

Blood Type Health Tendencies

Blood Type AB

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*.

Blood Type AB blood is rare. Emerging from the intermingling of Type A Caucasians and Type B Mongolians, it is found in less than 5 percent of the world population, and it is the newest of the blood types. Until ten or twelve centuries ago, there was no Type AB blood. Then barbarian hordes swept across the Roman Empire. As a result of the intermingling of these Eastern invaders, with the last vestiges of Roman civilization, Type AB blood came to be.

The combination of traits in Type AB blood people is a mixed blessing. Some of their immune characteristics make them stronger, and others are in conflict. Type AB is said to be charismatic and mysterious. They are thoroughly adaptable for modern conditions. D'Adamo says of them "Perhaps Type AB presents the perfect metaphor for modern life: complex and unsettled." They enjoy a mixed diet including meat and seafood, dairy, tofu, legumes, grains, vegetables and fruit.

Strengths – Some benefits of both A and B types, designed to deal with modern conditions, reacts negatively to both A-like and B-like conditions.

Weaknesses – Sensitive digestive tract, over tolerant immune system allowing microbial invasion, reacts negatively to both A-like and B-like conditions.

Risks – Blood clots more easily, vulnerable to GI, respiratory and ear infections, parasites, most cancers, anemia, heart disease, asthma and allergies, bipolar disorders, depression, Parkinson’s, schizophrenia, substance abuse, hypertension, gall stones, jaundice, intestinal toxicity, osteoporosis, colon cancer, high cholesterol, cerebral thrombosis, celiac disease, kidney disease, leaky gut, chronic viral and low grade infections.

Personality – Freedom-loving Ab’s are strong and rational people. They don’t worry about little things and can usually assess their life challenges without their emotions getting in the way. Despite their love for freedom and independent thinking, they don’t have any issues when it comes to relationships and are quite popular.

Talented	Composed	Rational	Artistic
Aloof	Cool	Two-faced	Controlled
Sociable	Critical	Indecisive	Forgetful
Irresponsible	Shy	Outgoing	Trustworthy
Self-centered	Sensitive	Dream Chaser	Spiritual
Calm	Mysterious	Vulnerable	Complicated
Private	Creative	Eccentric	Charming
Impatient	Proud	Diplomatic	Discriminating
Popular	Adaptable		

Exercise – Calming, centering exercises like yoga, tai chi combined with moderate activities like hiking, cycling, and tennis.

Diet Profile – Mixed diet in moderation, seafood, dairy, tofu, legumes, vegetables, fruit, lamb, eggs, oats, spelt, pineapple

Major Avoids – Chicken, pork, corn, Lima and kidney beans, wheat, banana, seeds