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One Man's Meat is Another Man's Poison




- We are genetically different
- We also 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

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Constitution

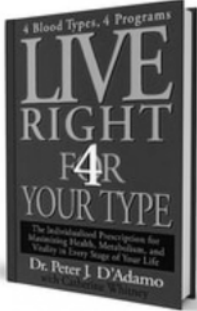
- Natural healing traditions recognize constitution is important in selecting remedies
- Constitution is rooted in genetic makeup
- One genetic factor is your blood type: O, A, B and AB
- Blood type affects more than the compatibility to donate or receive blood
- Blood type affects:
 - The foods that are good for you
 - How your immune system works
 - How you handle stress
 - The diseases you are prone to



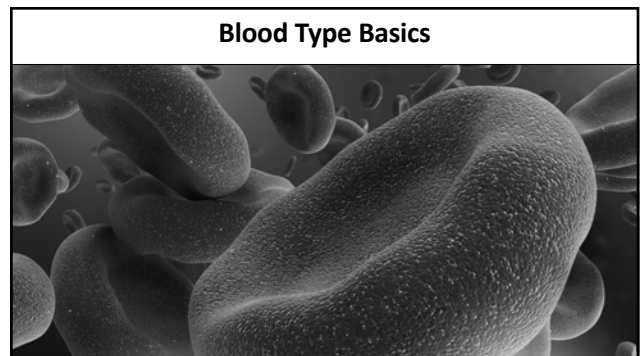
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A Starting Point

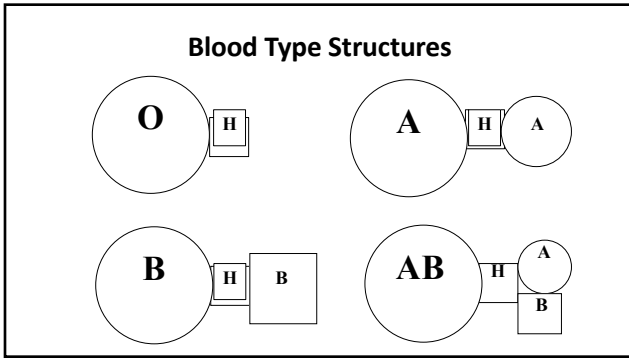
- Research done by Dr. Peter D'Adamo and his father, Dr. James D'Adamo shows people with different blood types tend to have different reactions to stress and infectious agents as well as different health issues
- Keep in mind that blood type is just one genetic factor
- You need to customize your health program to your own unique genetics and needs



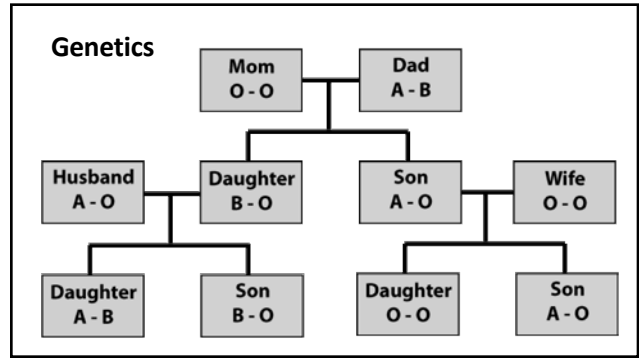
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Blood Type O

- The most dominant blood type on the planet
- Can donate blood to anyone
- No antigens on their red blood cells
- Tend to see themselves as practical, responsive, decisive and innovative
- Tend to be have more assertive personalities and enjoy physical activities
- 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)

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Blood Type A

- Second most predominant blood type
- Have the A antigen on their red blood cells
- Can receive blood from people with type A or type O blood
- Immune system rejects B antigen in type B and AB
- Tend to describe themselves as sensitive to the needs of others, good listeners, creative, organized and analytical
- Have a greater tendency to have the ectomorph (tall slender) body type

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Blood Type B

- Have the B antigen on their red blood cells
- Can receive blood from type B or type O but not from A or AB
- 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

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Blood Type AB


- Have both the A and the B antigen
- Can receive blood from all blood types
- Rarest of the blood types, less than 4% of the population
- See themselves as intuitive, empathetic, passionate and emotional
- Predominant body type is endomorphic (i.e. chubby or pear-shaped body)

