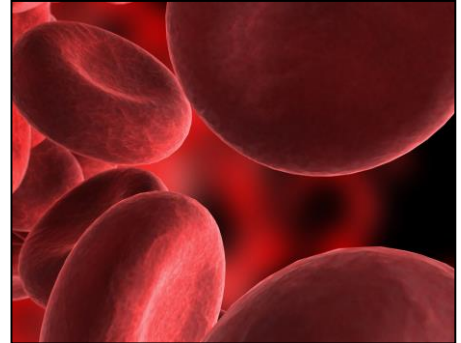




Eating for your Blood Type – B

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



Blood Type B – *Balanced*

- Nomad
- Flexible
- Creative

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:</p> <p>Lou Gehrig's disease</p> <p>Lupus</p> <p>Multiple sclerosis</p>	<p>Omnivore</p> <p>Meat (no chicken)</p> <p>Dairy¹</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</p> <p>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:</p> <p>Hiking</p> <p>Biking</p> <p>Tennis</p> <p>Swimming</p>

Indians 33%, Korean 31%, Chinese 30%, Japanese 22%, African Americans 20%, Jewish 16%, Caucasian Americans 11%, Hispanic 10%, Western European 7%, American Indians 4%

Blood Type B is more likely to naturally tolerate dairy.

¹ When there was no longer sufficient land for agriculture, people shifted to dairy foods.