



all about you

YOUR BLOOD TYPE AT A GLANCE



Type AB at a Glance

RARE • VERSATILE • COMPASSIONATE

Strengths	Weaknesses	Medical Risks	Diet Profile	Weight Loss Key	Supplements	Exercise Regimen
<p>Designed for modern conditions</p> <p>Highly tolerant immune system</p> <p>Versatile</p>	<p>Sensitive digestive tract</p> <p>Open to microbial invasion</p>	<p>Heart disease</p> <p>Cancer</p>	<p>MIXED DIET</p> <p>Meat, Fish Dairy, Tofu Beans Legumes Grains Vegetables Fruit</p>	<p>AVOID</p> <p>Chicken Corn Kidney beans Buckwheat</p> <p>USE</p> <p>Tofu Seafood Greens Kelp</p>	<p>Vitamin C</p> <p>Hawthorn</p> <p>Echinacea</p> <p>Valerian</p> <p>Quercetin</p> <p>Milk thistle</p>	<p>Calming, centering exercises such as yoga, combined with moderate exercise, such as cycling and tennis</p>

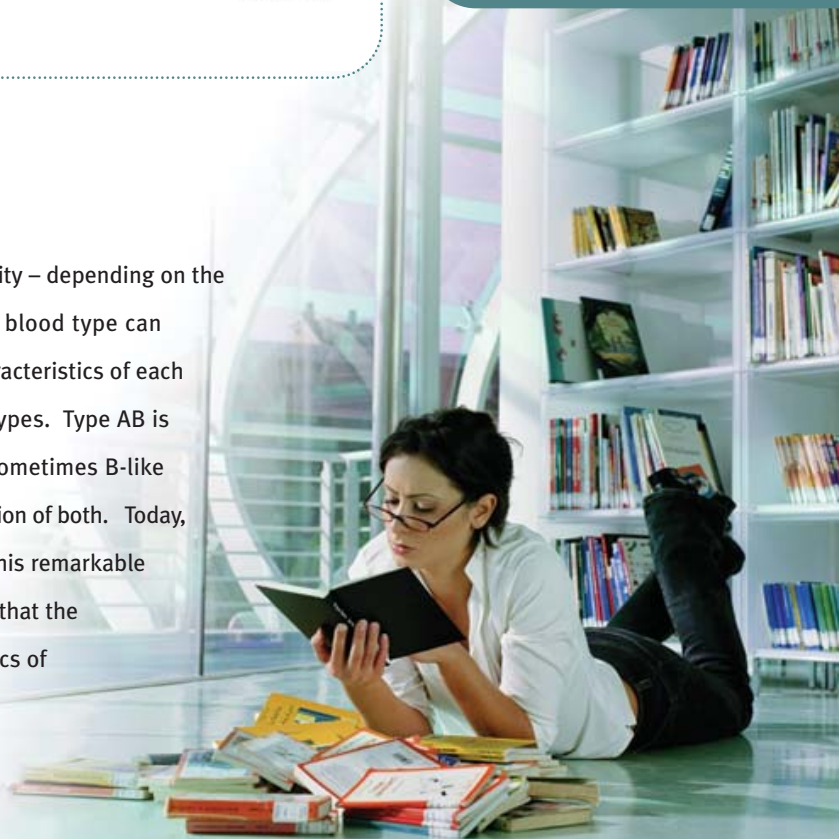
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- Type AB Dietary Basics
- Type AB Stress and Exercise
- Type AB Personality
- Lifestyle Strategies for ABs
- How Type AB Works
- 4 Simple Steps to Individualized Nutrition

AB is for Modern

Type AB blood is rare – it's found in less than five percent of the population. And it is the newest of the blood types. Until ten or twelve centuries ago, there was no Type AB blood type. Type AB resulted from the intermingling of Type A with Type B. Type AB is the only blood type whose existence is the result of intermingling rather than environment. Thus, you share both the benefits and the challenges of both Type A and Type B blood types. Type AB has a unique

chameleon like quality – depending on the circumstances, this blood type can appropriate the characteristics of each of the other blood types. Type AB is sometimes A-like, sometimes B-like and sometimes a fusion of both. Today, as we look back at this remarkable evolution, it is clear that the genetic characteristics of our ancestors live in our blood today.



