Choose the Right Supplements for Your Blood Type

There is an old saying, "one man's meat is another man's poison," suggesting that what may be healthy for one person may make another person feel worse. All too often, people think that because a particular diet or supplement plan improved their health, that it will work for everyone else. While this is well-intentioned, the fact is that people are different. They live in different climates, undergo different stresses and are at different stages of life. This means you need to adjust your diet and supplements to your unique needs and constitution.

Natural healing traditions throughout the world recognized the importance of a person's constitution in selecting remedies. Constitution is rooted in your genetic makeup and one of these fundamental genetic differences is your blood type. You may know that if you were to receive a blood transfusion from an incompatible blood type, your immune system will reject it. However, the four different blood types, O, A, B and AB, affect more than the compatibility to donate or receive blood. Blood type affects how you interact with foods and how your immune system works. It appears to also affect your nervous system function, how you handle stress and even your personality.

What Does Your Blood Type Say About You?

Research done by Dr. Peter D'Adamo and his father, Dr. James D'Adamo, has demonstrated there was a strong correlation between a person's blood type and the foods and supplements they need. While Dr. D'Adamo is best known for his blood type diet that is only a small part of his research. Through his research he has shown that people with different blood types tend to have different reactions to stress and infectious agents as well as different health issues.

In this issue of *Sunshine Sharing* you'll learn about some of the health tendencies of each blood type and the basic diet, supplement and lifestyle recommendations that may be helpful for them. More in depth information can be found in *Live Right for Your Type*.

Keep in mind that we're only discussing general characteristics, as blood type is not the only genetic factor that influences your health and personality. However, it does help drive home the point that you need to customize your health program to fit your unique needs and circumstances. We'll start with an introduction of the four blood types and their basic characteristics.

Basic Characteristics of Blood Type O

Blood type O is the most dominant blood type on the planet. People with blood type O can donate blood to anyone because they have no antigens on their red blood cells. Therefore there is no structure present to trigger an immune reaction in other blood types.

Generally speaking, people with blood type O have a strong immune system and good digestion. They also have an effective metabolism for burning fats and proteins. They tend to see themselves as practical, responsive, decisive and innovative. They also tend to be have more assertive personalities and enjoy physical activities. They also have a higher percentage of the mesomorphic body type (sturdy people with larger chests and broader shoulders) and a very low percentage of ectomorphs (tall, slender people).

Basic Characteristics of Blood Type A

Blood Type A is the second most predominant blood type. People with this blood type have the A antigen on their red blood cells, which means they can receive blood from people with type A or type O blood. They can't receive blood from the B or AB type because their immune system reacts against the B antigen.

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Blood type A people tend to describe themselves as sensitive to the needs of others, good listeners, creative, organized and analytical. They have a greater tendency to have the ectomorph body type.

Blood Type B

People with blood type B have the B antigen on their red blood cells, which means they can receive blood from type B or type O, but not from A or AB. They tend to see themselves as subjective, creative, easy-going and flexible. They also tend to be more emotional and less analytical. They have varied body types, with no type clearly dominating.

Blood Type AB

People with blood type AB have both the A and the B antigen. Because of this, they can receive blood from all blood types. They are the rarest of the four blood types, less than 4% of the population.

People with the rare AB blood type often see themselves as intuitive, empathetic, passionate and emotional. Their predominant body type is endomorphic (a chubby or pear-shaped body).

Blood Type and Stress

Now that you're familiar with the four blood types, let's look at how each blood type tends to handle stress. We'll also look at differences in how their nervous system functions and ailments they are prone to because of this. We also talk about strategies each blood type can use to handle stress better and keep their nervous system in balance.

Stress and Blood Type O

People with blood type O produce less cortisol in response to stress, but also tend to have higher levels of the neurotransmitters dopamine and epinephrine. They also tend to have lower levels of MAO, an enzyme that breaks down these neurotransmitters. Dopamine is involved in motivation, drive and addiction, while epinephrine (aka adrenaline) is energizing and alerting.

