

BLOOD TYPE AB PROFILE

Note: The following information has been taken from the Blood Type Diet “Nutrition Guides” created by [Tree of Light Publishing](#). To purchase copies of these charts, please click [here](#).

BLOOD TYPE AB CHARACTERISTIC

Blood Type AB is the rarest of all the blood types in the ABO category. They are the “newest” of all the blood types.

According to the research of [Dr. D’Adamo](#), Blood Type AB emerged from the intermingling of the Blood Type A Caucasians with the Blood Type B Mongolians. Until ten or twelve centuries ago, there was no Blood Type AB blood. Then barbarian hordes swept across the Roman Empire. As a result of the intermingling of these Eastern invaders with the last vestiges of Roman civilization, Blood Type AB evolved.

Click [here](#) or [here](#) to access great charts for a person with blood type AB to use as reference guides.

Strengths

- Some benefits of both Blood Types A & B.
- Designed to deal with modern conditions.
- Can eat a mixed diet.

Weaknesses

- Sensitive digestive tract.
- Vulnerable or over-tolerant immune system that is open to microbial invasion.
- Reacts negatively to both A-like and B-like conditions.

Risks

- Blood clots more easily
- Vulnerable to: GI, respiratory and ear infections, parasites, most cancers, anemia, heart disease, asthma and allergies, bipolar disorders, depression, Parkinson’s, Schizophrenia, substance abuse, hypertension, gall stones, jaundice, intestinal toxicity, osteoporosis, colon cancer, high cholesterol, cerebral thrombosis, celiac disease, kidney disease, leaky gut syndrome, chronic and low grade infections.

Exercise

- Calming, centering exercises like Yoga and Tai Chi combined with moderate activities like hiking, cycling, tennis, etc...

Diet Profile

Mixed diet containing:

- Seafood
- Dairy
- Tofu
- Legumes
- Vegetables
- Fruit
- Lamb
- Eggs
- Oats
- Spelt
- Pineapple
- etc... (refer to the blood type charts)

Avoids

- Chicken
- Pork
- Corn
- Lima and kidney beans
- Wheat
- Bananas
- Seeds
- etc...(refer to blood type charts)

MAINTENANCE SUPPLEMENTS

Sold in Canada: (Click [here](#) for ordering instructions)

Note: Some of the US and Canadian names of the supplements are the same, however some of the names are different. Please note that if they are different, the US names have been included in brackets for cross reference purposes. To view our Canadian-US cross-reference guide and to read about the supplements in further detail, please click [here](#).

[Bifidophilus Flora Force](#) (probiotics):

- Helps balance bacteria growth in upper intestinal tract.
- Antagonistic to Cancer.

[Chinese Mineral-Chi Tonic](#):

- Improves non-specific response to stress.
- Helps with stress control.

- It helps lower the highs and raise the lows.

CoQ10:

- Essential for heart health. Has positive effects on the heart tissue.
- Helps to prevent coronary artery disease, cerebral thrombosis, rheumatic heart disease.
- Helps where low grade infections can have damaging effects on the arteries.
- Helps lower blood pressure, glucose and triglycerides levels.
- Helps with sluggish liver. Helps to improve HDL cholesterol by helping to keep LDL cholesterol oxidation inhibited. Helps reduce high serum LDL cholesterol.
- Antioxidant, which helps to reduce the effects of oxidative stress.
- Helps with maintenance of optimal cellular function that has been impaired by stress.
- Crucial for energy metabolism.
- Helps with the efficiency of Vitamins A, C, E and beta-carotene.
- Helps prevent periodontal disease.

Flax Seed Oil:

- Useful for inflammatory conditions and nerve support.
- Increases HDL cholesterol and lowers homocysteine levels, which is an amino acid that increases cardiovascular disease when levels are too high. Homocysteine damages arterial walls, which leads to fat deposits. One of the reasons that the liver produces cholesterol is to help repair damaged arteries. When there are too many fatty deposits in the arteries, the blood has a harder time circulating which can lead to clotting.

Ginkgo Biloba or Gotu Kola:

- Helps increase circulation to the brain and throughout the body.
- Significant for an anti-stress remedy. Has cortisol buffering activity.
- Improves concentration and brain function.
- Benefits patients with Alzheimer's disease, failing memory, aging, dizziness, ringing in the ears.
- Ginkgo Biloba is a natural blood thinner. It helps to inhibit platelet aggregation.

Green Tea Extract:

- Cancer preventative and antioxidant.
- Blocks the chemically-induced precancerous changes in the oesophagus, stomach and other sites.

- Inhibits a tumour-promoting enzyme.
- Helps with anti-inflammatory activities.

Greenzone Capsules or Greenzone Powder (Ultimate Green Zone):

- Provides nourishment and antioxidant support.
- Great amino acid source, which helps feed the brain and increases dopamine concentrations.
- Helps with better memory performance and tracking tasks.
- Reduces the effects of stress and fatigue on cognitive tasks.
- Great meal replacement.

