

Type B

“THE NOMAD”

Blood Type B developed sometime between 10,000 and 15,000 B.C. in the area of the Himalayan highlands-now part of present day Pakistan and India. Pushed from the hot, lush savannahs of eastern Africa to the cold, unyielding highlands of the Himalayas. Blood Type B, may have initially mutated in response to climactic changes.

The Mongolians spread northward, pursuing a culture dependent upon herding and domesticating animals-as their diet of meat and cultured dairy products reflected. Early Type Bs had to be flexible and creative in order to survive. These same characteristics exist in the very cells of Type Bs. The Type B who lives in harmony, working, exercising, and eating in a balanced way, is the essence of a survivor.

<u>Strengths</u>	<u>Weaknesses</u>	<u>Supplements</u>	<u>Exercise Regimen</u>
Nomads, Strong Immune System, Versatile to Dietary Changes, Balanced Nervous System, Need Protein, Balanced, Flexible, Outgoing	Vulnerable to Viruses, Autoimmune Disorders, Memory Loss, Exotic Immune Disorders, Chronic Fatigue, Hyperinsulinemia, High Blood Pressure, Urinary Tract Infections	Probiotics, Iodine, Veggie Protein, Multi-Vitamin w/Minerals, Digestive Enzymes, Spirulina, Ginkgo, Mega-Chel, BP-X, Berberine, Chromium	Moderate Physical Exercise: Hiking, Cycling, Tennis, Swimming, Aerobics, Martial Arts, Calisthenics, Brisk Walking, Jogging, Weight Training, Golf, Tai-Chi, Yoga

