

# BLOOD TYPE O 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 O CHARACTERISTIC

According to the research of [Dr. D’Adamo](#), Type O is the oldest and most basic blood type, the survivor at the top 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 defences 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.

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

### *Strengths*

- Strong digestive and immune system.
- Natural defences 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 clot disorders
- Low Thyroid
- Ulcers
- Allergies
- Bi-polar tendencies (Manic Depressive)
- Depression
- Heart disease
- Parkinson’s disease

- Schizophrenia
- Substance abuse
- Stroke
- Hyper-Insulinemia
- Inflammatory Bowel Syndrome (IBS)
- Dental plaque

### **Exercise**

- Intense, competitive workouts like running, aerobics, martial arts and contact sports.

### **Diet Profile**

- Animal protein
- Fish
- Low glycemic vegetables
- Green vegetables
- Essential fatty acids
- Sea Salt
- Kelp
- etc...(refer to blood type charts)

### **Avoids**

- Wheat
- Corn
- Dairy
- Kidney and Navy Beans
- Cauliflower
- Red and white potatoes
- Peanuts
- Oranges
- Tangerines
- 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](#) or [Probiotic 11](#) (probiotics):

- Probiotic Supplement that helps balance bacteria growth in upper intestinal tract.
- Promotes improved antiviral-specific immune activity.
- Helps with alkaline phosphatase levels in the intestines. This is an enzyme manufactured in the small intestine, which helps with fat metabolism.
- Antagonistic to Cancer.

### Energ-V:

- Provides adaptagens to improve stress response and nourish adrenals. This formula is for someone always on the go but doesn't have exhausted adrenals yet.
- Very helpful with ADD/ADHD which is commonly seen in Type O children.

### Essential Liquid Minerals (Colloidal Minerals) or Chinese Mineral-Chi Tonic (Mineral-Chi):

- Essential for building and support.
- Improves non-specific response to stress.
- Helps with stress control.
- Helps lower the highs and raise the lows.

**Note:** Type O does better with minerals than a multivitamin.

### Flax Seed Oil:

- Useful for inflammatory conditions and nerve support.

### Greenzone Capsules or Greenzone Powder (Ultimate Green Zone):

- Provides nourishment and antioxidant support.
- Great amino acid source.
- Great meal replacement.
- A good source of l-tyrosine, an amino acid essential to Type O. The most available source of l-tyrosine is in rare red meat. When Type O people don't get enough l-tyrosine they crave wheat which contains l-tyrosine but produces lectins in the blood.

### Marshmallow & Pepsin (Small Intestine Detox):

- The pepsin helps break down necessary proteins. Type O produces the HCL necessary to activate pepsin. It also serves as a barrier to most intestinal bacteria.
- The marshmallow is soothing and helps to bind with the bacteria to carry it out of the system. This works great for those with malabsorption problems, from consuming too much wheat and/or dairy, when taken on an empty stomach.

### Rosehips:

- Great source of Vitamin C that doesn't produce more acid residue.
- Optimally supports the function of the adrenal gland function.
- The Vitamin C provides a buffer against high cortisol when exposed to a lot of stress.
- 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. They all contain Rosehips as part of their ingredients. Click [here](#) to view them.

#### **Stress Formula** (Nutri-Calm):

- An herbal formula combined with B-Complex which helps to combat and control stress effects on the body.
- Vitamin B1 and Vitamin B6 are important to help improve cortisol production in the adrenal glands and simultaneously normalize their rhythmic activity.
- It is essential for Type O people to supplement with a form of B-Complex; they tend to burn the candle at both ends.

#### **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.

#### **UC3-J** (Intestinal Soothe & Build) or **CLT-X**:

- Promotes stomach and urinary tract membrane health.
- Excellent fibre source for O's as they have a tendency to spastic colon from all the grains consumed that aggravate their system.

### ***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.

#### **Garden Essence Plant Enzymes** (Proactazyme):

- For a sluggish digestive system.

#### **Protease Plus**:

- Taken between meals diminishes agglutination in the blood.

### Protein Digestive Aid (PDA):

- For low HCL production and breakdown of animal protein.
- Type O's don't normally need extra HCL unless they are under a lot of stress or have strong emotions.

### **Sold only in the US:**

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

### Super Algae:

- By itself, Algae is an "avoid", but in this synergistic formula it becomes nourishing for people with Blood Type O.
- It provides amino acids to feed the brain and keep acidity under control.
- It helps with carbohydrate cravings and weight loss by providing the vitalized protein so important for Type O.

## **SPECIFIC REMEDIES**

### AD-C Combination Herb (Mood Elevator):

- Antidepressant.
- Helps to lessen the anger and aggression reactions during stress.
- Helps to control being over emotional.

### Astragalus:

- Balances the activity of inflammatory and immune processes.

### Capsicum, Garlic and Parsley:

- Contains anti-inflammatory compounds.
- Aids digestion and balances intestinal bacteria.
- Rids the body of toxic build-up.