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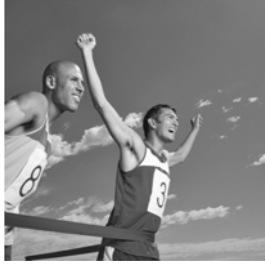
Blood Type and Stress

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Blood Type O Nervous System

- Produce less cortisol in response to stress
- Tend to have higher levels of the neurotransmitters dopamine and epinephrine
- Tend to have lower levels of MAO, an enzyme that breaks down these neurotransmitters

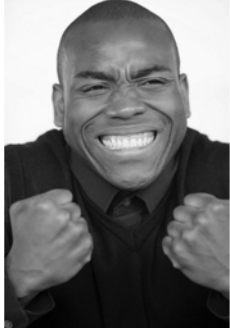


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Stress Responses

- Generally able to tackle challenges and handle acutely stressful situations
- Tend to recover rapidly from acute stress
- Can become excessively agitated or angry when stressed
- May have problems with anger
- Also prone to engage in risky behaviors




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Lifestyle Balance

- Learn anger management skills
- Intense, competitive workouts like running, aerobics, martial arts and contact sports
- Eating red meat daily, especially for breakfast, or taking l-tyrosine supplements
- Avoid high carbohydrate diets, especially wheat
- High protein diet with low glycemic carbohydrates




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Stress and Nervous Aids

- 5-HTP for sleep or carbohydrate cravings
- B-vitamins, particularly, pantothenic acid, methylated folic acid and B12
- L-glutamine or GABA to reduce feelings of irritation and excessive excitement
- *Brain Calming Formula* containing GABA, l-glutamine and passion flower




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Blood Type A Nervous System


- Overproduce cortisol and epinephrine under stressful situations
- Have a higher baseline level of cortisol and have a harder time breaking it down
- Need more time to calm down after a stressful situation
- Prone to anxiety disorders, particularly obsessive-compulsive disorder (OCD)



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A Lifestyle Balance


- Need to learn good stress management skills
- Create a regular schedule
- Seek out harmonious situations and relationships
- Use exercises that are relaxing, such as walking, swimming, yoga or tai chi, rather than extreme or competitive sports
- Need to learn to speak up when something is bothering them



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A Stress and Nerve Aids


- Regular use of adaptogens, such as eleuthero root, holy basil, Korean ginseng and ashwaganda
- *Ashwagandha Complex Formula* containing these herbs
- DHEA
- *Anti-Stress B-Complex Formula* containing B-complex vitamins, vitamin C and adaptogens
- Zinc



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B Blood Type B Nervous System

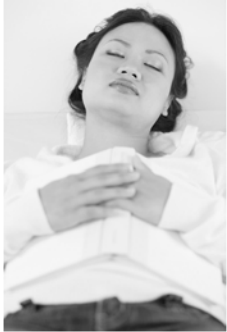
- High baseline cortisol levels
- Overproduce cortisol in response to stress
- Tend to overreact to stress in a highly emotional way
- Have difficulty recovering from stress
- They may hold stress in until they explode



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B Lifestyle Balancers


- Benefit by creating a more structured and orderly life
- Need to organize their lives and schedule activities
- Need to sleep on a schedule that harmonizes with the cycles of darkness and light
- Should also avoid rushing and pushing themselves too hard
- Meditation and deep breathing exercises are helpful



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B Stress and Nerve Aids


- Adaptogens like Korean ginseng, eleuthero, ashwagandha and holy basil
- Adaptagen Immune Formula
- *Adrenal Glandular Formula* with adrenal substance, schizandra and licorice
- *Anti-Stress B-Complex Formula*
- CBD



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AB Blood Type AB Nervous System


- Tend to build up higher levels of epinephrine and dopamine
- Tend to have lower levels of MAO
- Tendency to introversion
- May feel angry and alienated from other people which intensifies their stress level
- May also experience mood swings



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AB **Lifestyle Balance**


- Prone to substance abuse if they don't manage their stress properly
- Need to cultivate social skills and engage in group activities, but also need more alone time
- Benefit from aerobic exercise
- Get adequate sleep
- Avoid activities that create
- Meditation and deep breathing exercises



