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Blood Type Diet – Basic Overview

Blood Type O – The Hunter

- You have a hardy digestive system so eat meat – high protein, low carbohydrate
- Gluten free – cut out wheat and most other grains. You should restrict your dairy intake, take a calcium supplement
- Engage in vigorous aerobic exercise which helps you deal with built up stress and increases metabolism
- You have an overactive immune system and the risk of ulcers and inflammatory diseases such as arthritis increase if you eat incorrectly for your type
- Food that encourages weight loss are kelp, seafood, iodised salt, liver, red meat, kale, spinach and broccoli

Blood Type A – The Cultivator

- You should be a vegetarian – high carbohydrate and low fat. You have a sensitive digestive tract so you need to eat the fresh, pure, organic and unprocessed food. If healthy, bread is ok.
- You can eat seafood but not meat. If you must eat meat, chicken 1-3 times a week is the best option.
- Limit dairy as it encourages mucus too much in A's – soy is the best alternative
- Engage in gentle exercise such as yoga or golf – you require an agrarian diet to stay lean and productive
- The calming of meditation will help you to deal with stress
- You have a tolerant immune system and the risk of cancer and heart disease increase if you eat incorrectly for your type
- Foods that encourage weight loss are vegetable oils (olive and linseed), soya foods, vegetables, pineapple

Blood Type B – The Nomad

- You have the most flexible dietary needs and should have a very varied diet, one including meat. Yours is the only blood type that does well with dairy products
- Engage in exercise such as moderate swimming or walking
- You require a balance between physical and mental activity to stay lean and sharp and respond best to stress with creativity
- You have a strong immune system but the risk of slow growing viruses that attack the nervous system increases if you eat incorrectly for your blood type
- Foods that encourage weight loss are green vegetables, meat, eggs, liver and licorice tea

Blood Type AB – The Enigma

- A modern merging of the A and B blood types and responds well to changing environmental and dietary conditions
- You are a combination of the benefits and intolerances of the other three blood types
- Engage in calming exercises and relaxation techniques. You respond best to stress spiritually, with verve and creative energy
- You have the friendliest immune system or all three blood types – it is over tolerant
- Foods that encourage weight loss are tofu, seafood, green vegetables, kelp, dairy products, alkaline fruits and pineapple

This material was taken from the Eat Right Diet by Peter D'Adamo