaptive to change • Preserves and metabolizes nutrients • Creative • Co-operative • Domestic • Organized 	<ul style="list-style-type: none"> • Prone to anxiety • Weak digestion • Reduced immunity • Congestion/Stagnation • OCD

A Cortisol and Stress

- Secrete more cortisol than other blood types giving them a higher base-line stress level
- Also produce more epinephrine in response to stress and has the hardest time breaking it down
- High cortisol contributes to more rapid aging, senility, Alzheimer's and cancer
- This also makes them more prone to anxiety disorders, particularly obsessive-compulsive disorders (OCD). OCD patients show higher levels of cortisol.
- Adaptogens help reduce cortisol levels and can be very beneficial

A Blood Type A Diet

Major Avoids	Major Beneficials
<ul style="list-style-type: none"> • Grain fed Beef • Fish (bass, catfish, grouper, haddock, halibut, oyster, scallop) • Grains (wheat) • Dairy • Nuts/Seeds (Brazil, pistachio) • Other (tomatoes, potatoes, peppers, bananas, oranges) 	<ul style="list-style-type: none"> • Fish (cod, perch, snapper, salmon, sardine, trout) • Grains (amaranth, rye, oat) • Beans (black, pinto, soy, lentils) • Nuts/Seeds (peanut, pumpkin, walnut) • Other (beet greens, broccoli, carrot, onions, Swiss chard, berries, grapefruit, lemon, lime)

A Blood Type A and Stress

<ul style="list-style-type: none"> • Over responds to minor stress • Has an increased cortisol in blood • LDL Inflammatory response usually higher 	<ul style="list-style-type: none"> • Calming exercises (yoga, tai chi) • Meditation and deep breathing • Avoid sleep deprivation • Solitude replenishes
<ul style="list-style-type: none"> • Adaptogens <ul style="list-style-type: none"> • Nourishes circulatory system and protects from oxidative damage • Protects the digestive system from the effects of stress • Helps restore energy levels in an over stressed nervous system • B-Complex <ul style="list-style-type: none"> • Reduces depletion of nutrients due to high cortisol levels and elevated stress response. • Strengthens nervous system and resistance to physical effects of stress. • Controls inflammatory effects of High LDL 	

A Blood Type A Supplements

Health Issues	Important Supplements
<ul style="list-style-type: none"> • Stress <ul style="list-style-type: none"> • Higher cortisol levels • Difficulty handling stress • Prone to anxiety, OCD • Weak digestion • Immune Issues <ul style="list-style-type: none"> • Asthma and allergies • Ear infections in children • Highest cancer risk • Thicker blood • Insulin resistance 	<ul style="list-style-type: none"> • Adaptogens/Adrenals (Eleuthero, licorice, schizandra) • B-Complex (B6, B12) • Digestive enzymes (HCl) • Probiotics • Digestive bitters (gentian, goldenseal) • Co-Q 10

B Blood Type B Basics

- First appeared in India or the Ural region of Asia among a mix of Caucasian and Mongolian tribes
- Inclined to be nomads
- **Balanced, flexible and creative.**
- **Strong immune systems**
- **Readily adapt to dietary and environmental changes**
- **Omnivore type**

B Blood Type B

Strengths	Weaknesses
<ul style="list-style-type: none"> • Strong immune system • Balanced nervous system • Flexible, outgoing • Versatile to dietary change • Good digestion 	<ul style="list-style-type: none"> • Overreactive to stress (hold stress inside) • Difficulty recovering from stress • Lethargy, lack of motivation • Some immune issues with viruses

B Blood Type B Diet

Major Avoids	Major Beneficials
<ul style="list-style-type: none"> • Meat (chicken, duck, quail, pork) • Seafood (clam, crab, lobster, mussels, shrimp, yellowtail) • Beans (black, garbanzo, lentils, mung, soy) • Nuts/Seeds (peanuts, cashews, pistachio) • Grains (corn, wheat, rye) • Other (olives, tomato) 	<ul style="list-style-type: none"> • Meat (goat, lamb, venison) • Seafood (caviar, cod, halibut, salmon, sardine) • Dairy (organic cow milk, goat milk, cottage cheese, yogurt, feta) • Beans (kidney, lima) • Walnuts • Grains (oat, rice) • Other (beet, cabbage, carrot, peppers, yams, papaya, pineapple)

