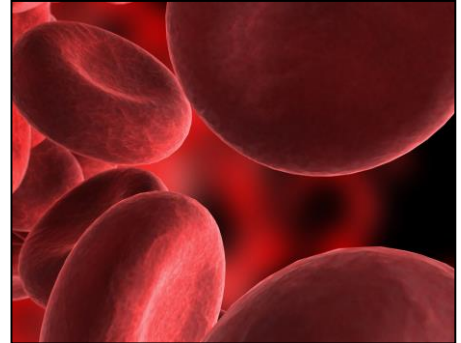




Eating for your Blood Type – AB

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



Blood Type AB – Modern

- Rare
- Enigma
- Mysterious
- Highly sensitive

Strength	Weakness	Health Risk	Diet Profile	Weight Loss	Supplements	Exercise
Designed for modern life Rugged immune system Combined benefits of Type A and Type B	Sensitive digestive tract Tendency for over-tolerant immune system that allows for microbial invasion	Heart disease Cancer Anemia	Mixed diet in moderation Meat Seafood Dairy Tofu Beans Legumes Grains Vegetables Fruit	Reduce: Red meat Kidney beans Lima beans Seeds Corn Buckwheat Increase: Tofu Seafood Good Quality Dairy Greens Kelp Pineapple	Vitamin C Hawthorn Echinacea Valerian Quercetin Milk thistle	Calming, centering exercises, such as: Yoga Tai chi Combined with moderate physical exercises, such as: Hiking Cycling Tennis

Japanese 10%, Korean 10%, Chinese 10%, Jewish 7%, Indians 7%, Caucasian Americans 4%, African Americans 4%, Western European 4%, Hispanic 2%, American Indians 1%

Most recently evolved blood type

Pentium chip; can process information very quickly.

Most adaptable; can morph into anything.

Has trouble feeling understood by society

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