

Type A

“THE CULTIVATOR”

Type A Blood initially appeared somewhere in Asia or the Middle East between 25,000 and 15,000 B.C. in response to new environmental conditions. Agriculture and animal domestication were the hallmarks of its culture. People were able to forgo their hand-to-mouth existence and sustain themselves for the first time. This radically different lifestyle, and a major change in diet and environmental, resulted in an entirely new mutation in the digestive tracts and the immune systems that allowed them to better tolerate and absorb cultivated grains and other agriculture products. The early Type A's had to be clever, sensitive, passionate, and very smart to meet the challenges of a more complex life. But all of these qualities had to exist within a framework. That may be the reason why Type A's, even today, tend to have more tightly wired systems.

<u>Strengths</u>	<u>Weaknesses</u>	<u>Supplements</u>	<u>Exercise Regimen</u>
Domesticated, Cultivators, More Vegetarian Lifestyle, Adapts to Change Well, Preserves and Metabolizes Nutrients Easily, Cooperative & Creative	Anemia, Prone to Anxiety, Sensitive Digestive System, Vulnerable Immune System to Microbial Invasion, High Cholesterol, Very Reactive to Stress, Ear Infections in Children, Prone to Cancers	Probiotic Eleven, Iodoral, Love & Peas Veggie Protein, Life's Fortune Multi-Mineral, Food Enzymes & PDA, Adrenal Support, Nutri-Calm, Intestinal Soothe & Build	Calming, Centering Exercise: Yoga, Tai Chi, Golf, Brisk Walking, Swimming, Low-Impact Aerobics, Stretching, Marital Arts

<u>FOODS THAT ENCOURAGE WEIGHT LOSS</u>	<u>FOODS THAT ENCOURAGE WEIGHT GAIN</u>
<p>VEGETABLE OILS: Aid Efficient Digestion, Prevent Fluid Retention</p> <p>SOY FOODS: Aid Efficient Digestion, Metabolize Quickly</p> <p>VEGETABLES: Aid Efficient Metabolism, Increase Intestinal Mobility</p> <p>PINEAPPLE: Increases Calorie Utilization, Increases Intestinal Mobility</p>	<p>WHEAT (in overabundance): Inhibits Insulin Efficiency</p> <p>KIDNEY or LIMA BEANS: Interfere with Digestive Enzymes, Slows Metabolic Rate</p> <p>DAIRY: Inhibits Proper Nutrient Metabolism</p> <p>MEATS: Poorly Digested, Stored as Fat, Increases Digestive Toxins</p>

	BENEFICIAL A food that acts like a Herbal Supplement	NEUTRAL A food that acts like a Food	AVOID - STAY AWAY!!! A food that acts like a POISON!
MEATS & POULTRY	NONE!	Chicken, Cornish Hen, Turkey	Bacon, Beef, Buffalo, Duck, Goose, Ham, Heart, Lamb, Liver, Mutton, Partridge, Pheasant, Pork, Rabbit, Veal, Venison, Quail
SEAFOOD	Carp, Cod, Grouper, Mackerel, Monkfish, Pickerel, Red Snapper, Rainbow Trout, Salmon, Sardine, Sea Trout, Silver Perch, Snail, Whitefish, Yellow Perch	Abalone, Albacore Tuna, Mahi-Mahi, Ocean Perch, Pike, Porgy, Sailfish, Sea Bass, Shark, Smelt, Snapper, Sturgeon, Swordfish, Weakfish, White Perch, Yellowtail	Anchovy, Barracuda, Beluga, Bluefish, Bluegill Bass, Catfish, Caviar, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Haddock, Halibut, Fresh or Pickled Herring, Smoked Salmon, Mussels, Octopus, Oysters, Scallops, Shrimp, Squid, Turtle
DAIRY & EGGS	Soy Cheese*, Soy Milk* *Good Dairy Alternative	Goat Milk, Kefir, Yogurt, Yogurt with Fruit, Frozen Yogurt CHEESES: Farmer, Feta, Goat, Mozzarella, Ricotta, String Cheese EGGS: per week, by ancestry: African 1-3 Caucasian 1-3 Asian 1-3	Butter, Buttermilk, Ice Cream, Skim Milk, 2% Milk, Whey, Whole Milk CHEESES: American, Blue, Brie, Camembert, Cheddar, Colby, Cottage Cheese, Cream Cheese, Edam, Emmenthal, Gouda, Gruyere, Monterey Jack, Munster, Parmesan, Provolone, Neufchatel, Swiss
OILS & FATS	Flaxseed (linseed), Olive	Canola, Cod Liver	Corn, Cottonseed, Peanut, Safflower, Sesame
NUTS & SEEDS	Peanuts, Peanut Butter, Pumpkin Seeds	Almond Butter, Poppy Seeds, Sesame Butter (tahini), Sesame Seeds, Sunflower Butter, Sunflower Seeds NUTS: Almonds, Chestnuts, Hickory, Macadamia, Pine Nuts, Walnuts	NUTS: Brazil, Cashew, Pistachios

