Blood Type and Nutrition
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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

Genetics
**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)

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

• CoQ10
  • Helps lower blood pressure, glucose and triglycerides levels.
  • Helps with atherosclerosis. 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.
  • Crucial for energy metabolism.

• Licorice Root
  • Provides adaptogens to nourish adrenals and improve prolonged stress response.
  • Helps reduce 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

Blood Type O Important Supplements

• L-tyrosine
• 5-HTP
• L-glutamine
• B-complex vitamins (especially folic acid)
• Trace minerals
• Adaptagens
• Adrenal Glandular
• Larch Tree Bark
• Arabinogalactan
• 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

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 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

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**Blood Type A Diet**

**Major Avoids**
- Grain fed Beef
- Fish (bass, catfish, grouper, haddock, halibut, oyster, scallop)
- Grains (wheat)
- Dairy
- Nuts/Seeds (Brazil, pistachio)
- Other (tomatoes, potatoes, peppers, bananas, oranges)

**Major Beneficials**
- Fish (cod, perch, snapper, salmon, sardine, trout)
- Grains (amaranth, rye, oat)
- Beans (black, pinto, soy, lentils)
- Nuts/Seeds (peanut, pumpkin, walnut)
- Other (beet greens, broccoli, carrot, onions, Swiss chard, berries, grapefruit, lemon, lime)

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**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
- 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

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**Blood Type A Supplements**

**Health Issues**
- Stress
- Higher cortisol levels
- 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

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**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)
- Nuts (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

**Important Supplements**
- 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 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
### 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)

### Blood Type AB and Stress

- Stress causes more immediate reactions in inflammation
- Sensitive to stress related imbalances more like the A type
- Triglycerides tend to run higher

**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 pro-inflammatory cytokines
- Lowers blood sugar blood pressure and triglycerides
- Decreases oxidative stress
- Increases blood flow to the extremities

### Blood Type AB Supplements

**Health Issues**
- Overly tolerant immune system
- Digestive issues
- Leaky gut
- Sensitive digestive systems
- Prone to colon cancer
- Hypertension
- Blood clots
- Mood disorders like Os

**Important Supplements**
- L-tyrosine
- L-arginine
- Kudzu
- Probiotics
- Rhodiola
- B-complex vitamins
- Alpha lipoic acid
- Yellow Dock
- L-glutamine

### 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.treeelite.com or 800-416-2887
On sale from 2/13 - 2/29

Question and Answer Time