

# Type AB

## “THE ENIGMA”

Type AB blood is rare and the newest of the blood types. Emerging from the intermingling of Type A Caucasians with Type B Mongolians, it is found in less than 5% of the population. Type AB presents the first blood type to adopt a combination of immune characteristics, some of which make them stronger, and some of which are in conflict. Perhaps Type AB presents the perfect metaphor for modern life: complex and unsettled. Type AB is a merging of the edgy, sensitive Type A with the more balanced and centered Type B. The result is a spiritual, somewhat flaky nature that embraces all aspects of life without being particularly aware of the consequences. Naturally, these qualities make Type ABs very appealing and popular. Type ABs will welcome you with open arms, won't hold a grudge against you when disappointed, and will say the most diplomatic thing in every situation.

<u>Strengths</u>	<u>Weaknesses</u>	<u>Supplements</u>	<u>Exercise Regimen</u>
Balanced Nervous System, Benefits from Vegetarian Lifestyle, Strong Immune System, Adapts to Change Well, Preserves and Metabolizes Nutrients Easily, Cooperative & Creative	Sensitive Digestive System, Overactive Immune, Vulnerable to Microbial Invasion, Prone to Heart Dis-eases, High Cholesterol, Anemia, Prone to Cancers	Probiotic Eleven, Iodine, Veggie Protein, Digestive Enzymes, Iron Supplements, Cardiovascular Supplements	<b>Calming, Centering Combined with Moderate Physical Exercise:</b> 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><b>TOFU:</b> Promotes Metabolic Efficiency</p> <p><b>SEAFOOD (from Beneficial List):</b> Aid Efficient Digestion, Metabolize Quickly</p> <p><b>GREEN VEGETABLES:</b> Aid Efficient Metabolism</p> <p><b>PINEAPPLE:</b> Aids Digestion, Increases Intestinal Mobility</p> <p><b>KELP:</b> Improves Insulin Production</p> <p><b>DAIRY (from Beneficial List):</b> Improves Insulin Production</p>	<p><b>WHEAT:</b> Decreases Metabolism, Inefficient Use of Calories, Inhibits Insulin Efficiency</p> <p><b>KIDNEY &amp; LIMA BEANS:</b> Inhibits Insulin Efficiency, Cause Hypoglycemia, Slows Metabolic Rate</p> <p><b>BUCKWHEAT, CORN &amp; SEEDS:</b> Cause Hypoglycemia</p> <p><b>MEATS:</b> Poorly Digested, Stored as Fat, Increases Digestive Toxins</p>

	<b>BENEFICIAL</b> A food that acts like a <b>Herbal Supplement</b>	<b>NEUTRAL</b> A food that acts like a <b>Food</b>	<b>AVOID - STAY AWAY!!!</b> A food that acts like a <b>POISON!</b>
<b>MEATS &amp; POULTRY</b>	Lamb, Mutton, Rabbit, Turkey	Liver, Pheasant	Bacon, Beef, Buffalo, Chicken, Cornish Hens, Duck, Goose, Ham, Heart, Partridge, Pork, Veal, Venison, Quail
<b>SEAFOOD</b>	Albacore (Tuna), Cod, Grouper, Hake, Mackerel, Mahi-Mahi, Monkfish, Ocean Perch, Pickerel, Pike, Porgy, Rainbow Trout, Red Snapper, Sailfish, Salmon, Sardine, Sea Trout, Shad, Snail, Sturgeon	Abalone, Bluefish, Carp, Catfish, Cavier, Fresh Herring, Mussels, Scallops, Shark, Silver Perch, Smelt, Snapper, Sole, Squid (Calamari), Swordfish, Tilefish, Weakfish, Whitefish, White Perch, Yellow Perch	Anchovy, Barracuda, Beluga, Bluegill Bass, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Gray Sole, Haddock, Halibut, Pickled Herring, Lobster, Smoked Salmon, Octopus, Oysters, Sea Bass, Shrimp, Turtle, Yellowtail
<b>DAIRY &amp; EGGS</b>	Goat Milk, Non-Fat Sour Cream, Yogurt <b>CHEESES:</b> Cottage Cheese, Farmer, Feta, Goat Cheese, Kefir, Mozzarella	Skim or 2% Milk, Soy Milk, Whey <b>CHEESES:</b> Casein, Cheddar, Colby, Cream Cheese, Edam, Emmenthal, Gouda, Gruyere, Jarlsburg, Monterey Jack, Munster, Neufchatel, Soy Cheese, String Cheese, Swiss <b>EGGS:</b> per week, by ancestry: African 3-5 Caucasian 3-4 Asian 2-3	Butter, Buttermilk, Ice Cream, Sherbet, Whole Milk <b>CHEESES:</b> American, Blue, Brie, Camembert, Parmesan, Provolone
<b>OILS &amp; FATS</b>	Olive Oil	Canola, Cod Liver, Linseed (Flaxseed), Peanut	Corn, Cottonseed, Safflower, Sesame, Sunflower
<b>NUTS &amp; SEEDS</b>	Chestnuts, Peanuts, Peanut Butter, Walnuts	Almond Butter <b>NUTS:</b> Almonds, Brazil, Cashews, Hickory, Litchi, Macadamia, Pine Nuts, Pistachios	Poppy Seeds, Pumpkin Seeds, Sesame Butter (Tahini), Sesame Seeds, Sunflower Butter, Sunflower Seeds <b>NUTS:</b> Hazelnut