Your Type AB Digestive Type

Type AB reflects the mixed inheritance of their A and B genes. According to Dr. D'Adamo, "Type AB has Type A's low stomach acid, however, they also have Type B's adaptation to meats. Therefore, you lack enough stomach acid to metabolize them efficiently and the meat you eat tends to get stored as fat". Dr. D'Adamo also recommends smaller, more frequent meals, as they will counteract digestive problems caused by inadequate stomach acid and peptic enzymes. "Your stomach initiates the digestive process with a combination of digestive secretions, and the muscular contractions that mix food with them. When you have low levels of digestive secretions, food tends to stay in the stomach longer." Explains D'Adamo. He also suggests that Type AB pay attention to combining certain foods. For example, you'll digest and metabolize foods more efficiently if you avoid eating starches and proteins in the same meal.

Type AB Dietary Basics

Your Type B propensities cause the same insulin reaction as Type B when you eat lima beans, corn, buckwheat, or sesame seeds." Inhibited insulin production results in hypoglycemia, a lowering of blood sugar after meals and leads to less efficient metabolism of foods. Type AB should avoid caffeine and alcohol, especially when you're in stressful situations. Dr. D'Adamo recommends that Type AB focus on foods such as tofu, seafood, dairy and green vegetables if you

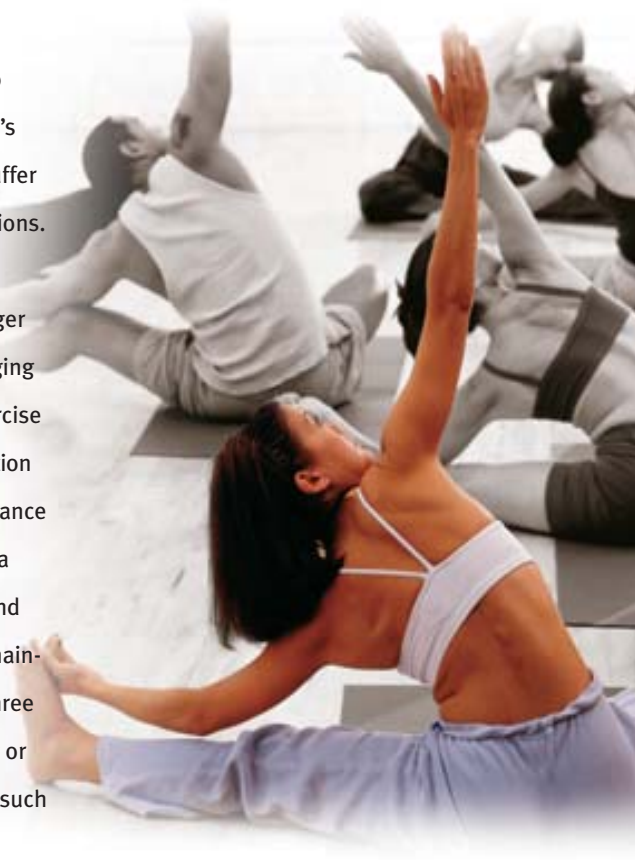
are trying to lose weight. "Avoid all smoked or cured meats. These foods can cause stomach cancer in people with low levels of stomach acid," recommends Dr. D'Adamo. There is a wide variety of seafood for Type AB, and it is an excellent source of protein for Type AB. A few highly beneficial fish are mahi-mahi, red snapper, salmon, sardines, and tuna. Some dairy is also beneficial for Type AB – especially cultured dairy such as Yogurt and kefir.

Type AB Stress and Exercise

Even though people have different capabilities for accommodating stress, we ultimately all have a breaking point. Given enough stressors of a high enough intensity for a long enough period of time, anyone will maladapt. For a Type AB, when it comes to stress hormones, you most resemble Type O in your tendency to overproduce catecholamines like adrenaline. Yet you also have the additional complexity of Type B's rapid clearing of nitrous oxide, so you suffer the physical consequences of high emotions. Your greatest danger is the tendency to internalize your emotions, especially anger and hostility, which is much more damaging to your health than externalizing it. Exercise plays a critical component in stress reduction and maintaining a healthy emotional balance for Type AB. Dr. D'Adamo recommends a combination of both calming activities and more intense physical exercise to help maintain an optimal balance. For example, three days of aerobic exercise such as running or biking and two days of calming exercise such as yoga or tai chi.

Type AB Personality

Type AB often receives mixed messages about emotional health. While you tend to be drawn to other people and are friendly and trusting, there is a side of you that feels alienated from the larger community. At your best, you are intuitive and spiritual, with an ability to look beyond the rigid confines of society. You are passionate in your beliefs, but you also want to be liked by others and this can create conflicts. In an independent study, Type ABs described themselves as emotional, passionate, friendly, trusting and empathetic. Type ABs are considered some of the most interesting of the blood types, both John F. Kennedy and Marilyn Monroe were Type ABs and although both are long gone, they hold a place in our national psyche to this day.