### Colostrum:

- Immune balancer. Type O people manufacture high levels of anti-blood type antigens A & B which can lead to autoimmune tendencies.
- Does not over-stimulate the immune system. Type O people consuming lots of grains are prone to autoimmune disease. The lectins in grains exacerbate the tendency for hyper-immunity.

### 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.

### Enviro D-T-X (Enviro Detox):

- Type O is prone to chronic deterioration of the bone cartilage.
- Protects the body and structural system from damage or inflammation caused from chemical toxins, like pesticides and food additives (Ex: Aspartame).
- Reduces fatigue.

### Focus ATN (Focus Attention):

- Helps with bipolar tendencies.
- Can be effective with schizophrenia.
- Helps with neurochemical imbalances.
- Relieves tendency of aggression during stress.
- Helps with sensory overload from a dominant parasympathetic nervous system.
- Helps the overly emotional and hyperactive.

### Folic Acid Plus:

- Helps with mood swings.
- Take in addition to a B-Complex to help with assimilation.
- Functions with B12 and Vitamin C as a co-enzyme in the breakdown and utilization of proteins.
- Assists in formation of red blood cells which carry oxygen throughout the body.
- Helps with ulcers and slow healing.
- Helps prevent blood clotting by reducing homocysteine levels, which is an amino acid that increases cardiovascular disease when levels are too high. Homocysteine

damages arterial walls, which leads to plaque. One of the reasons that the liver produces cholesterol is to help repair damaged arteries. Plaque consists of various things that stick together, such as: “Free Calcium” (unabsorbed Calcium), undigested protein or incompatible “proteins” for blood type, “bad fats”, etc....When there are too many plaque deposits in the arteries, the blood has a harder time circulating which can lead to cardiovascular problems.

#### Ginger:

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

#### Glucosamine Hydrochloride:

- Better anti-inflammatory for joint health in Blood Type O people.
- Helps with production of proteoglycans in cartilage to strengthen flexibility in the collagen fibre. Proteoglycans are major component of the extracellular matrix, the “filler” substance existing between cells.

#### Histablock:

- Assists with allergy reactions due to high IgE antibody levels, which are common in Type O people.
- Diminishes food allergies.
- Reduces hyperactivity associated with food allergies.
- Helps to agglutinate *Candida Albicans* which Type O people tend to be prone to.

#### 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.
- Contains naturally-occurring amounts of Calcium, Iodine, Magnesium, Manganese, Potassium, Selenium, Silicon, Sodium, numerous B-Complex vitamins, and vitamins A, D, E and K. Iodine and Selenium are necessary for effective Thyroid function.
- Has properties that help with detoxification by binding onto toxins and eliminating them from the body.

#### Magnesium Complex or Fibralgia:

- Helps to relax muscles and colon spasms.
- Helps with high levels of stress and fatigue.
- Lack of Magnesium also contributes to high cholesterol and triglycerides.
- Helps with sugar metabolism.

#### Oregon Grape Extract:

- Digestive aid when opened and taken on the tongue 10-30 minutes prior to meals.
- Helps to inhibit the growth of *H. Pylori* bacteria.

#### 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.

#### TS II:

- May help to increase thyroid activity and correct hormone imbalances, especially relating to the thyroid gland.
- May help to increase metabolic rate and blood circulation.
- Soothes inflamed tissues.
- Helps provide bulk to the stool, which in turn may help absorb toxins from the bowel.
- Promotes the growth of friendly bacteria in the intestinal tract.
- May be useful in cases of enlarged glands (thyroid, prostate, and lymph), coughs, debility, and convalescence.

- Contains Hops, which has traditionally been used as a sedative and to relieve tension. It has also been used as a digestive aid to increase appetite and to relieve intestinal ailments (cramping and spasms).

#### ULC-R+(Gastro Health):

- Helps to control ulcers most commonly found in Type O people.
- Assists by elevating HCL production.
- Attacks H. *Pylori* bacteria.
- Useful with leaky gut syndrome.

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#### Ayurvedic Blood Sugar Formula:

- Helps with the high stress lifestyle of Type O's.
- Helps to reduce high insulin and triglyceride levels caused by a high carb diet.

#### Cellu-Smooth:

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

#### GABA Plus:

- A calming neurotransmitter in the brain.
- Inhibits an over-stimulated nervous system.
- Helps with ADD/ADHD.
- Promotes healthy nerve cell function.
- The combination balances electrical exchanges in the cells.

#### L-Carnitine:

- Helps to move fats into the mitochondria of the cell for energy combustion.
- Helps with sluggish energy and fatigue.
- Helps to reduce insulin resistance in Type 2 Diabetes and Hyperinsulinemia.

#### 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.

#### Nature's Chi:

- Highly beneficial for ADD/ADHD. Best for children over age 12. Use ONLY in cases of ADD/ADHD. Can over-stimulate the sympathetic nervous system.
- Use in conjunction with a B-Complex.

#### Target TSII:

- High carb diets in Type O can lead to Hypothyroidism. Use in conjunction with dietary changes to bring thyroid back in balance.

### **Balanced Concepts Ltd.**

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