	<b>BENEFICIAL</b> A food that acts like a Herbal Supplement	<b>NEUTRAL</b> A food that acts like a Food	<b>AVOID - STAY AWAY!!!</b> A food that acts like a <b>POISON!</b>
<b>BEANS &amp; LEGUMES</b>	<b>BEANS:</b> Navy, Pinto, Red, Red Soy <b>LENTILS:</b> Green	<b>BEANS:</b> Broad, Cannellini, Copper, Green, Jicama, Northern, Snap, String, Tamarind, White <b>LENTILS:</b> Domestic, Red <b>PEAS:</b> Green Peas, Pea Pods	Black-Eyed Peas <b>BEANS:</b> Aduke, Azuki, Black, Fava, Garbanzo, Kidney, Lima,
<b>CEREALS</b>	Millet, Oat Bran, Oatmeal, Rice Bran, Puffed Rice, Spelt	Amaranth, Barley, Cream of Rice, Cream of Wheat, Familia, Granola, Grape Nuts, 7-Grain, Shredded Wheat, Soy Flakes, Soy Granules, Wheat Bran, Wheat Germ	Buckwheat, Cornflakes, Cornmeal, Kamut, Kasha
<b>BREADS &amp; MUFFINS</b>	Fin Crisp, Millet, Rice Cakes, Rye Crisps, Rye Vita <b>BREADS:</b> Brown Rice, Essene Bread, Ezekial Bread, 100% Rye, Soy Flour Bread, Sprouted Wheat Bread, Wasa Bread	Wheat Bagels, Durum Wheat, Wheat Matzos, Bran Muffins Wheat Bran Muffins <b>BREADS:</b> Gluten-Free, High-Protein, Ideal Flat Bread, Multi-Grain, Pumpernickel, Spelt Bread, Whole Wheat	Corn Muffins
<b>GRAINS &amp; PASTAS</b>	<b>FLOUR:</b> Oat, Rice, Rye, Sprouted Wheat <b>RICE:</b> Basmati, Brown, White, Wild	Couscous, Seminola Pasta, Spinach Pasta, Quinoa <b>FLOUR:</b> Barley, Bulgar, Duram Wheat, Gluten, Graham, Spelt, White, Wheat	Artichoke Pasta, Buckwheat Kasha, Soba Noodles
<b>VEGETABLES</b>	Beet Leaves, Beets, Broccoli, Cauliflower, Celery, Collard Greens, Cucumber, Dandelion, Eggplant, Garlic, Kale, Mustard Greens, Parsley, Parsnips, Sweet Potatoes, Alfalfa Sprouts, Tempeh, Tofu, All Yams	Arugula, Asparagus, Bamboo Shoots, Bok Choy, Brussel Sprouts, Caraway, Carrots, Chervil, Chicory, Coriander, Daikon Radish, Endive, Escarole, Fennel, Ginger, Horseradish, Kohlrabi, Leek, Okra, Red White Potatoes, Pumpkin, Radicchio, Rappini, Rutabaga, Scallion, Seaweed, Shallots, Snow Peas, Spinach, All Squash, Swiss Chard, Tomato, Turnips, Water Chestnut, Watercress, Zucchini <b>CABBAGE:</b> Chinese, Red, White <b>LETTUCE:</b> Bibb, Boston, Mesclun, Romaine <b>MUSHROOMS:</b> Domestic, Enoki, Portobello, Tree Oyster <b>OLIVES:</b> Black, Greek, Spanish <b>ONIONS:</b> Green, Red, Spanish, Yellow	Avocado, Black Olives, Domestic Artichoke, Jerusalem Artichoke, White Corn, Yellow Corn, Lima Beans, Radishes Mung Sprouts, Radish Sprouts <b>MUSHROOMS:</b> Abalone, Shiitake <b>PEPPERS:</b> Green, Jalapeno, Red, Yellow