As a result, blood type O is generally able to tackle challenges and handle acutely stressful situations effectively. They also recover from acute stress rather quickly.

On the down side, they can become excessively agitated or angry when stressed and may need to learn how to manage their anger. They are also more prone to engage in risky behaviors.

Intense, competitive workouts like running, aerobics, martial arts and contact sports can actually help burn off these excitatory neurotransmitters. Intense exercise helps people with blood type O to experience greater emotional balance.

The amino acid l-tyrosine is a precursor to dopamine and epinephrine. Red meat is high in l-tyrosine, which is one of the reasons why it is a beneficial food for blood type O. Eating red meat daily, especially for breakfast, helps keep their mood and energy more stable. L-glutamine can also be helpful as it promotes the production of the calming neurotransmitter GABA, which can help reduce feelings of irritation and excessive excitement.

Wheat is also high in l-tyrosine, but it is not a good food for people with blood type O. High carbohydrate diets tend to create blood sugar problems in this type, who are also prone to nervous system problems involving mood swings such as bipolar (manic-depressive) disorder and schizophrenia. A diet of meat and non-starchy vegetables, with few sugars and starches, keeps their nervous system more balanced and stable.

If a person with blood type O is craving carbohydrates, having trouble sleeping and/or is feeling depressed 5-HTP may also be helpful. B-vitamins, particularly, pantothenic acid, methylated folic acid and B12 are also helpful for stabilizing nerve function. A ***Brain Calming Formula*** containing GABA, l-glutamine and passion flower, can also be used to reduce feelings of agitation.

Stress and Blood Type A

People with blood type A tend to overproduce cortisol and epinephrine under stressful situations. They have a higher baseline level of cortisol and have a harder time breaking it down. This means they need more time to calm down after a stressful situation. It also makes them more prone to anxiety disorders, particularly obsessive-compulsive disorder (OCD). High stress also puts them at greater risk for rapid aging, senility, Alzheimer's disease and cancer.

Understanding this, it's important for people with blood type A to learn good stress management skills. They should keep a regular schedule, seek out harmonious situations, and rely on exercise that is relaxing, such as walking, swimming, yoga or tai chi, rather than extreme or competitive sports. They also need to learn to speak up when something is bothering them.

They also respond well to the regular use of adaptogens, such as eleuthero root, holy basil, Korean ginseng and ashwaganda, which help to reduce their baseline stress level. An ***Ashwagandha Complex Formula*** containing these herbs can be beneficial for them. They might also benefit from taking DHEA or an ***Anti-Stress B-Complex Formula*** containing B-complex vitamins, vitamin C and adaptogens. Zinc is good for them because it promotes the production of calming neurotransmitters.

Stress and Blood Type B

People with blood type B also tend to have high cortisol levels. Their emotional nature means they can allow stress to build up until they explode. Their high cortisol level also affects their overall health, so stress management is also important for them.

People with blood type B will benefit by creating a more structured and orderly life. They need to sleep on a schedule that harmonizes with the cycles of darkness and light. They should also avoid rushing and pushing themselves too much. Instead, they should organize their lives and schedule activities. Practicing meditation and deep breathing will also be helpful.

Like A blood types, they benefit from adaptogens, but should consider an ***Adrenal Glandular Formula*** which contains adrenal substance, schizandra and licorice. They can also benefit from an ***Anti-Stress B-Complex Formula*** and CBD.

Stress and Blood Type AB

Like blood type O, people with the AB blood type tend to build up higher levels of epinephrine and dopamine, due to lower levels of MAO. In them, stress tends to lead to increased inflammation. Higher levels of dopamine make them more prone to Parkinson's disease and they are also prone to bipolar disorder and schizophrenia.

People with blood type AB sometimes feel angry and alienated from others, which intensifies their stress. They can experience mood swings, depression, and may become involved in substance abuse if they don't manage their stress properly. They should make sure they get adequate sleep and avoid activities that create surprises and adrenaline rushes. They can definitely benefit from meditation and deep breathing exercises.