Pantothenic Acid (Vitamin B5):

- A deficiency may severely compromise the function of the adrenal cortex (responsible for cortisol production). Stress places a demand on Vitamin B5.
- Vitamin B5 allows your adrenal cortex to respond more appropriately to stress without getting exhausted, and buffers the tendency to create excessive amounts of cortisol.

Pantothenic Acid (Vitamin B5):

- Lowers the concentration of the lipoprotein particles that are responsible for the plaque that develops into hardening of the arteries.
- A deficiency may severely compromise the function of the adrenal cortex (responsible for cortisol production). Stress places a demand on Vitamin B5.
- Vitamin B5 allows your adrenal cortex to respond more appropriately to stress without getting exhausted, and buffers the tendency to create excessive amounts of cortisol.

Rosehips:

- Great source of Vitamin C that doesn't produce more acid residue.
- The Vitamin C provides a buffer against high cortisol.
- Good source of Lycopene, which is the red pigment found in plants. It is a phytochemical (phytonutrient) that has high anti-oxidant properties.

Note: Other sources of Vitamin C are also available. Click [here](#) to view them.

Super Omega 3 (Omega 3):

- Essential Fatty acid combination which helps support the brain and nerves.

- Helps to lower cholesterol levels and aids with circulation and heart health.
- Helps to prevent inflammatory conditions.
- Helps with weight loss.

Super Vitamins & Minerals or Synerpro Super Vitamins & Minerals:

- Supplies a broad range of nutrients.
- Helps with Blood Type AB tendency towards anemia.

Vitamin B6:

- Enhances and aids with protein metabolism
- Helps to build active tissue mass.

Vitamin B12:

- Acts against deterioration of cells and tissue of central nervous system.
- Improves blood supply.
- Decreases cholesterol.
- Alleviates bronchial asthma.
- Accelerates production of bile salts.
- Acts as a nutrition stimulant.
- Helps battle fatigue from stress.
- Helps with pineal gland and sleep patterns.
- Helps to re-establish circadian rhythm.
- Helps shift of cortisol secretion.

Vitamin B-Complex or Synerpro B-Complex Vitamins:

- Blood Type AB needs an ample supply of B vitamins to promote a balanced stress response.
- Vitamin B1 and Vitamin B6 are important to help improve cortisol production in the adrenal glands and simultaneously normalize their rhythmic activity.
- Biotin (also known as B7 or Vitamin H) is needed in fat metabolism. It also helps to lower blood sugar, improves tolerance to sugar and helps to decrease insulin resistance.

Vitamin E with Selenium:

- Vitamin E is a natural “blood thinner” which alleviates the tendency to thicker blood and prevention of blood clots.
- This combination has high antioxidant properties.

- Helps increase immune response and NK cell activity.
- Helps with heart health and reduces agglutination in the blood cells.

Zinc:

- Reduces cortisol levels.
- Balances stress response and aids in rebounding from stress.
- Needed for growth hormone function, thyroid function, and a balanced stress response.
- May help restore loss of sense of smell.

Note: Zinc needs to be in balance with Copper, which is found in [Chlorophyll Capsules](#) and [Liquid Chlorophyll](#).

Various Enzyme supplements:

Digestive Enzymes (Food Enzymes):

- Helps with the breakdown of fats, proteins and carbohydrates.
- Helps with vitamin and mineral absorption.
- Digestive aid that helps with low production of HCL, for breakdown of protein.
- Helps balance intestinal bacteria, by reducing excess bacterial growth in the stomach and upper intestinal tract.

Proactazyme:

- For a sluggish digestive system.

Protease Plus:

- Taken between meals diminishes agglutination in the blood.
- Helps reduce cancer risks.
- Helps with the breakdown of parasites, bacteria and virus compounds.

Protein Digestive Aid:

- For low HCL production and breakdown of animal protein.

Sold only in the US:

Note: Please contact Nature's Sunshine for information on purchasing the following US products, via the "Sunshine Direct Program": 1-800-342-4515

Cellu-Smooth:

- Contains Rhodiola, which has the ability to prevent stress-induced catecholamine activity in the heart and promote stable heart contractility.
- Can prevent abnormalities in cardiopulmonary function, especially at higher altitudes.
- Relieves edema and reduces excess body fat due to a high carb diet.

Digestive Bitters Tonic:

- To stimulate digestive system prior to meals. Take 20-30 minutes prior to meals.

Hi-Lipase:

- Contains enzymes that assist in the breakdown of fats.
- Type AB have difficulty breaking down fats which can cause higher serum cholesterol levels, especially LDL.

L-Glutamine:

- Transforms into GABA.
- Helps with carbohydrate and sugar cravings. Take when craving low nutrient carbohydrates.
- Open capsule and take in water for best results.

Safflowers:

- Neutralizes waste acids and stimulates natural HCL production for digestion of protein.

SPECIFIC REMEDIES

Black Walnut or Black Walnut Herb Extract:

- High mineral content.
- Helps with defence against parasites.
- Blood purifier.