<u>FOODS THAT ENCOURAGE WEIGHT LOSS</u>	<u>FOODS THAT ENCOURAGE WEIGHT GAIN</u>
<p><u>GREEN VEGETABLES:</u> Aid Efficient Metabolism</p> <p><u>MEAT:</u> Aid Efficient Metabolism</p> <p><u>EGGS & LOW-FAT DAIRY:</u> Aid Efficient Metabolism</p> <p><u>LIVER:</u> Aids Sufficient Metabolism</p> <p><u>LICORICE TEA:</u> Counters Hypoglycemia</p>	<p><u>CORN, LENTILS, BUCKWHEAT, SESAME SEEDS:</u> Inhibits Insulin Efficiency, Hampers Metabolic Rate, Causes Hypoglycemia</p> <p><u>WHEAT:</u> Slows Digestive and Metabolic Processes, Causes Food to be Stored as Fat not Burned for Energy, Inhibits Insulin Efficiency</p> <p><u>PEANUTS:</u> Hamper Metabolic Efficiency, Cause Hypoglycemia, Inhibit Liver Function</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	Lamb, Mutton, Rabbit, Venison	Beef, Buffalo, Liver, Pheasant, Turkey, Veal	Bacon, Chicken, Cornish Hens, Duck, Goose, Ham, Partridge, Pork, Quail
SEAFOOD	Cod, Flounder, Grouper, Haddock, Hade, Halibut, Mackerel, Mahi-Mahi, Monkfish, Ocean Perch, Pickerel, Pike, Porgy, Salmon, Sardine, Sea Trout, Shad, Sole, Sturgeon, Sturgeon Eggs	Abalone, Albacore Tuna, Bluefish, Carp, Catfish, Fresh Herring, Pickled Herring, Rainbow Trout, Red Snapper, Sailfish, Scallops, Shark, Silver Perch, Smelt, Snapper, Squid (calamari), Swordfish, Tilefish, Weakfish, White Perch, Whitefish, Yellow Perch	Anchovy, Barracuda, Beluga, Bluegill Bass, Clam, Conch, Crab, Crayfish, Eel, Frog, Lobster, Smoked Salmon, Mussels, Octopus, Oysters, Sea Bass, Shrimp, Snail, Striped Bass, Turtle, Yellowtail
DAIRY & EGGS	Goat Milk, Skim or 2% Milk, Yogurt, Yogurt with Fruit, Frozen Yogurt CHEESES: Cottage Cheese, Farmer, Feta, Goat Cheese, Kefir, Mozzarella, Ricotta	Butter, Buttermilk, Sherbert, Soy Milk, Whey, Whole Milk CHEESES: Brie, Camembert, Casein, Cheddar, Colby, Cream Cheese, Edam, Emmenthal, Gouda, Gruyere, Jarlsberg, Monterey Jack, Munster, Neufchatel, Parmesan, Provolone, Soy Cheese, Swiss EGGS: per week, by ancestry African 3-4 Caucasian 3-4 Asian 5-6	Ice Cream CHEESES: American, Blue, String Cheese
OILS & FATS	Olive Oil	Cod Liver, Linseed (Flax Seed)	Canola, Corn, Cottonseed, Peanut, Safflower, Sesame, Sunflower
NUTS & SEEDS	NONE!	Almond Butter, NUTS: Almonds, Brazil, Chestnuts, Hickory, Litchi, Macadamia, Pecan, Walnuts	Peanut Butter, Poppy Seeds, Pumpkin Seeds, Sesame Butter (tahini), Sesame Seeds, Sunflower Butter, Sunflower Seeds NUTS: Cashew, Filberts, Pine, Peanuts, 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	BEANS: Kidney, Lima, Navy, Red Soy	BEANS: Broad, Cannellini, Copper, Fava, Green, Jicama, Northern, Red, Snap, String, Tamarind, White PEAS: Green Peas, Pea Pods, Snow Peas	BEANS: Aduke, Azuki, Black, Garbanzo, Pinto LENTILS: Domestic, Green, Red PEAS: Black-Eyed Peas
CEREALS	Millet, Oat Bran, Oatmeal, Puffed Rice, Rice Bran, Spelt	Cream of Rice, Familia, Farina, Granola, Grape Nuts	Amaranth, Barley, Buckwheat, Cornflakes, Cornmeal, Cream of Wheat, Lamut, Kasha, Rye, 7-Grain, Shredded Wheat, Wheat Bran, Wheat Germ
BREADS & MUFFINS	Fin Crisp, Millet, Rice Cakes BREADS: Brown Rice Bread, Essene Bread, Ezekial Bread, Wasa Bread	Oat Bran Muffins BREADS: Gluten-Free Bread, No-Wheat High Protein Bread, Ideal Flat Bread, Pumpnickel, Spelt Bread, Soy Flour Bread	Wheat Bagels, Corn Muffins, Durum Wheat, Rye Crisps, Rye Vita, Wheat Bran Muffins BREADS: Multi-Grain, 100% Rye Bread, Whole Wheat Bread