	BENEFICIAL A food that acts like a Herbal Supplement	NEUTRAL A food that acts like a Food	AVOID - STAY AWAY!!! A food that acts like a POISON!
BEANS & LEGUMES	Black-Eyed Peas BEANS: Aduke, Azuki, Black, Green, Pinto, Red Soy LENTILS: Domestic, Green, Red	BEANS: Broad, Cannellini, Fava, Jicama, Snap, String, White PEAS: Green Peas, Pea Pods, Snow Peas	BEANS: Copper, Garbanzo, Kidney, Lima, Navy, Red, Tamarind
CEREALS	Amaranth, Buckwheat, Kasha	Barley, Corn Flakes, Corn Meal, Cream of Rice, Kamut, Puffed Millet, Oat Bran, Oatmeal, Puffed Rice, Rice Bran, Spelt	Cream of Wheat, Familia, Farina, Granola, Grape Nuts, Wheat Germ, Seven Grain, Shredded Wheat, Wheat Bran
BREADS & MUFFINS	Rice Cakes BREADS: Essene Bread, Ezekial Bread, Soya Flour Bread, Sprouted Wheat Bread	Wheat Bagels, Corn Muffins, Fin Crisp, Millet, Oat Bran Muffins, Rye Crisps, Rye Vita BREADS: Brown Rice Bread, Gluten-Free Bread, Ideal Flat Bread, 100% Rye Bread, Spelt Bread, Wasa Bread	Durum Wheat, English Muffins, Wheat Matzos, Wheat Bran Muffins BREADS: High-Protein Breads, Multi-Grain, Pumpernickel, Whole Wheat Bread
GRAINS & PASTAS	Buckwheat, Kasha, Oat Flour, Rice Flour, Rye Flour, Soba Noodles, Artichoke Pasta	Couscous, Spelt Noodles, Quinoa FLOUR: Barley, Bulgar, Duram Wheat, Gluten, Graham, Spelt, Sprouted Wheat RICE: Basmati, Brown, White, Wild	Seminola Pasta, Spinach Pasta FLOUR: White, Whole Wheat
VEGETABLES	Alfalfa Sprouts, Artichoke, Beet Leaves, Broccoli, Carrots, Chicory, Collard Greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Romaine Lettuce, Okra, Red Onions, Spanish Onions, Yellow Onions, Parsley, Parsnips, Pumpkin, Spinach, Swiss Chard, Tempeh, Tofu, Turnips	Arugula, Asparagus, Avocado, Bamboo Shoots, Beets, Bok Choy, Brussel Sprouts, Caraway, Cauliflower, Celery, Chervil, Coriander, White Corn, Yellow Corn, Cucumber, Daikon Radish, Endive, Fennel, Fiddlehead Ferns, Green Olives, Green Onions, Mustard Greens, Radicchio, Radishes, Rappini, Rutabaga, Scallion, Seaweed, Shallots, Mung Sprouts, Radish Sprouts, All Squash, Watercress, Zucchini LETTUCE: Bibb, Boston, Mesclun MUSHROOMS: Abalone, Ennoki, Portobello	Eggplant, Lima Beans, Tomatoes, Yams POTATOES: Red, Sweet, White CABBAGE: Chinese, Red, White MUSHROOMS: Domestic, Shiitake OLIVES: Black, Greek, Spanish PEPPERS: Green, Jalapeno, Red, Yellow