Blood Pressurex:

- Blood Type AB people may have high blood pressure from overly emotional reactions to stress.
- Helps to bring hypertension back into balance.
- Helps to support and strengthen blood vessels, which minimizes bruising and other damages.

- Helps to relax blood vessels so the blood can flow more easily through the body, especially to the extremities.
- Helps to prevent the aggregation of red blood cells which causes blood to become sticky and clog the arteries.
- Tonifies the heart.

Enviro D-T-X:

- Helps to cleanse toxic chemicals and heavy metals that will decrease NK cell activity.

E-Tea:

- It's a "Native American" formula for cancer. Helpful for Blood Type AB people who may be prone to most types of cancers.
- Also helpful for eruptive skin diseases and other degenerative diseases.

Folic Acid Plus:

- Helps to activate anti-depressant actions when taken with Vitamin B6 and Vitamin B12.
- Helps to lower homocysteine levels which influence Blood Type AB susceptibility to cardiovascular disease.

Ginger:

- Increases anti-cancer activity because of its antioxidant compounds.
- Reduces platelet aggregation.
- Has anti-inflammatory and anti-ulcer compounds.
- Helps protect cells lining the stomach.
- Helps with gastro-oesophageal reflux disease. (GERD)

HTP Power (5-HTP):

- Precursor to serotonin, a neurotransmitter which helps to regulate mood, sleep and appetite.
- Can help with pain and mood elevation.
- Helps with carbohydrate cravings and sleep problems.
- Avoid with ADHD as high dopamine levels are associated with hyperactivity.

Kelp:

- Helps to block the actions of dietary lectins.

- Anti-inflammatory for the stomach.
- Anti-ulcer.
- Helps to fight *H. Pylori* bacteria.

Milk Thistle:

- Antioxidant effective in reducing very high levels of toxins in the liver.
- Helps heal from liver damage.

Pau D'Arco:

- A natural anti-fungal.
- Fights yeast infections and cancer.

Saw Palmetto:

- Inhibits the activity of a compound (5-lipoxygenase) that contributes to cancer cell growth.
- Helps with Breast Cancer.

Siberian Ginseng:

- An adaptagen for stress and helps with caffeine withdrawal.
- Increases anabolic activity, which is tissue re-building.

Ultimate Echinacea:

- Helps to promote immune activity.
- Aids the process of antibody formation and stimulates the production of white blood cells.
- Helps to strengthen and clear lymph nodes.
- Inhibits enzymes produced by bacteria breakdown compounds that bind cells together.
- Inhibits the spread of infection.

Wild Yam & Chaste Tree:

- Contains phytosterols (phytonutrients naturally found in plants).
- Helps stimulate the body to naturally produce Progesterone, which reduces “Estrogen Overload”.
- Has adaptagenic and anti-inflammatory properties.
- Helps to prevent immune system suppression during stress.

- Helps to normalize cortisol and DHEA levels.
- Reduces cholesterol absorption and assists in eliminating cholesterol through the bowel.

Various Essential Oils:

- [Lavender](#) and [Lemon](#) are both very versatile because of their balancing effects, soothing properties and antiseptic compounds.

Sold only in the US:

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Cordyceps:

- Helps to regulate nitric oxide.
- Helps build strength and endurance.
- Helps to promote stamina and respiratory health.
- Strengthens the immune system. Antioxidant compounds help with the production of T-cells and B-cells.

Germanium Combination:

- Helps with oxygen transfer to cells.
- Stimulates the production of interferon and reduces blood viscosity.
- Helps bond with heavy metals to remove them from the body.
- Very useful with Leukemia.

Immune Stimulator:

- Helps the body to overcome cancers, heart diseases, gastro-intestinal conditions and many other immune challenges.
- Strengthens resistance to infection by activating immune cells.
- Helps to increase friendly bacteria in the gastrointestinal tract.
- Helps immune system distinguish between friend and foe. Increases NK cell activity.

L-Arginine:

- One of the building blocks of nitric oxide synthesis. Arginine is the precursor which helps make this conversion work faster. Nitric oxide (NO) can modify biological processes in the nervous and immune systems. NO is diffused into the cell without

binding to specific sites on the nerve cell, making it a rapid response neurotransmitter.

- It is involved with the endorphins produced in the brain.
- Helps with toxicity in Type B.
- Increases efficiency of antiviral activity.
- Especially useful for those who have chosen to undergo chemotherapy. Use as directed for a week to maintain white blood cell count.

SAM-e:

- Relieves depression. Helps with introversion.
- Helps with over-reaction to stress and with recovering from stress.
- Important to biochemical reactions in the body, especially for neurotransmitters in the brain, and in maintaining cartilage.
- Helps regenerate the liver.
- More effective when taken with B-Complex.

Balanced Concepts Ltd.

Trish Leclair, CLBA, CHC

www.balancedconcepts.net

info@balancedconcepts.net

Victoria, BC

250-478-7142

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