Blood Type and Nutrition
Featuring Kimberly Balas, PhD, ND and Steven Horne, RH(AHG)

Why is Blood Type Important?
• All organisms are equipped with a system which enables their bodies to identify structures that are part of their organism from structures belonging to other organisms
• Blood type is one of the most fundamental methods the body utilizes to separate self from not self
• This is why donated blood has to be compatible
• This ability to determine what is self and what is not self is at the core of our immune function

About Blood Typing
• In 1900, Karl Landsteiner proved that there were four different types of human blood.
• In 1907, Dr. Jan Jansky noted the four blood types that we know today: A, B, O, AB
• Research done by Dr. Peter D’Adamo and his father, Dr. James D’Adamo, has demonstrated there was a strong correlation between a person’s blood type (O, A, B or AB) and the foods and supplements they need to consume for optimal health.
• Dr. D’Adamo has widely promoted this concept in several popular books, including Eat Right for Your Type and his Live Right for Your Type.
Determining Your Blood Type

- Simple test kits are available to determine your blood type
- You can also donate blood and ask them what your blood type is when you donate

Blood Type Structures

- O
- A
- B
- AB

Genetics

- Mom: O - O
- Dad: A - B
- Husband: A - O
- Daughter: B - O
- Son: A - O
- Wife: O - O
- Daughter: A - B
- Son: B - O
- Daughter: O - O
- Son: A - O
Lectins

- Chemicals found in all foods
- Lectins that are incompatible with one’s blood type create negative biochemical reactions
- For starters, they cause agglutination of the blood, meaning they make red blood cells “sticky” so they clump together. This results in a reduction in oxygen supply in the body and lowered immunity
- Lectins can also interfere with protein digestion, block hormones, trigger immune reactions and impair absorption
- Understanding which foods contain lectins compatible with the body and which foods contain lectins that are not is the basis of the blood type diet

Food Choices

- Beneficial—foods/supplements act like a medicine
- Neutral—foods/supplements act like a food
- Avoid—foods/supplements act like a poison

Secretor/Non-Secretor

- Secretors
  - 85% of population
  - Express more of your blood type in your body
  - Wall out the bad guys and kill them outside the body
- Non-secretors
  - Allow germs in and kill them within the blood stream
  - Carries a gene which inhibits them from secreting their ABO blood type in their saliva, semen, etc
  - Distinct link between non-secretors and family histories of alcoholism and diabetes
Dietary Compliance
- Healthy
  - Over age 55 – 80% compliance
  - Under age 55 – 70%
- Imbalanced or diseased
  - 80-90% compliance
- Desiring weight loss
  - 100% compliance

Blood Type Supplements
- In addition to diet, each blood type is prone to a unique set of health challenges
- These can be mediated or eliminated through appropriate herbs and supplements

Blood Type O Basics
- Universal donor (can donate blood to all types)
- Carnivorous, hunter-gatherer type
- Oldest and most basic blood type
- Tend to be strong and self-reliant, natural leaders
- Hardy digestive tract
- Strong immune system with natural defenses against infection
Blood Type O

Strengths
• Strong immunity
• Strong digestion, break down fats and proteins easily
• Handle stress well in the short term
• Thinner blood

Weaknesses
• Once overtaxed by stress, they require longer recovery
• Can be angry or prone to risky behavior
• Can be moody and hyperactive
• Poor utilization of carbohydrates

Blood Type O Diet

Major Avoids
• Grains (corn, wheat)
• Dairy products (A-1 Beta Casein)
• Beans (kidney, navy, pinto, lentils)
• Nuts/Seeds (cashews, peanuts, pistachios)
• Fats/Oils (soy oil, corn oil, peanut oil, black olives)
• Other (cauliflower, red and white potatoes, oranges, tangerines)

Major Beneficials
• Red Meat (beef (grass-finished), buffalo, lamb, venison)
• Fish (sea bass, cod, halibut, snapper, yellowtail)
• Beans (adzuki, black-eyed peas)
• Nuts/Seeds (flax, pumpkin, walnut)
• Fats/Oils (flax, olive)
• Other (beet greens, Swiss chard, broccoli, kale, cherries, plums)