<b>FRUITS</b>	Cherries, Cranberries, Dried Figs, Fresh Figs, Gooseberries, Grapefruit, Kiwi, Lemons, Loganberries, Pineapple <b>GRAPES:</b> Black, Concord, Green, Red <b>PLUMS:</b> Dark, Green, Red	Apples, Apricots, Blackberries, Blueberries, Boysenberries, Black & Red Currants, Dates, Elderberries, Kumquat, Limes, Nectarines, Papayas, Peaches, Pears, Plantains, Prunes, Raisins, Raspberries, Strawberries, Tangerines <b>MELONS:</b> Cantaloupe, Casaba, Christmas, Crenshaw, Honeydew, Musk, Spanish, Watermelon	Bananas, Coconuts, Guava, Mangoes, Oranges, Persimmons, Pomegranates, Prickly Pear, Rhubarb, Starfruit
<b>JUICES &amp; FLUIDS</b>	Cabbage, Carrot, Celery, Black Cherry, Cranberry, Grape, Papaya	Apple, Apple Cider, Apricot, Cucumber, Grapefruit, Pineapple, Prune, Water with Lemon, <b>Vegetable Juices</b> <b>(From the Beneficial List)</b>	Orange
<b>SPICES</b>	Curry, Garlic, Horseradish, Miso, Parsley	Agar, Arrowroot, Basil, Bay Leaf, Bergamot, Brown Rice Syrup, Cardamom, Carob, Chervil, Chives, Chocolate, Cinnamon, Clove, Coriander, Cream of Tartar, Cumin, Dill, Dulce, Honey, Kelp, Maple Syrup, Marjoram, Mint, Molasses, Dry Mustard, Nutmeg, Paprika, Peppermint, Pimiento, Rice Syrup, Rosemary, Saffron, Sage, Salt, Savory, Soy Sauce, Spearmint, Brown Sugar, White Sugar, Tamari, Tamarind, Tarragon, Thyme, Turmeric, Vanilla, Wintergreen	Allspice, Almond Extract, Anise, Barley Malt, Capers, Corn Starch, Corn Syrup, Plain Gelatin, Tapioca <b>PEPPERS:</b> Black Ground Pepper, Cayenne, Peppercorn, Red Flakes, White Pepper <b>VINEGAR:</b> Apple Cider, Balsamic, Red Wine & White
<b>CONDIMENTS</b>	<b>NONE!</b>	Jam or Jelly (from acceptable fruits), Mayonnaise, Mustard, Salad Dressing (low-fat, from acceptable ingredients)	Ketchup, Relish, Worcestershire Sauce <b>PICKLES:</b> Dill, Kosher, Sweet, Sour
<b>HERBAL TEAS</b>	Alfalfa, Burdock, Chamomile, Echinacea, Ginger, Ginseng, Green Tea, Hawthorn, Licorice, Rose Hips, Strawberry Leaf	Catnip, Cayenne, Chickweed, Dandelion, Dong Quai, Elder, Goldenseal, Horehound, Mulberry, Parsley, Peppermint, Raspberry Leaf, Sage, St. John's Wort, Sarsaparilla, Slippery Elm, Spearmint, Thyme, Valerian, Vervain, White Birch, White Oak Bark, Yarrow, Yellow Dock	Aloe, Coltsfoot, Cornsilk, Fenugreek, Gentian, Hops, Linden, Mullein, Red Clover, Rhubarb, Senna, Shepherd's Purse, Skullcap
<b>OTHER BEVERAGES</b>	Green Tea <b>COFFEE:</b> Regular, Decaf	Beer, Seltzer Water, Club Soda, Red Wine, White Wine	Distilled Liquor <b>SODAS:</b> Cola, Diet, Other <b>TEA:</b> Black Decaf, Black Regular