Like O blood types they can benefit from an adequate intake of l-tyrosine. They also benefit from extra magnesium for their nerves and taking alpha lipoic acid with SAM-e which will help reduce inflammation and stress.

Blood Type and the Immune System

Blood type is a major factor in how the immune system responds. That's why the immune system will reject a blood transfusion that has the wrong antigens. The immune system of each of the four blood types reacts a bit differently and may require different remedies to keep it in balance.

Type O Immunity

People with blood type O generally have strong immune systems, making them resistant to infectious diseases. Conversely, their immune system tends to be over reactive, which makes them more prone to allergies and autoimmune disorders, such as Hashimoto's thyroiditis. They are also more prone to chronic inflammatory diseases, including inflammatory bowel disease (IBD).

Gluten in wheat has been linked with the autoimmune reactions in Hashimoto's thyroiditis, and should definitely be avoided. Soy products also trigger excessive immune reactions and should be avoided.

Supplements that help to calm and balance immune reactions, such as turmeric, curcumin, colustrum, or astragalus can be helpful, especially if there is inflammation present. Seaweeds like bladderwrack and kelp will reduce intestinal inflammation and help to support the health of the thyroid. Probiotics are also helpful for balancing the immune system.

Type A Immunity

People with blood type A tend to have lower levels of IgA and IgE antibodies. The former makes them more vulnerable to ear infections and respiratory problems, especially as children, and later more susceptible to allergies and asthma. They are also the blood type that has the highest cancer risk.

Eliminating wheat and dairy products, two major foods to avoid for this blood type, helps reduce this tendency to earaches and respiratory problems. The herbs eyebright and nettles also help reduce the allergic responses involved in these problems.

To boost their immune system, blood type A people respond well to echinacea and medicinal mushrooms. A ***Mushroom Immune Formula*** contain cordyceps, reishi, turkey tail, and other medicinal mushrooms can be highly beneficial for them. They should also consider an ***Immune Boosting Blend*** containing beta-glucans, cordyceps, reishi and maitake.

Type B Immunity

People with blood type B have strong immune systems and the same tendency to the hyperactive immune reactions found in blood type O. This can increase their risk of autoimmune disorders, particularly rheumatoid arthritis, lupus and scleroderma. Eliminating major problem foods for this type, such as corn, wheat and chicken, will help prevent these problems.

In addition, many viruses have structures like the B-antigen, including flu viruses, which means that B blood types may have a harder time recognizing and fighting viral infections. Blood type B are also prone to some types of bacterial infections, particularly urinary tract infections (UTIs) and *E. coli* infections.

Cranberry, buchu and uva ursi are helpful for fighting UTIs. Taking extra vitamin C and zinc during cold and flu season can be helpful for people with blood type B. They may also benefit from astragalus and elderberry, which help the body fight viruses. The ***Elderberry Cold and Flu Formula***, which contains vitamin D3, elderberry, echinacea and olive leaf is a good formula for them.

Type AB Immunity

With both the A and B antigen, people with AB blood type tend to have overly tolerant immune systems which makes them more prone to chronic viral infections, low grade bacterial infections and parasites. They also have sensitive digestive systems which increases their risk of leaky gut and also colon cancer.

People with Type AB blood can benefit from the same immune-boosting herbs listed for the A blood type, particularly echinacea and the ***Immune Boosting Blend***. A ***Lymphatic Infection Blend*** can help fight low grade bacterial infections. It contains herbs like black walnut and echinacea.

They can also benefit from herbs that promote GI tract health such as pau d'arco and cat's claw. A ***Gut Immune Formula*** containing cat's claw, astragalus and Echinacea is very helpful. They also benefit from deglycyrrhizinated licorice root (DGLE). Even better is an ***H. Pylori Fighting Formula*** containing DGLE, clove, elecampane and pau d'arco.