Neurotransmitters
• Secrete higher levels of catecholamines (dopamine, ephinipherine), which allows them to respond more rapidly to danger
• They also have low levels of MAO, which breaks down catecholamines, which is why they need a longer recovery time from stress
• Issues with these neurotransmitters make them more prone to manic-depressive disorders, bipolar disorder, schizophrenia and ADHD
• L-tyrosine found in red meat (and sprouted wheat) helps balance these neurotransmitters
Blood Type O and Stress

- Produce the least amount of cortisol in response to stress
- Susceptible to prolonged stress - adrenal exhaustion
- Cholesterol usually runs higher

Anger management techniques
- Intense physical exercise
- Minimize monotony
- Add high CLA proteins to diet

CoQ10
- Helps lower blood pressure, plaque and triglycerides levels.
- Helps with sluggish liver. Helps to improve HDL cholesterol by helping to keep LDL cholesterol oxidation inhibited. Helps reduce high serum LDL cholesterol.

- Antioxidant, which helps to reduce the effects of oxidative stress.
- Helps with maintenance of optimal cellular function that has been impaired by stress.

Licorice Root
- Provides adaptogens to nourish adrenals and improve prolonged stress response.
- Reduces cravings for sugar and carbs (foods that create inflammation and oxidized cholesterol).

Blood Type O

Health Issues
- Hyperactive Immune System
- Allergies
- Inflammatory conditions
- Autoimmune diseases
- Hashimoto's thyroiditis
- Mood swings
  - ADHD
  - Manic-Depressive
  - Schizophrenia
  - Parkinson's

Important Supplements
- L-tyrosine
- 5-HTP
- L-glutamine
- B-complex vitamins (especially folic acid)
- Trace minerals
- Adaptagens
- Adrenal Glandular
- Larch Tree Bark (arabinogalactin)
- Iodine (seaweeds)
- Stinging Nettle

Blood Type A Basics

- Agrarian blood type, cultivators, more vegetarian (need the right types of proteins)
- Settled, co-operative and orderly
- Adapt well to environmental changes
- Sensitive digestive tracts
- Have more difficulty digesting protein, especially red meat
- More vulnerable to microbial invasion
## Blood Type A

**Strengths**
- Adaptive to change
- Preserves and metabolizes nutrients
- Creative
- Co-operative
- Domestic
- Organized

**Weaknesses**
- Prone to anxiety
- Weak digestion
- Reduced immunity
- Congestion/Stagnation
- OCD

## Cortisol and Stress
- Secrete more cortisol than other blood types giving them a higher base-line stress level
- Also produce more epinephrine in response to stress and has the hardest time breaking it down
- High cortisol contributes to more rapid aging, senility, Alzheimer's and cancer
- This also makes them more prone to anxiety disorders, particularly obsessive-compulsive disorders (OCD). OCD patients show higher levels of cortisol.
- Adaptogens help reduce cortisol levels and can be very beneficial

## Blood Type A Diet

<table>
<thead>
<tr>
<th>Major Avoids</th>
<th>Major Beneficials</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Grain fed Beef</td>
<td>- Fish (cod, perch, snapper, salmon, sardine, trout)</td>
</tr>
<tr>
<td>- Fish (bass, catfish, grouper, haddock, halibut, oyster, scallop)</td>
<td>- Grains (amaranth, rye, oat)</td>
</tr>
<tr>
<td>- Grains (wheat)</td>
<td>- Beans (black, pinto, soy, lentils)</td>
</tr>
<tr>
<td>- Dairy</td>
<td>- Nuts/Seeds (peanut, pumpkin, walnut)</td>
</tr>
<tr>
<td>- Nuts/Seeds (Brazil, pistachio)</td>
<td>- Other (beet greens, broccoli, carrot, onions, Swiss chard, berries, grapefruit, lemon, lime)</td>
</tr>
</tbody>
</table>
Blood Type A and Stress

