

# Blood Type Health Tendencies

## Blood Type A

### Why the Blood?

As humans moved across the planet in search of food, their bodies gradually adapted to whatever local conditions they found. The different blood types (A, B, O and AB) appeared at different times during humankind's adjustment and are related to the movement of generations of people over the continents. Because this adjustment is such a slow process, it takes more than only a few generations for the human body to adapt to significant dietary changes. Our heritage then, is intimately tied to our blood type, and since blood carries nutrients through the body, it makes sense that different blood types may react differently to the nutritional content of foods. A person's blood type, therefore, should be considered in any nutritional program.

Genetics versus blood type? Are people suffering with health conditions from their genetic dispositions or their blood type? You are the blood type of your mom or dad so you would obviously have health tendencies of the blood type of that side of the family. Both parents can have the same blood type obviously, and you would have the same pre-dispositions, especially when you eat wrong for your blood type.

Inherited personality types? Blood types each have their own personality. In 1927, Takeji Furukawa, a professor at Tokyo Women's Teacher's School, published his paper "The Study of Temperament through Blood Type" in the scholarly journal *Psychological Research*.

The change from hunter gatherer to a more domesticated agrarian life-style led to the appearance of Blood Type A. Agriculture and animal domestication were the hallmarks of their culture. The cultivation of grains and livestock changed everything. No longer living hand to mouth existence, they could sustain themselves for the first time. People established stable communities and permanent living structures. This radically different lifestyle, a major change in diet and environment, resulted in an entirely new mutation in the digestive tracts and immune system of the Neolithic peoples- a mutation that allowed them to better tolerate and absorb cultivated grains and other agricultural products. Type A was born.

Type A are cultivators. They are settled, cooperative and orderly. They adapt well to dietary and environmental changes. They are inclined to have a sensitive digestive tract, and their immune systems are vulnerable to microbial invasion. They thrive on a vegetarian diet consisting of vegetables, tofu, seafood, grains, legumes and fruit.

**Strengths** – Adapts well to dietary and environmental changes, immune system preserves and metabolizes nutrients more easily, cooperative, creative

**Weaknesses** – Prone to anxiety, sensitive digestive tract, vulnerable immune system, open to microbial invasion

**Risks** – High cholesterol, heart disease, anemia, liver and gallbladder disorders, Type 2 diabetes, very reactive to stress, stress impacts their health dramatically, obsessive compulsive disorders, insulin resistance, Syndrome X, hypothyroidism, esophageal cancer, respiratory infections, ear infections in children, stomach cancer, jaundice, gall stones, osteoporosis, colon cancer, cerebral thrombosis, celiac disease, rheumatic heart disease, kidney disease, most cancers

**Personality** - Kind and compassionate individuals who put others’ interests and needs before their own. While they may seem calm on the outside, they often suffer from inner turmoil and anxiety. People with blood type A personality are excellent listeners and make good friends. Although they get along with others quite well, it is often achieved at the expense of their own balance and happiness. To be liked by others, they bottle up their emotions, which takes its toll on their nervous system. It is beneficial for them to take time alone and rest well.

Timid	Mild-mannered	Anxious	Earnest
Sensitive	Stubborn	Intense	Reserved
Patient	Responsible	Fastidious	Tense
Tactful	Shy	Withdrawn	Polite
Perfectionist	Stressed	Conscientious	Wary
Kind	Diligent	Attentive	Composed
Reliable	Nervous	Neat	

**Exercise** – Calming, centering exercises like yoga, tai chi, breathing exercises, singing, pilates

**Diet Profile** – Vegetarian with good protein choices such as seafood, low glycemic vegetables, soy products, fruits, nuts, beans and other legumes

**Major Avoids** – Red meat (beef), pork, dairy, wheat, lima beans, bananas, tomatoes, oranges, mangos, and papaya