

Blood Type Health Tendencies

Blood Type B

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 B first appeared in India or the Ural region of Asia among a mix of Caucasian and Mongolian tribes. As the Mongolians swept through Asia, the gene for Type B blood was firmly entrenched. They pursued a culture dependent upon herding and domesticating animals – as their diet of meat and dairy products reflected. Another Blood Type B culture, entirely agriculturally based, spread throughout China and Southeast Asia.

Type B people are inclined to be nomads, balanced, flexible, and creative. They have a strong immune system and readily adapt to dietary and environmental changes. Type B people are omnivores, eating meat (but no chicken), dairy, grains, legumes, vegetables and fruits.

Strengths- Strong immune system, versatile with dietary changes, balanced nervous system

Weaknesses- Vulnerable to viruses, autoimmune disorders, strong reaction to foods, tendency towards memory loss, exotic immune disorders

Risks – Chronic fatigue, lupus, MS, overproduction of cortisol in reaction to stress, Type 1 diabetes, hyperinsulinemia, depression, hypothyroidism, chronic viral infections, high blood pressure, leaky gut, obesity, hypoglycemia, severe influenza, E. coli, urinary tract infections, staph infections, sinus infections, Alzheimer's

Personality - Outgoing and friendly, this type is a people person. Unlike type A's, type B's don't do that at the expense of their own feelings and well-being; it comes to them naturally, without any effort. Contact with people doesn't wear them down, and they will do well as leaders or in any job that requires dealing with people. Type B's are highly flexible; they can feel people. They are into **body language** and other methods of deciphering others. People with blood type B personalities rely on their intuition and trust themselves. Personality traits include:

Selfish	Passionate	Erratic	Wild
Active	Uncooperative	Creative	Strong
Irresponsible	Unforgiving	Relaxed	Freewheeling
Unconventional	Unpretentious	Pragmatist	Flexible
Curious	Cheerful	Outgoing	Adventurous
Indecisive	Unpredictable		

Exercise – Moderate physical exercise with mental balance like hiking, cycling, tennis, swimming

Diet Profile – Fish, turkey, dairy, potatoes, low glycemic vegetables, pineapple, papaya, wild game, greens

Major Avoids – Corn, chicken, tomatoes, peanuts, shellfish, sesame seeds, wheat, lentils