- Over responds to minor stress
- Has an increased cortisol in blood
- LDL Inflammatory response usually higher
- Calming exercises (yoga, tai chi)
- Meditation and deep breathing
- Avoid sleep deprivation
- Solitude replenishes
- Adaptagens
  - Nourishes circulatory system and protects from oxidative damage
  - Protects the digestive system from the effects of stress
  - Helps restore energy levels in an over stressed nervous system
- B-Complex
  - Reduces depletion of nutrients due to high cortisol levels and elevated stress response.
  - Strengthens nervous system and resistance to physical effects of stress.
  - Controls inflammatory effects of High LDL

Blood Type A Supplements

**Health Issues**
- Stress
  - Higher cortisol levels
  - Difficulty handling stress
  - Prone to anxiety, OCD
- Weak digestion
- Immune Issues
  - Asthma and allergies
  - Ear infections in children
  - Highest cancer risk
- Thicker blood
- Insulin resistance

**Important Supplements**
- Adaptagens/Adrenals (Eleuthero, licorice, schizandra)
- B-Complex (B6, B12)
- Digestive enzymes (HCl)
- Probiotics
- Digestive bitters (gentian, goldenseal)
- Co-Q 10

Blood Type B Basics

- First appeared in India or the Ural region of Asia among a mix of Caucasian and Mongolian tribes
- Inclined to be nomads
- Balanced, flexible and creative.
- Strong immune systems
- Readily adapt to dietary and environmental changes
- Omnivore type
Blood Type B

**Strengths**
- Strong immune system
- Balanced nervous system
- Flexible, outgoing
- Versatile to dietary change
- Good digestion

**Weaknesses**
- Overreactive to stress (hold stress inside)
- Difficulty recovering from stress
- Lethargy, lack of motivation
- Some immune issues with viruses

Blood Type B Diet

**Major Avoids**
- Meat (chicken, duck, quail, pork)
- Seafood (clam, crab, lobster, mussels, shrimp, yellowtail)
- Beans (black, garbanzo, lentils, mung, soy)
- Nuts/Seeds (peanuts, cashews, pistachio)
- Grains (corn, wheat, rye)
- Other (olives, tomato)

**Major Beneficials**
- Meat (goat, lamb, venison)
- Seafood (caviar, cod, halibut, salmon, sardine)
- Dairy (organic cow milk, goat milk, cottage cheese, yogurt, feta)
- Beans (kidney, lima)
- Walnuts
- Grains (oat, rice)
- Other (beet, cabbage, carrot, peppers, yams, papaya, pineapple)

Blood Type B Notes

- Blood type B (and AB) clear nitric oxide faster than other blood types
- Nitric oxide dilates blood vessels to lower blood pressure
- L-arginine is the precursor to nitric oxide
- Both B and O blood types are more intolerant of carbohydrates and require higher protein intake
Blood Type B and Stress

- More emotionally centered
- Sensitive to stress-related imbalances
- Respond quickly to stress-reducing techniques
- Triglycerides tend to run higher

- Visualization and relaxation strategies balanced with exercise
- Meditation and deep breathing
- Sleep according to light/dark response
- Avoid rushing – have a schedule

- Lecithin
  - Helps balance cholesterol and triglyceride combustion
  - Helps produce healthy bile salts to emulsify fats
  - Reduces blood insulin levels which can damage arteries and cause clots

- Magnesium
  - Reduces heart stress and lowers homocysteine levels
  - Reduces inflammatory processes from stress and helps with irregular heartbeat
  - Enables better glyceride combustion and increases cellular energy and endurance

Blood Type B Supplements

<table>
<thead>
<tr>
<th>Health Issues</th>
<th>Important Supplements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immune Issues</td>
<td>Ginkgo</td>
</tr>
<tr>
<td>- Vulnerable to viruses</td>
<td>Bacope Leaf</td>
</tr>
<tr>
<td>- Autoimmune disorders</td>
<td>B-Complex</td>
</tr>
<tr>
<td>Memory loss (Alzheimer’s)</td>
<td>Magnesium</td>
</tr>
<tr>
<td>Chronic fatigue</td>
<td>L-arginine</td>
</tr>
<tr>
<td>Hyperinsulinemia</td>
<td>Cranberry/Juniper Berry</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>Lecithin</td>
</tr>
<tr>
<td>Urinary tract infections</td>
<td>Elderberry</td>
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<tr>
<td></td>
<td>Astragalus</td>
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<tr>
<td></td>
<td>Eleuthero</td>
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<td></td>
<td>Minerals</td>
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Blood Type AB Basics

