



all about you

YOUR BLOOD TYPE AT A GLANCE



Type B at a Glance

BALANCED • FLEXIBLE • CREATIVE

Strengths

Strong immune system
Versatile adaption to dietary and environmental changes
Balanced nervous system

Weaknesses

No natural weaknesses. However, imbalance causes tendency toward autoimmune disease and rare, slow-growing viruses

Medical Risks

Type I diabetes
Chronic fatigue
Autoimmune diseases: Lou Gehrig's disease, lupus, multiple sclerosis

Diet Profile

BALANCED OMNIVORE
Meat, Dairy
Grains, Fruit
Vegetables
Fish or Seafood
Beans
Legumes

Weight Loss Key

AVOID
Chicken, Corn
Lentil, Peanuts
Sesame seeds
Buckwheat
Wheat
USE
Greens, Eggs
Venison, Liver
Licorice tea

Supplements

Magnesium
Licorice
Ginko biloba
Lecithin

Exercise Regimen

Moderate physical exercise with a mental component, such as hiking, cycling, tennis and swimming

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What Makes Type B an Individual?

Why are some people plagued by poor health while others seem to live healthy, vital lives even late in life? Does blood type influence personality? A single drop of blood contains a biochemical make up as unique as your fingerprint. Your blood type is a genetic key to unlocking the secrets to your biochemical individuality. Foods and supplements contain lectins that interact with your

cells depending on your blood type. This explains why some nutrients which are beneficial to one blood type, may be harmful to the cells of another. Dr. Peter D'Adamo, the author of the best selling books *Eat Right for Your Type* and *Live Right for Your Type* gives Type B's some tips on leading a healthy lifestyle.



B Is for Balance

Blood Type B History

Blood Type B developed sometime between 10,000 and 15,000 B.C. in the area of the Himalayan highlands, now part of present day Pakistan and India. Pushed from the hot, lush savannahs of eastern Africa to the cold highlands of the Himalayan Mountains, Blood type B may have initially mutated in response to climactic changes. This new



blood type moved northward, pursuing a culture dependent upon herding and domesticating animals – as their diet of meat and cultured dairy products reflected.

Of all the ABO types, Type B shows the most clearly defined geographic distribution. Stretching as a great belt across the Eurasian plains and down to the Indian subcontinent, Type B is found in increased numbers from Japan, Mongolia, China and India up to the Ural Mountains. Modern sub continental Indians has some of the highest frequencies of Type B blood in the world. The northern Chinese and Koreans have very high rates of Type B blood and very low rates of Type A.

Type B Profile

As a Type B, you carry the genetic potential for great malleability and the ability to thrive in changeable conditions. Unlike blood types A and O, which are at opposite ends of every spectrum, your position is fluid, rather than stationary, with the ability to move in either direction along the continuum. It's easy to see how this flexibility served the interests of early Type B's who needed to balance the twin forces of the animal and vegetable kingdoms. At the same time, it can be extremely challenging to balance two poles and Type B's tend to be highly sensitive to the effects of slipping out of balance.

The primary challenges that can get in the way of optimum health for Type B include a tendency to produce higher than normal cortisol levels in situations to stress; sensitivity to the B specific lectins in select foods, resulting in inflammation and greater risk for developing Syndrome X; susceptibility to slow growing, lingering viruses – such as those for MS, CFS, and lupus; and a vulnerability to autoimmune diseases. “If I were to generalize,” says Dr. D’Adamo, “I would say that a healthy Type B, living right for his or her own type, tends to have fewer risk factors for disease and tends to be more physically fit and mentally balanced than any of the other blood types.” Type B's tended to have a greater ability to adapt to altitude and interestingly, are statistically the tallest of the blood types.

Type B Diet

For Type Bs the biggest factors in weight gain are corn, wheat, buckwheat, lentils, tomatoes, peanuts and sesame seeds. Each of these foods affect the efficiency of your metabolic process, resulting in fatigue, fluid retention, and hypoglycemia – a severe drop in blood sugar after eating a meal. When you eliminate these foods and begin eating a diet that is right for your type, your blood sugar levels should remain normal after meals. Another very common food that most Type Bs should avoid is chicken. Chicken contains a Blood Type B agglutinating lectin in its muscle tissue. Although chicken is a lean meat, the issue is the power of an agglutinating lectin attacking your bloodstream and the potential for it to lead to strokes and immune disorders. Dr. D’Adamo suggests that you wean yourself away from chicken and replace them with highly beneficial foods such as goat, lamb, mutton, rabbit and venison. Other foods that encourage weight loss are green vegetables, eggs, beneficial meats and low fat dairy. When the toxic foods are avoided and replaced with beneficial foods, Blood Type Bs are very successful in controlling their weight.