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AB **Stress and Nerve Aids**

- Need adequate intake of l-tyrosine from red meat or supplements
- Benefit from extra magnesium for their nerves
- Need alpha lipoic acid with SAM-e to reduce inflammation and stress
- Rhodiola
- B-Vitamins



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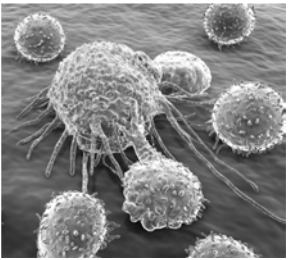
Blood Type and Immunity



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0 **Immunity in Blood Type O**


- Tend to have strong immune systems, making them resistant to infectious diseases
- Immune system may be over reactive, making them more prone to allergies and autoimmune disorders, especially Hashimoto's thyroiditis
- Prone to chronic inflammatory diseases, including inflammatory bowel disease (IBD)



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0 **Immune Support**


- Avoid wheat (gluten) and soy
- Supplements that calm and balance immune reactions, such as turmeric, curcumin, colostrum, or astragalus
- Seaweeds like bladderwrack and kelp will reduce intestinal inflammation and help to support the health of the thyroid
- Take probiotics



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A **Immunity in Blood Type A**


- Tend to have lower levels of IgA and IgE antibodies
- Low IgA makes them more vulnerable to ear infections and respiratory problems, especially as children
- Low IgE makes them more susceptible to allergies and asthma
- Has the highest cancer risk



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A **Immune Support**

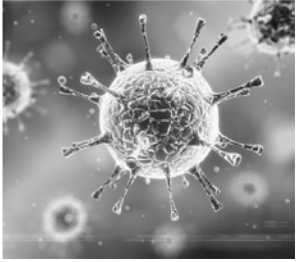
- Eliminating wheat and dairy products helps reduce this tendency to earaches and respiratory problems
- Eyebright and nettles help reduce the allergic responses
- Echinacea
- *Mushroom Immune Formula* containing cordyceps, reishi, turkey tail, and other medicinal mushrooms
- *Immune Boosting Blend* containing beta-glucans, cordyceps, reishi and maitake.



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B **Immunity in Blood Type B**


- Generally strong immune systems
- Tendency to hyperactive immune reactions increasing their risk of autoimmune disorders, particularly rheumatoid arthritis, lupus and scleroderma
- Many viruses have structures like the B-antigen, including flu viruses, which means they may have a harder time recognizing and fighting these viral infections.
- Prone to some types of bacterial infections, particularly urinary tract infections (UTIs) and *E. coli* infections



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B **Immune Support for Blood Type B**


- Eliminate corn, wheat and chicken
- Cranberry, buchu and uva ursi are helpful for fighting UTIs
- Extra vitamin C and zinc during cold and flu season
- Astragalus and elderberry help them fight viruses
- *Elderberry Cold and Flu Formula*, which contains vitamin D3, elderberry, echinacea and olive leaf



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AB **Immunity in Blood Type AB**


- Tend to have overly tolerant immune systems which makes them more prone to chronic viral infections, low grade bacterial infections and parasites
- Tend to have sensitive digestive systems which increases their risk of leaky gut and colon cancer



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AB **Immune Support**

- Echinacea
- *Immune Boosting Blend*
- *Lymphatic Infection Blend* can help fight low grade bacterial infections
- Herbs to promote GI tract health such as pau d'arco and cat's claw
- *Gut Immune Formula* containing cat's claw, astragalus and Echinacea
- Deglycyrrhizinated licorice root (DGLE)
- *H. Pylori Fighting Formula* containing DGLE, clove, elecampane and pau d'arco



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Blood Type and Specific Health Issues



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0 **Blood Type O Health Challenges**


- Prone to nervous system problems involving mood swings such as bipolar (manic-depressive) disorder and schizophrenia
- Prone to blood sugar problems and metabolic syndrome, which is linked to the risk of obesity and heart disease
- Prone to developing ulcers
- Low blood clotting factors (bleeding)