Other Health Concerns

Each blood type tends to face an increased risk for certain disorders. We've covered problems related to the immune and nervous systems, but here are some additional issues, supplements and general dietary suggestions to consider.

Specific Blood Type O Issues

Blood type O people don't utilize carbohydrates very well. This means they are prone to developing metabolic syndrome (high

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insulin levels), which is linked to increased risk of obesity and heart disease. A high carbohydrate diet will also contribute to the development of a low thyroid. Their optimal diet therefore is more carnivorous, with 3-4 ounces of animal protein and lots of non starchy vegetables along with low amounts of sugar and starches.

They are also prone to developing ulcers. Deglycyrrhizinated licorice root (DGLE) or the ***H. Pylori Fighting Formula*** are good for them. Licorice root also stabilizes blood sugar levels.

As mentioned before, red meat is a very beneficial food for them, but fish like sea bass, cod, halibut, snapper and yellowtail are also beneficial protein foods. Major foods they should avoid include corn, wheat, potatoes, and dairy products.

Other Type A Issues

A big problem for A blood types is poor digestion associated with low stomach acid. Many A blood types benefit from taking betaine hydrochloric acid (HCl) and/or a ***Digestive Support Formula*** containing HCl, pepsin, bromelain, bile salts and pancreatin. They can also benefit from ***Digestive Bitters Formulas***.

Because of their difficulty digesting protein, many A blood types find they do well on a vegetarian or partially vegetarian diet. Fish, like cod, perch, snapper, salmon, sardine and trout, and beans and legumes (black, pinto, lentils, peanuts) are better protein sources. They should definitely avoid red meat, wheat and non-fermented dairy foods, as well as vegetables in the nightshade family such as peppers, potatoes and tomatoes.

Other Type B Issues

People with blood type B deplete nitric oxide (NO) quicker. NO dilates blood vessels, so B blood types are prone to hypertension. A ***Nitric Oxide Boosting Formula*** containing l-arginine and beet root extract, along with vitamins and other nutrients can be very helpful for improving their overall health.

People with the B blood type are also more prone to hyperinsulinemia and should avoid diets high in simple sugars and starches. A ***Blood Sugar Control Formula***, containing herbs like nopal, cinnamon, fenugreek and/or bitter melon, may be helpful for them if they are gaining weight, a classic sign of metabolic syndrome.

They do well on a diet of both plant and animal foods, and tolerate meats like goat, lamb and venison, but don't do well with chicken. They are the only type that readily tolerates clean dairy products, which can actually be beneficial for them. Major foods they should avoid include corn, wheat and rye, black and garbanzo, beans, soy, peanuts, and tomatoes. Seafoods like clam, crab, lobster, mussels and shrimp should also be avoided.

Other Type AB Issues

Blood type AB forms blood clots more easily than other blood types, putting them at higher risk of thrombosis and cardiovascular disease. To prevent this, it may benefit them to take a ***Nattokinase Enzyme Formula*** containing nattokinase enzymes with hawthorn, capsicum and resveratrol. This formula helps to reduce clot formation in the blood stream. Vitamin E may also be helpful

Because they have a tendency to neurotransmitter imbalance they may benefit from taking a ***Memory Enhancing Formula*** containing ginkgo, gotu kola and bacopa. This formula will also help to naturally thin the blood while protecting the brain.

Type AB tends to suffer from digestive issues and may have problems digesting fats and proteins. There are many meats and seafoods they should avoid. These include red meat, chicken, clam, crab, lobster, shrimp, oyster and yellowtail. They should also avoid corn and instead use rice, oats and spelt. Like B's they tolerate dairy products, especially goat's milk and fermented dairy foods as well as turkey and many types of fish.

Additional Help and Information

For more information about diet, supplements and lifestyles helpful for each blood type contact the person who gave you this newsletter. You can also consult the following resources to learn more:

Blood Type, pH and Nutrition Charts by Tree of Light
Live Right for Your Type by Peter J. D'Adamo