



# Blood type AB

## Dr. Peter D'Adamo's monograph on Blood Type AB

### The Blood Type AB Individualized Lifestyle

AB is for Modern. Type AB blood is rare – it's found in less than five percent of the population. And it is the newest of the blood types. Until ten or twelve centuries ago, there was no Type AB blood type. Type AB resulted from the intermingling of Type A with Type B. Type AB is the only blood type whose existence results from intermingling rather than environment. Thus, they share both the benefits and the challenges of Type A and Type B blood types. Type AB has a unique chameleon-like quality – depending on the circumstances, this blood type can appropriate the characteristics of each of the other blood types. Type AB is sometimes A-like, sometimes B-like, and sometimes a fusion of both. Today, as we look back at this remarkable evolutionary revolution, it is clear that the genetic characteristics of our ancestors live in our blood today.

### Eat Right for Wellness

Type AB reflects the mixed inheritance of their A and B genes. According to Dr. D'Adamo, "Type AB has Type A's low stomach acid; however, they also have Type B's adaptation to meats. Therefore, you lack enough stomach acid to metabolize them efficiently, and the meat you eat tends to get stored as fat. Your Type B propensities cause the same insulin reaction as Type B when you eat lima beans, corn, buckwheat, or sesame seeds." Inhibited insulin production results in hypoglycemia, lowering blood sugar after meals and leading to less efficient metabolism of foods.

Type AB should avoid caffeine and alcohol, especially when you're in stressful situations. Dr. D'Adamo recommends that Type AB focus on tofu, seafood, dairy, and green vegetables if you lose weight. "Avoid all smoked or cured meats. These foods can cause stomach cancer in people with low levels of stomach acid," recommends Dr. D'Adamo. There is a wide variety of seafood for Type AB, and it is an excellent source of protein for Type AB. A few highly beneficial fish are mahi-mahi, red snapper, salmon, sardines, and tuna. Some dairy is also helpful for Type AB – especially cultured dairy such as Yogurt and kefir.

Dr. D'Adamo also recommends smaller, more frequent meals, as they will counteract digestive problems caused by inadequate stomach acid and peptic enzymes. "Your stomach initiates the digestive process with a combination of digestive secretions and the muscular contractions that mix food with them. When you have low levels of digestive secretions, food tends to stay in the stomach longer." Explains D'Adamo. He also suggests that Type AB pays attention to combining certain foods. For example, you'll digest and metabolize foods more efficiently if you avoid eating starches and proteins in the same meal.

## Stress and Exercise

Even though people have different capabilities for accommodating stress, we ultimately all have a breaking point. Given enough stressors of a high enough intensity for a long enough period, anyone will maladapt. For a Type AB, you most resemble Type O when it comes to stress hormones in your tendency to overproduce catecholamines like adrenaline. Yet you also have the additional complexity of Type B's rapid clearing of nitrous oxide, so you suffer the physical consequences of high emotions. Your greatest danger is the tendency to internalize your feelings, especially anger and hostility, which is much more damaging to your health than externalizing it. Exercise plays a critical component in stress reduction and maintaining a healthy emotional balance for Type AB. Dr. D'Adamo recommends combining both calming activities and more intense physical training to help maintain an optimal balance. For example, three days of aerobic exercise such as running or biking and two days of calming activity such as yoga or tai chi.

## Personality

Type AB often receives mixed messages about emotional health. While you tend to be drawn to other people and are friendly and trusting, there is a side of you that feels alienated from the larger community. At your best, you are intuitive and spiritual, with an ability to look beyond the rigid confines of society. You are passionate about your beliefs, but you also want to be liked by others, which can create conflicts. In an independent study, Type ABs described themselves as emotional, passionate, friendly, trusting, and empathetic. Type ABs are considered some of the most interesting of the blood types; both John F. Kennedy and Marilyn Monroe were Type ABs, and although both are long gone, they hold a place in our national psyche to this day.

## Live Right!

Here are Dr. D'Adamo's key lifestyle strategies for people with Blood Type AB:

- Cultivate your social nature in welcoming environments. Avoid highly competitive situations.
- Avoid ritualistic thinking and fixating on issues, especially those you can't control or influence.
- Develop a clear plan for goals and tasks – annually, monthly, weekly, daily – to avoid rushing.
- Make lifestyle changes gradually, rather than trying to tackle everything at once.
- Engage in forty-five to sixty minutes of aerobic exercise at least twice a week. They are balanced by daily stretching, meditation, or yoga.
- Engage in a community, neighborhood, or other group activity that gives you a meaningful connection to a group.
- Practice visualization techniques daily
- Also, carve out time alone. Have at least one sport, hobby, or activity that you perform independently of others.
- Break up your workday with some physical activity, especially if your job is sedentary. You'll feel more energized.

