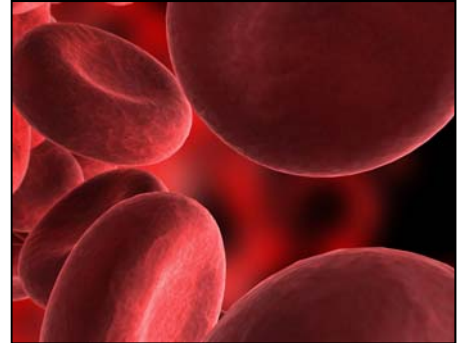


It is believed by some that blood types affect the digestive system, the way you exercise, and your susceptibility to various diseases.



**Blood Type B – Balanced**

- Nomad
- Flexible
- Creative

| Strength  | Weakness   | Health Risk  | Diet Profile   | Weight Loss   | Supplements                                 | Exercise   |
|---|--|--|--|---|---|--|
| Strong immune system<br><br>Versatile adaptation to changes in diet and environment<br><br>Strong nervous system<br><br>Tolerates chaos | No natural weaknesses<br><br>Tendency toward auto-immune breakdowns and rare viruses | Type 1 diabetes<br><br>Chronic fatigue syndrome<br><br>Auto-immune disorders:<br><br>Lou Gehrig's disease<br><br>Lupus<br><br>Multiple sclerosis | Omnivore<br><br>Meat (no chicken)<br>Dairy <sup>1</sup><br>Grains<br>Beans<br>Legumes<br>Vegetables<br>Fruit | Reduce:<br>Corn<br>Lentils<br>Peanuts<br>Sesame<br>Seeds<br>Buckwheat<br>Wheat<br><br>Increase:<br>Greens<br>Eggs<br>Venison<br>Liver<br>Licorice tea | Magnesium<br>Licorice<br>Ginkgo<br>Lecithin | Moderate physical, with mental balance, such as:<br>Hiking<br>Biking<br>Tennis<br>Swimming |

Indians 33%, Korean 31%, Chinese 30%, Japanese 22%, African Americans 20%, Jewish 16%, Caucasian Americans 11%, Hispanic 10%, Western European 7%, American Indians 4%

Blood Type B is more likely to naturally tolerate dairy.

<sup>1</sup> When there was no longer sufficient land for agriculture, people shifted to dairy foods.