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0 **Health Aids**

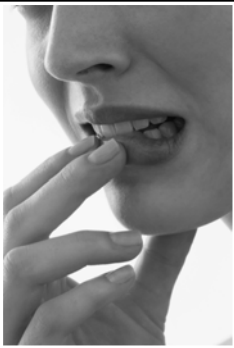
- Optimal diet is more carnivorous, with 3-4 ounces of animal protein and lots of non starchy vegetables
- Need a lower intake of sugar and starches
- Avoid include corn, wheat, potatoes, and dairy products
- Deglycyrrhizinated licorice root (DGLE)
- *H. Pylori Fighting Formula*



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A **Blood Type A Health Challenges**


- Poor digestion and low stomach acid
- 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
- Tend to have higher levels of blood clotting factors



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A **Health Aids**


- Betaine hydrochloric acid (HCl)
- *Digestive Support Formula* containing HCl, pepsin, bromelain, bile salts and pancreatin
- *Digestive Bitters Formulas*
- May do well on a partially vegetarian diet, getting protein from fish and legumes
- Should avoid red meat, wheat and non-fermented dairy foods, as well as nightshade family vegetables



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B **Blood Type B Health Challenges**


- Deplete nitric oxide (NO) quicker making them are prone to hypertension
- Prone to hyperinsulinemia and should, may be helpful for them if they are gaining weight, a classic sign of metabolic syndrome
- High cortisol makes them prone to Alzheimer's and dementia



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B **Health Aids**


- *Nitric Oxide Boosting Formula* containing l-arginine and beet root extract
- Avoid diets high in simple sugars and starches
- *Blood Sugar Control Formula*, containing herbs like nopal, cinnamon, fenugreek and/or bitter melon
- Need both plant and animal foods
- Avoid chicken, corn, wheat and rye, black and garbanzo, beans, soy, peanuts, and tomatoes
- Clean dairy products are beneficial for them



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AB **Blood Type AB Health Challenges**


- Form blood clots more easily, higher risk of thrombosis, cardiac infarction and stroke
- Stress tends to cause increased inflammation
- Higher levels of dopamine make them prone to Parkinson's disease
- Also prone to bipolar disorder and schizophrenia
- Low stomach acid



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AB **Health Aids for Blood Type AB**

- *Nattokinase Enzyme Formula* containing nattokinase enzymes with hawthorn, capsicum and resveratrol
- Vitamin E
- *Memory Enhancing Formula* containing ginkgo, gotu kola and bacopa
- *Digestive Support Formula* containing HCl, pepsin, bromelain, bile salts and pancreatin
- Should avoid red meat, chicken, clam, crab, lobster, shrimp, oyster and corn
- Tolerate goat's milk and fermented dairy foods as well as turkey and many types of fish



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Formulas to Help the Four Blood Types



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Adpatagen-Immune Formula

Ingredients	Benefits
<ul style="list-style-type: none"> • Korean Ginseng • Rhodiola root • Eleuthero root • Gynostemma • Ashwagandha root • Schisandra fruit • Suma bark • Astragalus root • Reishi mycelium 	<ul style="list-style-type: none"> • Blend of adaptagens • Especially helpful for Blood Types A and B • Korean ginseng, eleuthero, ashwagandha are recommended by Peter D'Adamo for these types

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Anti-Stress B-Complex Formula

Ingredients	Benefits
<ul style="list-style-type: none"> • Vitamin C • B-Complex Vitamins • Schisandra fruit • Hops flower extract • Passion Flower flower • Valerian root extract 	<ul style="list-style-type: none"> • Helps both A and B types with their stress • May also be helpful for AB

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Ashwagandha Complex Formula

Ingredients	Benefits
<ul style="list-style-type: none"> • Ashwagandha root extract • Bacopa leaf extract • Black Pepper fruit extract • Schisandra fruit • Rhodiola root extract 	<ul style="list-style-type: none"> • Helpful for stress in blood type A • Also helps their tendency to Alzheimer's and senility

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Blood Sugar Control Formula

Ingredients	Benefits
<ul style="list-style-type: none"> • Vanadium • Cinnamon bark extract • Fenugreek seed • Bitter Melon fruit • Gymnema leaf extract • Nopal leaf • Banaba leaf • Chromium 	<ul style="list-style-type: none"> • Blood types O and B are prone to blood sugar problems which this formula may help