B Blood Type B Notes

- Blood type B (and AB) clear nitric oxide faster than other blood types
- Nitric oxide dilates blood vessels to lower blood pressure
- L-arginine is the precursor to nitric oxide
- Both B and O blood types are more intolerant of carbohydrates and require higher protein intake

B Blood Type B and Stress

<ul style="list-style-type: none"> • More emotionally centered • Sensitive to stress related imbalances • Respond quickly to stress-reducing techniques • Triglycerides tend to run higher 	<ul style="list-style-type: none"> • Visualization and relaxation strategies balanced with exercise • Meditation and deep breathing • Sleep according to light/dark response • Avoid rushing – have a schedule
<ul style="list-style-type: none"> • Lecithin <ul style="list-style-type: none"> • Helps balance cholesterol and triglyceride combustion • Helps produce healthy bile salts to emulsify fats • Reduces blood insulin levels which can damage arteries and cause clots • Magnesium <ul style="list-style-type: none"> • Reduces heart stress and lowers homocysteine levels • Reduces inflammatory processes from stress and helps with irregular heartbeat • Enables better glyceride combustion and increases cellular energy and endurance 	

B Blood Type B Supplements

Health Issues	Important Supplements
<ul style="list-style-type: none"> • Immune Issues <ul style="list-style-type: none"> • Vulnerable to viruses • Autoimmune disorders • Memory loss (Alzheimer's) • Chronic fatigue • Hyperinsulinemia • High blood pressure • Urinary tract infections 	<ul style="list-style-type: none"> • Ginkgo • Bacopa Leaf • B-Complex • Magnesium • L-arginine • Cranberry/Juniper Berry • Lecithin • Elderberry • Astragalus • Eleuthero • Minerals

AB Blood Type AB Basics

- Universal Receiver (can receive all other blood types, but can only donate to other ABs)
- Rarest blood type (less than 4% of the population)
- Combines traits of A and B types
- Stronger immune systems
- Tend to be charismatic and mysterious
- Adaptable for modern conditions

AB Blood Type AB

Strengths	Weaknesses
<ul style="list-style-type: none"> Charismatic Mysterious Adaptable to modern conditions 	<ul style="list-style-type: none"> Overly tolerant immune system Digestive issues (intestinal) Tendency to feel alienated from others Introversion Problems digesting protein and fat

AB Blood Type AB Diet

Major Avoids	Major Beneficials
<ul style="list-style-type: none"> Meat (red meat, pork, chicken) Seafood (clam, crab, lobster, shrimp, oyster, yellowtail) Corn Nuts/Seeds (sunflower, pumpkin) Other (banana, orange, peppers) 	<ul style="list-style-type: none"> Meat (turkey) Seafood (cod, mackerel, salmon, snapper, tuna) Grain (amaranth, rice, oat, spelt) Dairy (goat milk, yogurt, cottage cheese, sour cream) Nuts/Seeds (peanut, walnut) Other (grapes, pineapple, beets, kale, eggplant)

AB Blood Type AB and Stress

<ul style="list-style-type: none"> Stress causes more immediate reaction in inflammation Sensitive to stress related imbalances more like the A type Triglycerides tend to run higher 	<ul style="list-style-type: none"> Diet is extremely important in lowering high glycemic index Meditation, visualization & deep breathing Sleep is important to restore balance Minimize surprise and adrenaline rushes
<ul style="list-style-type: none"> Rhodiola <ul style="list-style-type: none"> Helps with blood quality and supports lymphatic system Reduces the cell mutations associated with cancer Helps the body's ability to repair DNA mutations L-Arginine <ul style="list-style-type: none"> Reduces nitric oxide generation Inhibits proinflammatory cytokines Lowers blood sugar, blood pressure and triglycerides Decreases oxidative stress.* Increases blood flow to the extremities 	

AB Blood Type AB Supplements

Health Issues	Important Supplements
<ul style="list-style-type: none"> Overly tolerant immune system Digestive issues <ul style="list-style-type: none"> Parasites Leaky gut Sensitive digestive systems Prone to colon cancer Hypertension Blood clots Mood disorders like Os 	<ul style="list-style-type: none"> L-tyrosine L-arginine Kudzu Probiotics Rhodiola B-complex vitamins Alpha lipoic acid Yellow Dock L-glutamine

Blood Typing Kits

- Use to determine a person's blood type
- 1 or more kits - \$16.20
- 6 or more kits - \$12.96 - 20% off
- 12 or more kits - \$9.72 - 40% off
- 10% off for orders placed 2/13-2/29



Blood Type and Nutrition Charts