FRUITS	Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Cranberries, Dried Figs, Fresh Figs, Grapefruit, Lemons, Pineapple, Prunes, Raisins PLUMS: Dark, Green, Red	Apples, Black Currants, Red Currants, Red Dates, Elderberries, Gooseberries, Guava, Kiwi, Kumquat, Limes, Loganberries, Nectarines, Peaches, Pears, Persimmons, Pomegranates, Prickly Pear, Raspberries, Starfruit, Strawberries GRAPES: Black, Concord, Green, Red MELONS: Christmas, Spanish, Watermelon	Bananas, Coconuts, Mangoes, Oranges, Papayas, Plantains, Rhubarb, Tangerines MELONS: Cantaloupe, Honeydew
JUICES & FLUIDS	Apricot, Carrot, Celery, Black Cherry, Grapefruit, Pineapple, Prune, Water with Lemon	Apple, Apple Cider, Cabbage, Cranberry, Cucumber, Grape, Vegetable Juices (Corresponding with Beneficial Vegetables)	Orange, Papaya, Tomato
SPICES	Barley Malt, Blackstrap Molasses, Garlic, Ginger, Miso, Soy Sauce, Tamari	Agar, Allspice, Almond Extract, Anise, Arrowroot, Basil, Bay Leaf, Bergamot, Brown Rice Syrup, Cardamom, Carob, Chervil, Chives, Chocolate, Cinnamon, Clove, Coriander, Corn Starch, Corn Syrup, Cream of Tartar, Cumin, Curry, Dill, Dulce, Honey, Horseradish, Kelp, Maple Syrup, Marjoram, Mint, Dry Mustard, Nutmeg, Oregano, Paprika, Parsley, Peppermint, Pimiento, Rice Syrup, Rosemary, Saffron, Sage, Salt, Savory, Spearmint, Brown Sugar, White Sugar, Tamarind, Tapioca, Tarragon, Thyme, Turmeric, Vanilla	Capers, Plain Gelatin, Wintergreen PEPPERS: Black Ground Pepper, Cayenne, Peppercorn Pepper, Red Flakes, White Pepper VINEGAR: Apple Cider, Balsamic, Red Wine & White
CONDIMENTS	Mustard	Jam or Jelly (from acceptable fruits), Relish, Salad Dressing (low-fat, from acceptable ingredients) PICKLES: Dill, Kosher, Sweet, Sour	Ketchup, Mayonnaise, Worcestershire Sauce
HERBAL TEAS	Alfalfa, Aloe, Burdock, Chamomile, Echinacea, Fenugreek, Ginger, Ginseng, Green Tea, Hawthorn, Milk Thistle, Rose Hips, St. John's Wort, Slippery Elm, Valerian	Chickweed, Coltsfoot, Dandelion, Dong Quai, Elder, Gentian, Goldenseal, Hops, Horehound, Licorice Root, Linden, Mulberry, Mullein, Parsley, Peppermint, Raspberry Leaf, Sage, Sarsaparilla, Senna, Shepherd's Purse, Skullcap, Spearmint, Strawberry Leaf, Thyme, Vervain, White Birch, White Oak Bark, Yarrow	Catnip, Cayenne, Cornsilk, Red Clover, Rhubarb, Yellow Dock
OTHER BEVERAGES	Red Wine, Green Tea COFFEE: Regular, Decaf	White Wine	Beer, Distilled Liquor, Seltzer Water SODAS: Club, Cola, Diet, Other TEA: Black Decaf, Black Regular