GRAINS & PASTAS	FLOUR: Oat, Rice	Seminola Pasta, Spinach Pasta, Quinoa FLOUR: Graham, Spelt, White RICE: Basmati, Brown, White	Buckwheat (Kasha), Couscous, Artichoke Pasta, Soba Noodles FLOUR: Barley, Bulgar Wheat, Durum Wheat, Gluten, Rye, Whole Wheat RICE: Wild
VEGETABLES	Beets, Beet Leaves, Broccoli, Carrots, Cauliflower, Collard Greens, Eggplant, Kale, Lima Beans, Shiitake Mushrooms, Mustard Greens, Parsley, Parsnips, Sweet Potatoes, Brussel Sprouts, All Yams CABBAGE: Chinese, Red, White PEPPERS: Green, Jalapeno, Red, Yellow	Alfalfa Sprouts, Arugula, Asparagus, Bamboo Shoots, Bok Choy, Celery, Chervil, Chicory, Cucumber, Daikon Radish, Dandelion, Dill, Endive, Escarole, Fennel, Garlic, Horseradish, Kohlrabi, Leek, Okra, Red & White Potatoes, Radicchio, Rappini, Rutabaga, Scallion, Seaweed, Shallots, Snow Peas, Spinach, All Squash, Swiss Chard, Turnips, Water Chestnut, Watercress, Zucchini LETTUCE: Bibb, Boston, Iceberg, Romaine, Mesclun MUSHROOMS: Abalone, Domestic, Ennoki, Portobello, Tree Oyster ONIONS: Green, Red, Spanish, Yellow	Domestic Artichoke, Jerusalem Artichoke, Avocado, White Corn, Yellow Corn, Pumpkin, Radishes, Mung Sprouts, Radish Sprouts, Tempeh, Tofu, Tomato OLIVES: Black, Greek, Spanish
FRUITS	Banana, Cranberries, Papaya, Pineapple PLUMS: Dark, Green, Red GRAPES: Black, Concord, Green, Red	Apples, Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Black & Red Currants, Dates, Elderberries, Dried & Fresh Figs, Gooseberries, Grapefruit, Guava, Kiwi, Kumquat, Lemons, Limes, Loganberries, Mangoes, Nectarines, Oranges, Peaches, Pears, Plantains, Prunes, Raisins, Raspberries, Strawberries, Tangerines MELONS: Cantaloupe, Christmas, Honeydew, Spanish, Watermelon	Coconuts, Persimmons, Pomegranates, Prickly Pear, Rhubarb, Starfruit
JUICES & FLUIDS	Cabbage, Cranberry, Grape, Papaya, Pineapple	Apple, Apple Cider, Apricot, Carrot, Celery, Black Cherry, Cucumber, Grapefruit, Orange, Prune, Water with Lemon Vegetable Juices (Corresponding with Beneficial Vegetables)	Tomato
SPICES	Cayenne Pepper, Curry, Ginger, Horseradish, Parsley	Agar, Anise, Arrowroot, Basil, Bay Leaf, Bergamot, Brown Rice Syrup, Capers, Caraway, Cardamom, Carob, Chervil, Chives, Chocolate, Clove, Coriander, Cream of Tartar, Cumin, Dill, Dulce, Garlic, Honey, Kelp, Maple Syrup, Marjoram, Mint, Miso, Molasses, Dry Mustard, Nutmeg, Oregano, Paprika, Peppercorn, Red Pepper Flakes, Peppermint, Pimiento, Rice Syrup, Rosemary, Saffron, Sage, Salt, Savory, Soy Sauce, Spearmint, Brown Sugar, White Sugar, Tamarind, Tarragon, Thyme, Turmeric, Vanilla, Wintergreen VINEGAR: Apple Cider, Balsamic, Red Wine & White	All Spice Almond Extract, Barley Malt, Cinnamon, Cornstarch, Corn Syrup, Plain Gelatin, Ground Black Pepper, White Pepper, Tapioca
CONDIMENTS	NONE!	Apple Butter, Jam or Jelly (from acceptable fruits), Mayonnaise, Mustard, Relish, Salad Dressing (low-fat, from acceptable ingredients) Worcestershire Sauce PICKLES: Dill, Kosher, Sweet, Sour	Ketchup
HERBAL TEAS	Ginger, Ginseng, Licorice, Parsley, Peppermint, Raspberry Leaf, Rose Hips, Sage	Alfalfa, Burdock, Catnip, Cayenne, Chamomile, Chickweed, Dandelion, Dong Quai, Echinacea, Elder, Goldenseal, Green Tea, Hawthorn, Horehound, Licorice Root, Mulberry, St. John's Wort, Sarsaparilla, Slippery Elm, Spearmint, Strawberry Leaf, 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
OTHER BEVERAGES	Green Tea	Beer, Red & White Wine COFFEE: Decaf, Regular TEA: Black Decaf, Black Regular	Distilled Liquor, Seltzer Water SODAS: Club, Cola, Diet, Other