Handling Type B Stress

When it comes to hormones, type B is closer to type A, producing somewhat higher levels of cortisol. When a Type B is out of balance, this manifests in overreaction to stress, difficulty in recovering from stress, disrupted sleep patterns, daytime brain fog, disruption to GI friendly bacteria, and suppressed

Lifestyle Strategies for Type B

Here are Dr. D'Adamo's key lifestyle strategies for Type Bs:

- ✓ Visualization is a powerful technique for Type Bs. If you can visualize it, you can achieve it.
- ✓ Find healthy ways to express your nonconformist side.
- ✓ Spend at least twenty minutes a day involved in some creative task that requires your complete attention.
- ✓ Go to bed no later than 11:00 PM and sleep for eight hours or more. It is essential for B's to maintain their circadian rhythm.
- ✓ Use meditation to relax during breaks
- ✓ Engage in a community, neighborhood or other group activity that gives you a meaningful connection to a group. Type Bs are natural born networkers.
- ✓ Be spontaneous.
- ✓ As they age, Type Bs have a tendency to suffer memory loss and have decreased mental acuity. Stay sharp by doing tasks that require concentration, such as crossword puzzles or learn a new skill or language.

immune function. This leads to increased risks for depression, insulin resistance, and hypothyroidism, and high stress can further exacerbate virtually all health challenges.

The Nitric Oxide (NO) molecule also has implications for Blood Type B's stress response and ability to recover quickly from stress. NO has emerged as an important substance capable of modifying many biological processes – including the nervous system and the immune system. Nitric Oxide functions as a kind of mediator of certain types of neurons in the central nervous system. Unlike the other neurotransmitters, such as dopamine and serotonin, NO does not bind to specific sites on the cell, but rather is infused into the cell and works directly at the biochemical level, making it a “rapid response” neurotransmitter. NO also seems to be involved in the regulation of the endorphins produced in the brain. The ability to rapidly clear NO can be highly beneficial to the cardiovascular system, but it also has implications for the activity of neurotransmitters, enabling faster recovery of stress. Scientists found that patients who possessed the Type B antigen appeared to clear NO more rapidly than do people of other blood types – the scientists had no clue as to why this might be, however, one of the possible answers lies right next to the ABO gene, as the gene that influences the ability to modulate Arginine conversion to NO is right next to the gene that codes for blood type. Dr. D'Adamo has observed that type B's have a wonderful gift to be able to gain physiological relief from stress and maintain emotional balance through the utilization of mental processes such as visualization and meditation.

Type B Exercise

To maintain the mind/body balance that is unique to Type B's, Dr. D'Adamo recommends that you choose physical exercise that challenges your mind as well as your body. Type Bs need to balance meditative activities with more intense physical exercise. “You tend to do best with activities that are not too aerobically intense, have an element of mental challenge and involve other people.” Says Dr. D'Adamo. Excellent forms of exercise for Type B's include tennis, martial arts, cycling, hiking and golf.

Type B Personality

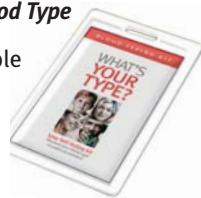
The connection between blood type and personality has long been studied in Japan and Europe. In an independent study, Dr. D'Adamo found that most Blood Type B's often described themselves in ways related to the following characteristics: subjective, easygoing, creative, original and flexible. In another study, Type B's scored significantly higher on “intuiting,” indicating a preference for sixth sense information; and they scored high on the “intuiting/feeling” combination, indicating that they tend to be insightful, mystical, idealistic, creative, globally-oriented, people-oriented and good at imagining. They also reported that they learned best through listening, then reflecting on and interpreting what they had observed. Perhaps the nomadic life of the steppes contributed to long hours given over to talk as well as ample time for meditation and reflection.

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 B Challenges

Good Foundation: Start with a good foundation with Basics Pack for Type B.



Stress Response & Mental Clarity:

Enhance natural recovery from occasional stress & maintain mental clarity with Dr. D'Adamo's exclusive formulas, Nitricycle for N.O. balance; and Cortiguard, developed to help the body balance its cortisol response.

Boost Metabolism: Dr. D'Adamo writes that Type B's ability to assimilate calcium so efficiently can put them at risk for Magnesium deficiency, and that there may be a correlation between Type B's who are overweight and magnesium deficiency. Phytocal for Type B is found in Type B Basics Pack.



Preventative Medicine: Dr. D'Adamo calls immunity the 'Achilles' Heel' of the unbalanced Type B - especially bacterial and viral infections, and recommends regular supplementation with Elderberry, which you can find in his ProBerry 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 B Avoid: Wheat
- Neutral Replacement: Spelt, Rice Breads
- Beneficial Replacement: Sprouted Essene Bread, Rice Cakes

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