



# all about you

## YOUR BLOOD TYPE AT A GLANCE



### Type A at a Glance

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Strengths	Weaknesses	Medical Risks	Diet Profile	Weight Loss Key	Supplements	Exercise Regimen
Adapts well to dietary and environmental variety System preserves and metabolizes nutrients efficiently	Unable to digest and metabolize meat protein easily Vulnerable immune system, open to microbial invasion	Heart disease Type I and Type II diabetes Cancer Liver and gallbladder disorders	<b>VEGETARIAN</b> Vegetables Tofu Seafood Grains Beans Legumes Fruit	<b>AVOID</b> Meat, Dairy Kidney bean Lima bean Wheat <b>USE</b> Olive oil Soy foods Seafood Vegetables Pineapple	Vitamin B <sub>12</sub> Folic acid Vitamin C Vitamin E Hawthorn Echinacea Quercetin Milk Thistle	Calming, centering exercises such as yoga and Tai Chi

### Inside:

- Type A History
- Type A Digestive Type
- Type A Diet
- Type A Profile
- Managing Type A Stress
- Type A Exercise
- Type A Personality

## Blood Type A Basics:

# What Makes a **Type A** an Individual?

The key to blood type is genetic heritage - the storyline of your life. Even though you are living in the 21st century, you share a common bond with your ancestors. The genetic information that resulted in their particular characteristics has been passed on to you.

People who are A blood type have a different set of characteristics than people who are Type O - they are susceptible to different

diseases, they should eat different foods and exercise in a completely different manner. Some believe that personality is influenced by blood type. Dr. Peter D'Adamo, author of the best selling books *Eat Right for Your Type* and *Live Right for Your Type*, among others, gives us a blueprint for living in his books. Read on to learn more about you as the Type A individual.



## Type A History

The Type A emerges into the 21st century with many more complex challenges than their ancestors could have imagined. The Type A blood group emerged when humans moved away from hunting and procurement to building and growing. The Type A blood initially appeared somewhere in Asia or the Middle East between 25,000 and 15,000 BC in response to new environmental conditions. The key factor in the evolution of Type A can be traced to the struggle for survival long ago, when there was a rapidly dwindling supply of meat. Having exhausted the great game herds of Africa, humans pushed farther out from their ancestral home into Europe and Asia. The cultivation of grains and livestock changed everything. For the first time, people were able to forego the hand to mouth lifestyle of the hunter/gatherer and establish stable communities.

## Your Type A Digestive Type

Over time the adaptations that produced Blood Type A were based on the need to fully utilize nutrients from carbohydrate sources. These biological adaptations can still be observed today in Type A's digestive structure. Low levels of hydrochloric acid in the stomach and high intestinal disaccharide digestive enzyme levels permit the more efficient digestion of carbohydrates. According to Dr. D'Adamo, these are also the very factors, along with low levels of intestinal alkaline phosphatase, that make it difficult for Type As to digest and metabolize animal protein and fat.

## Type A Diet

"When we discuss 'diet,' we are not talking necessarily about a weight loss plan, that's a side benefit to following this plan. We are actually discussing diet in the more traditional sense, meaning a way to eat," explains Dr. D'Adamo. Type As flourish on a vegetarian diet - if you are accustomed to eating meat, you will lose weight and have more energy once you eliminate the toxic foods from your diet. Many people find it difficult to move away from the typical meat and potato fare to soy proteins, grains and vegetables. But it is particularly important for sensitive Type As to eat their foods in as natural a state as possible: pure, fresh and organic. "I can't emphasize enough how this critical dietary adjustment can be to the sensitive immune system of Type A. With this diet you can supercharge your immune system and potentially short circuit the development of life threatening diseases."



## Type A Profile

Many neurochemical factors in the Type A genetic disposition favor a structured, rhythmic, harmonious life, surrounded by a positive, supportive community. The harried pace and increased sense of isolation experienced by so many in today's society often makes these needs difficult to achieve. Type A best exemplifies the powerful interconnections between mind and body. This was vital to the shift away from hunting and procurement to building and growing. However, Type A's more internalized relationship to stress, which served your ancestors well, can be a challenge for the modern Type A. The Blood Type Diet's proactive mix of lifestyle strategies, hormonal equalizers, gentle exercise and specialized dietary guidelines will maximize your overall health; decrease your natural risk factors for cancer, diabetes and cardiovascular disease. The result: high performance, mental clarity, greater vitality and increased longevity.

## Manage Your Type A Stress

In this busy, ever-changing world, it's almost impossible to avoid every day stress. Type As have a naturally high level of the stress hormone cortisol and produce more in response to stressful situations. Cortisol is released in 24-hour patterns, typically in the early morning between six and eight A.M. with a gradual decrease during the day. It helps to cue the body's other cyclical rhythms. Due to the naturally elevated cortisol in type As, additional stress often manifests in several ways; disrupted sleep

*Continued*

# Lifestyle Strategies for Type A

In addition to exercise, stress management and eating the right foods, here are some key lifestyle strategies for Type A individuals.

