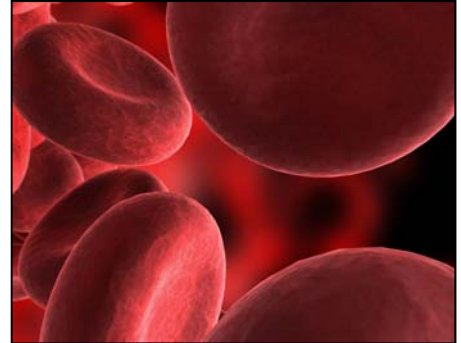


It is believed by some that blood types affect the digestive system, the way you exercise, and your susceptibility to various diseases.



**Blood Type A – Agrarian**

- Cooperative
- Sensitive
- Orderly
- Settled
- Cultivator

| Strength   | Weakness  | Health Risk   | Diet Profile   | Weight Loss   | Supplements   | Exercise   |
|--|---|---|--|---|---|--|
| Adapts well to changes in diet and environment. Little need for animal foods. Immune system preserves and metabolizes nutrients more easily. | Sensitive digestive tract<br><br>Vulnerable immune system, open to microbial invasion | Heart disease<br><br>Cancer<br><br>Anemia<br><br>Liver and gallbladder disorders<br><br>Type 1 diabetes | Classic Vegan Vegetarian<br><br>Classic Vegan Vegetarian<br><br>Vegetables<br>Tofu<br>Seafood<br>Grains<br>Beans<br>Legumes<br>Fruit | Reduce:<br>Meat<br>Dairy<br>Kidney Beans<br>Lima beans<br>Wheat<br><br>Increase:<br>Vegetable oil<br>Soy foods<br>Vegetables<br>Pineapple | Vitamin B-12 for vegan<br><br>Folic acid<br>Vitamin C<br>Vitamin E<br>Hawthorn<br>Echinacea | Calming and centering exercises, such as:<br>Yoga<br>Tai chi |

Western European 47%, Jewish 41%, Caucasian Americans 40%, Japanese 38%, Korean 32%, Hispanic 31%, African Americans 27%, Chinese 25%, Indians 22%, American Indians 16%

Blood Type A evolved when agriculture began.