- Universal Receiver (can receive all other blood types, but can only donate to other ABs)
- Rarest blood type (less than 4% of the population)
- Combines traits of A and B types
- Stronger immune systems
- Tend to be charismatic and mysterious
- Adaptable for modern conditions
# AB Blood Type AB

## Strengths
- Charismatic
- Mysterious
- Adaptable to modern conditions

## Weaknesses
- Overly tolerant immune system
- Digestive issues (intestinal)
- Tendency to feel alienated from others
- Introversion
- Problems digesting protein and fat

## Blood Type AB Diet

### Major Avoids
- Meat (red meat, pork chicken)
- Seafood (clam, crab, lobster, shrimp, oyster, yellowtail)
- Corn
- Nuts/Seeds (sunflower, pumpkin)
- Other (banana, orange, peppers)

### Major Beneficials
- Meat (turkey)
- Seafood (cod, mackerel, salmon, snapper, tuna)
- Grain (amaranth, rice, oat, spelt)
- Dairy (goat milk, yogurt, cottage cheese, sour cream)
- Nuts/Seeds (peanut, walnut)
- Other (grapes, pineapple, beets, kale, eggplant)

## Blood Type AB and Stress
- Stress causes more immediate reaction in inflammation
- Sensitive to stress-related imbalances more like the A type
- Triglycerides tend to run higher

### Diet
- Diet is extremely important in lowering high glycemic index
- Meditation, visualization & deep breathing
- Sleep is important to restore balance
- Minimize surprise and adrenaline rushes

### Supplements
- Rhodiola
  - Helps with blood quality and supports lymphatic system
  - Reduces the cell mutations associated with cancer
  - Helps the body’s ability to repair DNA mutations
- L-Arginine
  - Reduces nitric oxide generation
  - Inhibits proinflammatory cytokines
  - Lowers blood sugar, blood pressure and triglycerides
  - Decreases oxidative stress
  - Increases blood flow to the extremities
- **Note:** These supplements are not substitutes for professional medical advice.
**Blood Type AB Supplements**

<table>
<thead>
<tr>
<th>Health Issues</th>
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<tr>
<td>Overly tolerant immune system</td>
<td>L-tyrosine</td>
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<td>Digestive issues</td>
<td>L-arginine</td>
</tr>
<tr>
<td>Parasites</td>
<td>Kudzu</td>
</tr>
<tr>
<td>Leaky gut</td>
<td>Probiotics</td>
</tr>
<tr>
<td>Sensitive digestive systems</td>
<td>Rhodiola</td>
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<tr>
<td>Prone to colon cancer</td>
<td>B-complex vitamins</td>
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<tr>
<td>Hypertension</td>
<td>Alpha lipoic acid</td>
</tr>
<tr>
<td>Blood clots</td>
<td>Yellow Dock</td>
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<tr>
<td>Mood disorders like Os</td>
<td>L-glutamine</td>
</tr>
</tbody>
</table>

**Blood Typing Kits**

- Use to determine a person's blood type
- 1 or more kits - $16.20
- 6 or more kits - $12.96 - 20% off
- 12 or more kits - $9.72 - 40% off
- 10% off for orders placed 2/13-2/29

**Blood Type and Nutrition Charts**
Chart Information

- Charts help a person learn to eat healthy
- Information includes:
  - Beneficial, neutral and avoids for blood type
  - Acid/Alkaline Information
  - Information for “Zoning” the diet (balancing fat, protein and carbohydrate intake)
- Also includes description of the blood type and helpful supplements on the reverse

Blood Type Charts & Tablets

- Individual Laminated Charts (O, A, B or AB)
  - Old Price $15 ea.
  - New Price $12 ea.
  - Sale Price $10 ea.
  - 4 or more $9.60 ea.

- Tablets of 25 Charts (O, A, B or AB)
  - Old Price $50
  - New Price $40
  - 3 or more $32
  - 6 or more $28

Order at www.tree-lite.com or 800-410-2887
On sale from 2/13 - 2/29

Question and Answer Time