Lifestyle Strategies for Type AB

- ✓ Cultivate your social nature in welcoming environments. Avoid situations that are highly competitive.
- ✓ Avoid ritualistic thinking and fixating on issues, especially those you can't control or influence.
- ✓ Develop a clear plan for goals and tasks – annually, monthly, weekly, daily – to avoid rushing.
- ✓ Make lifestyle changes gradually, rather than trying to tackle everything at once.
- ✓ Engage in forty-five to sixty minutes of aerobic exercise at least twice a week, balanced by daily stretching, meditation or yoga.
- ✓ Engage in a community, neighborhood or other group activity that gives you a meaningful connection to a group.
- ✓ Practice visualization techniques daily
- ✓ Also carve out time alone. Have at least one sport, hobby or activity that you perform independently of others.
- ✓ Break up your workday with some physical activity, especially if your job is sedentary. You'll feel more energized.

How Your Type AB Diet Works

Your blood type is the key to your body's entire immune system, and as such is the essential defining factor in your health profile. Your blood type antigen serves as the guardian at the gate, creating antibodies to ward off dangerous interlopers.

When an antibody encounters the antigen of a microbial invader, a reaction called "agglutination" (literally, "gluing") occurs. The antibody attaches to the viral antigen and makes it very sticky. When cells, viruses, parasites, and bacteria are agglutinated, they stick together and clump up, which makes the job of their disposal all the easier.

But there is much more to the agglutination story. Scientists have learned that many foods agglutinate the cells of certain blood types but not others, meaning that a food that may be harmful to the cells of one blood type may be beneficial to the cells of another.

A chemical reaction occurs between your blood and the foods you eat. This reaction is part of your genetic inheritance. We know this because of a factor called "lectins." Lectins, abundant and diverse proteins found in foods, have agglutinating properties that affect your blood. Lectins are a powerful way for organisms in nature to attach themselves to other organisms in nature. Often, the lectins used by viruses or bacteria can be blood type specific, making them a stickier pest for a person of that blood type. Furthermore, when you eat a food containing protein lectins that are incompatible with your blood type antigen,



the lectins target an organ or bodily system (kidney, liver, brain, stomach, etc.) and begin to agglutinate blood cells in that area. For example, a lectin in lima beans cross-reacts with Type AB blood, targeting digestive enzymes and interfering with insulin production.

The Type AB Diet is a way to restore the natural protective functions of your immune system, reset your metabolic clock, and clear your blood of dangerous agglutinating lectins. Depending on the severity of the condition, and the level of compliance with the plan, every person will realize some benefits from this diet.

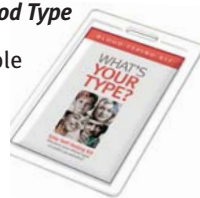
Excerpted in part from Blood Type AB Food, Beverage and Supplemental Lists by Dr. Peter D'Adamo, (C) 2001, Berkley.

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 AB Challenges



Good Foundation: Start with a good foundation with Daily Basics Pack for Type AB. Program includes

Deflect AB Lectin Blocker, PhytoCal AB Multi-Mineral, PolyVite AB Multivitamin, and PolyFlora AB prebiotic/probiotic.

Natural Stress Recovery: Type AB

shares Type O's tendency to over-produce catecholamines like adrenaline. Rhodiola and L-tyrosine are especially beneficial to type AB, found in Dr. D'Adamo's Catechol formula.



In addition, Type AB shares Type B's rapid clearing of nitrous oxide, and research suggests that blood type AB and B may be more at risk for health problems associated with imbalances in nitric oxide metabolism. Consider Dr. D'Adamo's Nitricycle Formula.

Be Heart Healthy: Dr. D'Adamo's Methyl-12 Plus contains two biologically active forms of B-12 with the synergistic co-factor of folate (folic acid) for maxi-



mum bioavailability. As Dr. D'Adamo explains in Live Right 4 Your Type, folic acid can help lower homocystine levels, which can influence type AB susceptibility to cardiovascular disease.



AB Lectin Fighters: In addition to Deflect AB (found in the Basics Pack), Type AB's can help block the actions of dietary lectins by using polysaccharides such as Fucus (in Dr. D'Adamo's Fucus Plus formula); and Larch arabinogalactan (Dr. D'Adamo's exclusive ARA6 formulas.)

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 AB Avoid: Bananas
- Neutral Replacement: Peaches
- Beneficial Replacement: Pineapple, Cherries

Easy Ordering

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