- ✓ Cultivate creativity and expression in your life
- ✓ Establish a consistent daily schedule
- ✓ Go to bed no later than 11:00 PM and sleep for eight hours or more. Don't linger in bed, as soon as you get up, get going!
- ✓ Take at least two breaks of twenty minutes each during the workday. Stretch, take a walk, do deep breathing exercises or meditate.
- ✓ Don't skip meals
- ✓ Eat more protein at the start of the day, less at the end
- ✓ Don't eat when you are anxious
- ✓ Eat smaller, more frequent meals.
- ✓ Engage in thirty to forty five minutes of calming exercise at least three times a week.
- ✓ Plan regular screening for heart disease and cancer prevention.
- ✓ Always chew food thoroughly to enhance digestion. Low stomach acid makes digestion more difficult.

patterns, daytime brain fog, increased blood viscosity (thickening), muscle loss, and fat gain. In extreme cases in Type As, stress can manifest in more serious ways, causing obsessive-compulsive disorder, insulin resistance and hypothyroidism. To help balance cortisol levels, Dr. D'Adamo recommends that you limit sugar, caffeine and alcohol. Don't skip meals, especially breakfast; eating smaller, more frequent meals will also help to stabilize blood sugar levels. He also points out that the following factors are known to increase cortisol levels and increase mental exhaustion for Type As - be aware and limit your exposure when possible:

- Crowds of people
- Loud noise
- Negative emotions
- Smoking
- Strong smells or perfumes
- Too much sugar and starch
- Overwork
- Violent TV and movies
- Lack of sleep
- Extreme weather conditions (hot or cold)

## Type A Exercise

Heightened cortisol levels make it harder for Type As to recover from stress. Research has demonstrated that overall cortisol levels can be lowered through a regular program of exercises that provide focus and calming effects. Make these activities a regular - and life saving - part of your lifestyle. Dr. D'Adamo recommends Hatha Yoga, Tai Chi, Meditation, and Deep Breathing Exercises. Meditation has been studied for its effects on stress hormones. It was found that after

meditation, serum cortisol levels were significantly reduced. Writes Dr. D'Adamo, "While it's fine for Type As to participate in more intense physical activity when healthy and in good condition, be aware that these forms of exercise do not act as safety valves for stress in your blood type. I have seen Type As excel at weight lifting and aerobic activities, but you have to be careful about not overtraining, as that will actually raise cortisol levels."

## Type A Personality

Blood Type is a marker of individuality - and perhaps of personality as well. In Japan, it has long been believed that Blood Type is an indicator of personality - in fact, you are likely to be asked your blood type in a job interview or while out on a date with a potential mate! In a study conducted by Dr. D'Adamo in 1999, he found some interesting connections between blood type and personality. Type As most often described themselves in ways related to the following characteristics: sensitive to the needs of others, good listeners, detail oriented, analytical, creative and inventive.

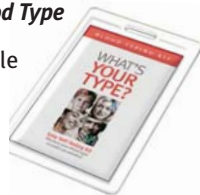


# 4 Simple Steps to Individualized Nutrition

Knowing your blood type can help you make more focused, powerful choices in both your diet and in the supplements you take. You can begin now to experience the benefits of eating Right 4 Your Type.

## Step 1: Discover Your Blood Type

Our self-testing kit is simple and you'll know your blood type within five minutes.



## Step 2: Begin With Your Supplements

The simplest way to begin eating Right 4 Your Type is by replacing those common supplements you use every day with



supplements that are Right 4 Your Type.

If you use ordinary vitamin or mineral supplements,

some commonly used ingredients are not effective for your unique biochemical needs or are harmful to your cells and body. Try Dr. D'Adamo's Individualized Vitamins, Minerals, and Sprouted Greens.

## Dr. D'Adamo's Supplement Solutions for Common Type A Challenges



### Good Foundation:

Start with a good foundation with Basics Pack for Type A.

**Stress Response:** Enhance natural recovery from occasional stress with Dr. 'Adamo's exclusive formula, Cortiguard.



**Support Type A Digestive health:** On page 222 of *Live Right For Your Type*, Dr. D'Adamo writes about Type A and liver/gall bladder



health. The herb Phyllanthus and Milk Thistle are two of three important herbs for supporting optimal liver function and bile production which can be especially important for Blood Type A. These herbs are found in Dr. D'Adamo's Hepatiguard formula.



**Balance Sugar:** Dr. D'Adamo designed his *Glycoscia* formula to support the body's natural ability to maintain healthy blood sugar levels.

**Immune Support:** Dr. D'Adamo's developed his exclusive Helix formula especially for use in his clinic with Type A.

## Step 3: Choose your Guidebooks

Begin with any of Dr. D'Adamo's bestselling guidebooks to *The Blood Type Diet*.®

■ Convenient Shopping Reference:

### R4YT Pocket Food Lists

■ In depth explanations of how the Blood Type Diet works and its origins, with full food lists for all types:

### Eat Right 4 Your Type

and – *Live Right 4 Your Type*

■ Great Recipes R4YT: *Cook Right 4 Your Type*

## Step 4: Start with Two Foods

■ Select at least one food that is Beneficial for your type and add it to your diet.

■ Select one food that is an Avoid food for your type, reduce the amount of that food in your diet and/or replace it with healthier food choices for you.

### Food Replacement Example:

- Type A Avoid: Kidney beans, Red beans
- Neutral Replacement: String beans
- Beneficial Replacement: Black beans, Pinto beans



## Easy Ordering

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