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Brain Calming Formula

Ingredients	Benefits
<ul style="list-style-type: none"> • GABA • L-Glutamine • Passion Flower aerial parts • Taurine • Spirulina 	<ul style="list-style-type: none"> • GABA and L-Glutamine are helpful for reducing feelings of irritability and excitement in blood type O

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Digestive Support Formula

Ingredients	Benefits
<ul style="list-style-type: none"> • Betaine Hydrochloric Acid (HCl) • Alpha amylase • Pepsin • Bromelain • Papain • Bile Salt • Pancreatin • Lipase 	<ul style="list-style-type: none"> • Helpful for blood type A, who tend to have difficulty with digestion • It can also be helpful for type AB

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Elderberry Cold and Flu Formula

Ingredients	Benefits
<ul style="list-style-type: none"> • Vitamin D3 • Elder berry extract • Echinacea aerial parts • Willow bark extract • Olive leaf extract 	<ul style="list-style-type: none"> • Blood type B is prone to viral infections, which this formula may be helpful for • May also be helpful for A blood types

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Gut Immune Formula

Ingredients	Benefits
<ul style="list-style-type: none"> • Cat's Claw bark • Astragalus root • Echinacea root 	<ul style="list-style-type: none"> • Helps blood type AB with their tendency to digestive issues

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H. Pylori Fighting Formula

Ingredients	Benefits
<ul style="list-style-type: none"> • DGLE (deglycyrrhizinated licorice root extract) • Clove flower extract • Indian Elecampane root extract • Pau d' Arco bark extract • Capsicum fruit 	<ul style="list-style-type: none"> • Helps blood type O with their digestion • They are prone to develop H. Pylori infections and uclers • It also helps type AB

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Immune Boosting Blend	
Ingredients	Benefits
<ul style="list-style-type: none"> • Beta-Glucans • Arbinogalactan • Colostrum • Cordyceps mycelium • Reishi mycelium • Maitake mushroom 	<ul style="list-style-type: none"> • Blood type A tends to need their immune system boosted • May also help AB

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Memory Enhancing Formula	
Ingredients	Benefits
<ul style="list-style-type: none"> • Gotu Kola aerial parts • Bacopa leaf extract • Ginkgo leaf • Magnesium 	<ul style="list-style-type: none"> • This formula is particularly helpful for blood type AB, but may also help A blood types • Both are prone to memory loss

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Mushroom Immune Formula	
Ingredients	Benefits
<ul style="list-style-type: none"> • Cordyceps mushroom • Reishi mushroom • Turkey Tail mushroom • Chaga mushroom • Shitake mushroom • Agaricus mushroom 	<ul style="list-style-type: none"> • Blood type A tends to need their immune system boosted • May also help AB


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Nitric Oxide Boosting Formula	
Ingredients	Benefits
<ul style="list-style-type: none"> • Vitamin C • Vitamin D • Thiamine • Vitamin B-6 • Folate • Vitamin B-12 • Magnesium • Red Beet root • L-Arginine • D-Ribose 	<ul style="list-style-type: none"> • Blood type A and AB are prone to clear nitric oxide too quickly, making them prone to hypertension • This formula helps boost nitric oxide

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Nattokinase Enzyme Formula	
Ingredients	Benefits
<ul style="list-style-type: none"> • Enzyme blend from Aspergillus oryzae and A. melleus • Hawthorn berry • Dandelion leaf • Capsicum (Cayenne) fruit • Resveratrol root 	<ul style="list-style-type: none"> • Blood type AB is prone to blood clots

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Upcoming Education	
	<ul style="list-style-type: none"> • Holistic Approach <ul style="list-style-type: none"> – Tues, Oct 13, 6:00 PM MT – Digestion (Solar Plexus) – Tues, Nov 10, 6:00 PM MT – Respiratory – Tues, Dec 8, 6:00 PM MT – Immunity to All Disease • Sunshine Sharing Hour <ul style="list-style-type: none"> – Tues, Oct 27, 6:00 PM MT – Electromagnetic Pollution – Tuesday, Nov 17, 6:00 PM MT – Neurodegenerative Disease – Tues, Dec 22, 6:00 PM MT – TBA

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