

# Type O

## “THE HUNTER”

Blood Type O is the oldest and most basic blood type. The appearance of our Cro-Magnon ancestors in around 40,000 B.C. propelled the human species to the top of the food chain. Skillful and formidable hunters, the Cro-Magnons soon had little to fear from any of their animal rivals. Protein meat was their fuel, and it was at this point that the digestive attributes of Blood Type O reached their fullest expression. The original Type Os were the epitome of focus, drive and a strong sense of self-preservation. Every person with Type O blood carries a genetic memory of strength, endurance, self-reliance, daring, intuition, and an innate optimism.

<u>Strengths</u>	<u>Weaknesses</u>	<u>Supplements</u>	<u>Exercise Regimen</u>
Oldest Blood Type, Hunter/Gather, Natural Leaders, Hardy Digestive Tract, Strong Immune System, Natural Defenses Against Infections, Needs More Protein	Allergies, Low Thyroid, Overactive Immune System, Intolerant to New Dietary and Environmental Conditions, Inflammatory Dis-eases, Blood Clotting Disorders, Bowel Inflammation	Probiotics, Iodine, Vegetable Protein, Multi-Mineral, Calcium N-Acetyl-Cysteine, Digestive Enzymes	<b>Intense Physical Exercise:</b> Aerobics, Martial Arts, Contact Sports, Running, Swimming, Cycling, Brisk Walking, Weight-Lifting, Yard Work, etc.

<u>FOODS THAT ENCOURAGE WEIGHT LOSS</u>	<u>FOODS THAT ENCOURAGE WEIGHT GAIN</u>
<p><b>KELP:</b> Contains Iodine* - Increases Thyroid Hormone</p> <p><b>SEAFOOD:</b> Contains Iodine* - Increases Thyroid Hormone</p> <p><b>LIVER:</b> B-Vitamin source - Aids in Sufficient Metabolism</p> <p><b>RED MEAT:</b> Aids in Sufficient Metabolism</p> <p><b>KALE, SPINACH &amp; BROCCOLI:</b> Aids in Sufficient Metabolism</p> <p><small>*It is preferred that you obtain your iodine from sources such as Kelp, Algae and Seafood, as Iodized Salt can contribute to high blood pressure and water retention.</small></p>	<p><b>WHEAT, GLUTEN &amp; CORN:</b> Interferes with Insulin Efficiency, Slows Metabolic Rate</p> <p><b>KIDNEY BEANS, NAVY BEANS:</b> Impairs Calorie Utilization</p> <p><b>LENTILS:</b> Inhibits Proper Nutrient Metabolism</p> <p><b>CABBAGE, BRUSSEL SPROUTS, CAULIFLOWER, MUSTARD GREENS:</b> Inhibits Thyroid Hormone production</p>

	<b>BENEFICIAL</b> A food that acts like a <b>Herbal Supplement</b>	<b>NEUTRAL</b> A food that acts a <b>Food</b>	<b>AVOID - STAY AWAY!!!</b> A food that acts like a <b>POISON!</b>
<b>MEATS &amp; POULTRY</b>	Beef, Ground Beef, Buffalo, Heart, Lamb, Liver, Mutton, Veal, Venison	Chicken, Cornish Hen, Duck, Partridge, Pheasant, Rabbit, Turkey, Quail	Bacon, Goose, Ham, Pork
<b>SEAFOOD</b>	Bluefish, Cod, Hake, Halibut, Herring, Mackerel, Pike, Rainbow Trout, Red Snapper, Salmon, Sardine, Shad, Snapper, Sole, Striped Bass, Sturgeon, Swordfish, Tilefish, White Perch, Yellowtail	Abalone, Albacore Tuna, Anchovy, Bluegill Bass, Carp, Clam, Crab, Crayfish, Eel, Flounder, Frog, Gray Sole, Grouper, Haddock, Lobster, Mahi-Mahi, Monkfish, Mussels, Ocean Perch, Oysters, Scallops, Sea Bass, Sea Trout, Shark, Shrimp, Silver Perch, Snail, Squid (Calamari) Turtle	Barracuda, Catfish, Caviar, Conch, Pickled Herring, Smoked Salmon, Octopus
<b>DAIRY &amp; EGGS</b>	<b>NONE!</b> Must be severely restricted! <i>Make sure to take a Calcium Supplement</i>	Butter, Almond Milk, Soy Milk <b>CHEESES:</b> Farmer, Feta, Goat, Mozzarella, Soy <b>EGGS:</b> per week, by ancestry: African 0 Caucasian 3-4 Asian 5	Buttermilk, Goat Milk, Ice Cream, Skim Milk, 2% Milk, Whey, Whole Milk, Yogurt (all types) <b>CHEESES:</b> America, Blue, Brie, Camembert, Cheddar, Colby, Cottage Cheese, Cream Cheese, Edam, Emmenthal, Gouda, Gruyere, Kefir, Monterey Jack, Munster, Parmesan, Provolone, Neufchatel, Ricotta, String Cheese, Swiss
<b>OILS &amp; FATS</b>	Flaxseed (linseed), Olive	Canola, Cod Liver, Sesame	Corn, Cottonseed, Peanut, Safflower
<b>NUTS &amp; SEEDS</b>	Pumpkin Seeds, Walnuts	Almond Butter, Sesame Butter (tahini), Sesame Seeds, Sunflower Butter, Sunflower Seeds <b>NUTS:</b> Almonds, Chestnuts, Hickory, Macadamia, Pecans, Pine Nuts	Peanut Butter, Poppy Seeds <b>NUTS:</b> Brazil, Cashew, Peanuts, Pistachios

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