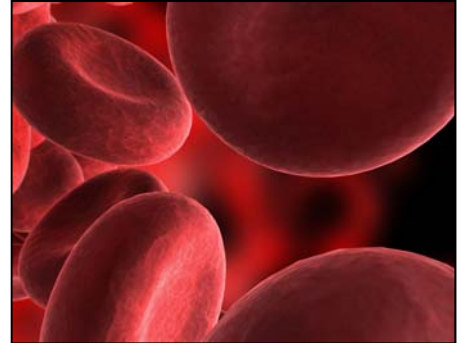


It is believed by some that blood types affect the digestive system, the way you exercise, and your susceptibility to various diseases.



Blood Type O – Old

- Strong
- Hunter
- Leader
- Self-reliant
- Goal-oriented

Strength	Weakness	Health Risk	Diet Profile	Weight Loss	Supplements	Exercise
Hardy digestive tract Strong immune system Natural defenses against infections Efficient metabolism Shorter small intestines Less chance for cancer	Low tolerance for new diets and new environments Immune system can be over-active and attack itself	Low thyroid Inflammation Arthritis Blood-clotting disorders Ulcers because they get overly acidic	Red meat Strong enzymes to digest meat High protein Vegetables Fruit	Reduce: Wheat/corn ¹ Baked goods ² Kidney beans Navy beans Lentils Brussels sprouts Cauliflower Mustard Increase: Kelp Seafood Salt Liver Red meat Kale Spinach Broccoli	Vitamin A Vitamin K Calcium Iodine Licorice Kelp	Intense physical exercise, such as: Running Aerobics Contact sports Martial arts Power yoga

American Indians 79%, Hispanic 57%, African Americans 49%, Caucasian Americans 45%, Western European 43%, Jewish 38%, Indians 37%, Japanese 30%, Chinese 30%, Korean 28%

¹ Blood Type O most susceptible to wheat and corn allergies.

² Baked goods may cause a tired, foggy feeling.