## Supplement Solutions for Common Type AB Challenges

- **Natural Stress Recovery:** Type AB shares Type O's tendency to overproduce catecholamines like adrenaline. Rhodiola and l-tyrosine are especially beneficial to type AB – found in **Catecholacalm**.
- In addition, Type AB shares Type B's rapid clearing of nitrous oxide, and research suggests that blood type B and AB may be more at risk for health problems associated with imbalances in nitric oxide metabolism. Try **Nitricycle**.
- Be Heart Healthy: **Homocysteine Supreme** contains two biologically active forms of B-12 with the synergistic co-factor of folate (folic acid) for maximum bioavailability and help with homocysteine levels. As Dr. D'Adamo explains in Live Right 4 Your Type, folic acid can help lower homocysteine levels, influencing type AB susceptibility to cardiovascular disease.
- **AB Lectin Fighters:** In addition to **Deflect AB** (found in the Basics Pack), Type AB's can help block the actions of dietary lectins by using polysaccharides such as Fucus found in Fucus Plus and Larch arabinogalactan – found in **ARA Plus and ARA Powder**.

Order supplements at: <https://us.fullscript.com/welcome/theherbdoc>

# Blood Type AB: Food List

Ref. by Dr. Peter D'Adamo, *Eating Right for your Blood Type*



## Meat & Poultry

- Beneficial – lamb, mutton, rabbit, turkey
- Neutral – liver, pheasant
- Harmful – bacon, beef, ground beef, buffalo, chicken, Cornish hens, duck, goose, ham, heart, pork, veal, venison, quail

## Seafood

- Beneficial – tuna, cod, grouper, hake, mackerel, mahi-mahi, monkfish, ocean perch, pickerel, pike, porgy, rainbow trout, red snapper, sailfish, sardine, sea trout, snail
- Neutral – bluefish, carp, catfish, caviar, herring, mussels, salmon, scallop, snapper, squid, swordfish, white and yellow perch
- Harmful – anchovy, barracuda, beluga, bass, clam, crab, crayfish, eel, flounder, frog, haddock, halibut, herring, lobster, lox, octopus, oysters, sea bass, shrimp, striped bass, yellowtail

## Eggs & Dairy

- Beneficial – cottage cheese, farmer's cheese, feta, goat cheese, goat's milk, kefir, mozzarella, ricotta, non-fat sour cream, yogurt, eggs
- Neutral – casein, cheddar, Colby, cream cheese, edam, emmenthal, gouda, gruyere, jarlsberg, Monterey Jack, munster, Neufchatel, skim or 2% milk, soy cheese, soy milk, string cheese, swiss, whey
- Harmful – American cheese, blue, brie, butter, buttermilk, camembert, ice cream, parmesan, provolone, sherbet, whole milk

## Oils & Fat

- Beneficial – olive oil
- Neutral – canola, cod liver, linseed, flaxseed, peanut
- Harmful – corn, cottonseed, safflower, sesame, sunflower

## Nuts & Seeds

- Beneficial – chestnuts, peanuts, peanut butter, walnuts
- Neutral – almonds, almond butter, brazil nuts, cashew, pine, macadamia, litchis
- Harmful – filberts, poppy seeds, pumpkin seeds, sesame butter, sesame seeds, sunflower butter, sunflower seeds

## Beans & Legumes

- Beneficial – navy, pinto, red, and soy beans, green lentils
- Neutral – broad, cannellini, cooper, northern, green, jicama, snap peas, string beans, tamarind, white, red, green peas
- Harmful – adzuki, black fava, garbanzo, kidney and lima beans, black eyed peas

## Misc. Beverages

- Beneficial – regular coffee, green tea, decaf coffee
- Neutral – beer, seltzer water, club soda, red and white wine
- Harmful – distilled liquor, colas, diet soda, black decaf teas, black regular tea

## Grains & Pasta

- Beneficial – oat flour, rice flour, rye flour, sprouted wheat flour, basmati, brown, white and wild rice, millet
- Neutral – couscous, bulgur, durum wheat, graham, spelt, white and whole wheat flours, semolina pasta, spinach pasta, quinoa
- Harmful – buckwheat, artichoke pasta, soba noodles, barley flour

## Breads & Muffins

- Beneficial – brown rice bread, essence and Ezekiel breads, Fin crisps, rice cakes, 100% rye bread, rye crisps, Ryvita, soy bread, sprouted wheat bread, wasa bread
- Neutral – wheat bagels, durum, flat whole wheat, gluten free, high protein, and multi-grain breads, matzo meal, oat and wheat bran muffins, spelt, pumpernickel
- Harmful – corn muffins

## Cereals

- Beneficial – millet, oat bran, oatmeal, rice bran, puffed rice, rye berries, spelt
- Neutral – amaranth, barley, cream of rice, cream of wheat, granola, grape nuts, seven-grain cereal, shredded wheat, soy flakes, soy granules, wheat bran, wheat germ
- Harmful – buckwheat, corn flakes, cornmeal, kamut

