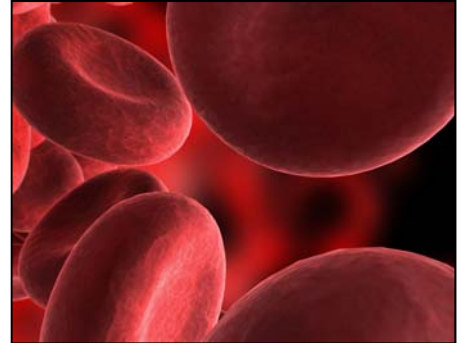


It is believed by some that blood types affect the digestive system, the way you exercise, and your susceptibility to various diseases.



**Blood Type AB – Modern**

- Rare
- Enigma
- Mysterious
- Highly sensitive

Strength	Weakness	Health Risk	Diet Profile	Weight Loss	Supplements	Exercise
<p>Designed for modern life</p> <p>Rugged immune system</p> <p>Combined benefits of Type A and Type B</p>	<p>Sensitive digestive tract</p> <p>Tendency for over-tolerant immune system that allows for microbial invasion</p>	<p>Heart disease</p> <p>Cancer</p> <p>Anemia</p>	<p>Mixed diet in moderation</p> <p>Meat</p> <p>Seafood</p> <p>Dairy</p> <p>Tofu</p> <p>Beans</p> <p>Legumes</p> <p>Grains</p> <p>Vegetables</p> <p>Fruit</p>	<p>Reduce:</p> <p>Red meat</p> <p>Kidney beans</p> <p>Lima beans</p> <p>Seeds</p> <p>Corn</p> <p>Buckwheat</p> <p>Increase:</p> <p>Tofu</p> <p>Seafood</p> <p>Good Quality Dairy</p> <p>Greens</p> <p>Kelp</p> <p>Pineapple</p>	<p>Vitamin C</p> <p>Hawthorn</p> <p>Echinacea</p> <p>Valerian</p> <p>Quercetin</p> <p>Milk thistle</p>	<p>Calming, centering exercises, such as:</p> <p>Yoga</p> <p>Tai chi</p> <p>Combined with moderate physical exercises, such as:</p> <p>Hiking</p> <p>Cycling</p> <p>Tennis</p>

Japanese 10%, Korean 10%, Chinese 10%, Jewish 7%, Indians 7%, Caucasian Americans 4%, African Americans 4%, Western European 4%, Hispanic 2%, American Indians 1%

Most recently evolved blood type

Pentium chip; can process information very quickly.

Most adaptable; can morph into anything.

Has trouble feeling understood by society