

Blood Type Health Tendencies

Blood Type O

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*.

Type O is the oldest and most basic of blood type, the survivor of the food chain, with a strong immune system capable of destroying all invaders. The original Type O people were hunter-gatherers who thrived on a diet of meat. As they killed off all the large game in their hunting range, it became necessary to travel farther afield in search of meat. Good hunting areas became scarce. The migration of the human race had begun. This movement seeded the planet with its base population, which was Blood Type O, the predominant blood type even today.

Type O people are strong and self-reliant. They are natural leaders. They tend to have a hardy digestive tract, a strong immune system, and natural defenses against infections. They thrive on a high protein diet. They are natural meat eaters, but they have to be cautious of over acidity. Dark green leafy vegetables are essential to help balance this. Ideally, their diet consists of meat, fish, vegetables and fruit.

Strengths – Strong digestive and immune system, natural defense against infections, efficient metabolism and preservation of nutrients.

Weaknesses – Immune system can become overactive, intolerant to new dietary and environmental conditions.

Risks – Inflammatory diseases, blood clotting disorders, low thyroid, ulcers, allergies, bipolar (manic-depressive) tendencies, depression, heart disease, Parkinson’s disease, schizophrenia, substance abuse, stroke, hyperinsulinemia, inflammatory bowel, dental plaque.

Personality – This type is described as responsible, practical, rule-conscious, and organized. People with this personality type make excellent leaders, and their determination helps them achieve their goals. While they are usually liked by other people, they are somewhat loners and need a lot of time alone. Typically, type O is physically strong and can find success in sports. In love, they are most happy with their own type or AB blood type.

Optimistic	Easygoing	Leadership Ability	Insensitive
Unpunctual	Calm	Confident	Self-determined
Strong-willed	Intuitive	Self-centered	Cold
Unpredictable	Workaholic	Outgoing	Energetic
Social	Flexible	Realistic	Financially-minded
Resilient	Romanticist	Cautious	Devoted
Peaceful	Carefree	Impressionable	Insecure
Emotional	Ambitious	Trendsetter	Independent
Loyal	Athletic	Robust	Passionate
Agreeable	Arrogant	Vain	Jealous
Ruthless	Rude	Imitator	

Exercise – Intense, competitive workouts like running, aerobics, martial arts, contact sports

Diet Profile – Animal protein, low glycemic vegetables, green vegetables, essential fatty acids, sea salt, and kelp

Major Avoids – Wheat, corn, dairy, kidney and navy beans, cauliflower, red and white potatoes, peanuts, oranges, and tangerines