



Blood type O

Dr. Peter D'Adamo's monograph on Blood Type O

What Makes a 'Type O' an Individual?

Why does poor health plague some people while others seem to live healthy, vital lives even late in life? Does blood type influence personality? A single drop of blood contains a biochemical makeup as unique as your fingerprint. Your blood type is a key to unlocking the secrets to your biochemical individuality. Foods and supplements contain lectins that interact with your cells depending on your blood type. This explains why some nutrients that are beneficial to one blood type may be harmful to the cells. Dr. Peter D'Adamo, the author of the best-selling books *Eat Right for Your Type* and *Live Right for Your Type*, gives Type O's some tips on leading a healthy lifestyle.

The Type O Profile

Blood Type O is the oldest and most basic blood type. The appearance of our Cro-Magnon ancestors in around 40,000 B.C. propelled the human species to the top of the food chain. Skillful and formidable hunters, the Cro-Magnons soon had little to fear from any of their animal rivals. Protein meat was their fuel, and it was at this point, the digestive attributes of Blood Type O reached their fullest expression. The original Type Os were the epitome of focus, drive, and a strong sense of self-preservation. Every Person with Type O blood carries a genetic memory of strength, endurance, self-reliance, daring, intuition, and innate optimism. Strengths: hardy digestive tract, robust immune system, natural defenses against infections, and a system designed for efficient metabolism and preservation of nutrients. Weaknesses: intolerant to new dietary and environmental conditions. Medical risks: blood-clotting disorders, inflammatory diseases— arthritis. Exercise Regimen: Intense physical exercise, such as aerobics, martial arts, contact sports, running, swimming, cycling, brisk walking, etc.

Type O was the first blood type; the type O ancestral prototype was a canny, aggressive predator. Aspects of the Type O profile remain essential in every society; leadership, extroversion, energy, and focus are among their best traits. Type O's can be powerful and productive; however, Type O's response can be one of anger, hyperactivity, and impulsivity when stressed. Type O's are more vulnerable to negative metabolic effects, including insulin resistance, sluggish thyroid activity, and weight gain when Type O wiring gets crossed due to a poor diet, lack of exercise, unhealthy behaviors, or elevated stress levels. When you customize your life to Type O's strengths, you can reap the benefits of your ancestry. Your genetic inheritance offers you the opportunity to be strong, lean, productive, long-lived, and optimistic.

What Makes You Unique

As a Blood Type O, you may be predisposed to certain illnesses, such as ulcers and thyroid disorders. In the 1950's it was discovered that Type O's had about twice the instances of ulcers of all kinds than the other blood types. These findings have been replicated many

times since then. Type O's tend to have low thyroid hormone levels and often exhibit insufficient iodine levels, a chemical element whose sole purpose is thyroid hormone regulation. This causes many side effects such as weight gain, fluid retention, and fatigue. Dr. D'Adamo does not recommend iodine supplements, instead of a diet rich in saltwater fish and kelp to help regulate the thyroid gland. *Bladder Wrack* is also an excellent nutrient for type O's. This herb, actually a seaweed, is very effective as an aid to weight control for Type O's. "The fucose in bladderwrack seems to help normalize the sluggish metabolic rate and produce weight loss in Type O's," says Dr. D'Adamo.

Type O's also have a higher level of stomach acid than the other blood types, which often results in stomach irritation and ulcers. Dr. D'Adamo recommends a licorice preparation called DGL (de glycyrrhizinate licorice) which can reduce discomfort and aid healing. DGL protects the stomach lining in addition to protecting it from stomach acids. Avoid wild licorice preparations as they contain a component of the plant that can cause elevated blood pressure. This component has been removed in DGL. Dr. D'Adamo also recommends *Mastic Gum* and *Bismuth* to soothe Type O's expected and even frequent tummy troubles.

Type O Personality?

In Japan, blood type has long been associated with personality type. You might well be asked your blood type on a job interview! In an independent study of 45 MBA students, Type O's most often described themselves in ways related to the following characteristics; responsible, decisive, organized, objective, rule-conscious, and practical. Both male and female Type O's reported a higher percentage of the mesomorphic body type when compared to controls. Interestingly, Type O's also scored significantly higher than the rest in "sensing" – using the five senses to gather information and in the sensing-thinking combination, indicating that they are more detail and fact-oriented, logical, precise, and orderly. "I believe that the tendency to sense and get facts right stems from the hunter-gatherer need to observe and accurately assess the environment to ensure survival." Says D'Adamo.

Manage Your Type O Stress

The legacy of your Type O ancestry causes an immediate "fight or flight" response in people of this blood type. However, this finely tuned response to stress, vital in early Type O's, is not always so beneficial in modern times. The Type O response can cause bouts of excessive anger, temper tantrums, hyperactivity, and even create a severe enough chemical imbalance to bring about a manic episode. Since there is a robust and synergistic relationship between dopamine release and feelings of reward, Type O is more vulnerable to destructive behaviors when overly tired, depressed, or bored. These can include gambling, sensation seeking, risk-taking, substance abuse, and impulsivity. To avoid becoming overstressed, Dr. D'Adamo recommends following the Type O diet, which focuses on lean, organic meats, vegetables, and fruits and avoids wheat and dairy, which can trigger digestive and health issues in Type O. Additionally, he suggests that Type O's avoid caffeine and alcohol. Caffeine can be particularly harmful because it tends to raise adrenaline and noradrenaline, which are already high for Type O's.

Energize – The Essential Exercise Component

Type O's benefit tremendously from brisk regular exercise that taxes the cardiovascular and muscular-skeletal systems. But the use derived surpasses the goal of physical fitness. Type O also derives the benefit of a well-timed chemical release system. The act of physical exercise releases a swarm of neurotransmitter activity that acts as a tonic for the entire plan. Type O who exercises regularly, also has a better emotional response. You are more emotionally balanced as a result of well regulated, efficient chemical transport system. O's rely on physical exercise to maintain physical health and emotional balance more than any other blood type. Dr. D'Adamo suggests that Type O's engage in regular physical activity three to four times per week. For best results, engage in aerobic activity for thirty to forty-five minutes at least four times per week. If you are easily bored, choose two or three different exercises and vary your routine.

Live Right!

In addition to exercising and eating the Right foods For Your Type, here are a few key lifestyle strategies for Type O individuals:

- Develop clear plans for goals and tasks – annual, monthly, weekly, daily to avoid impulsivity.
- Make lifestyle changes gradually, rather than trying to tackle everything at once.
- Eat all meals, even snacks, seated at a table.
- Chew slowly and put your fork down between bites of food.
- Avoid making big decisions or spending money when stressed.
- Do something physical when you feel anxious.
- Engage in thirty to forty-five minutes of aerobic exercise at least four times per week.
- When you crave a pleasure releasing-substance (alcohol, tobacco, sugar), do something physical.

Dr. D'Adamo recommends that Type O "Approach this program as a long-term strategy. This is not a short-term goal but rather a lifestyle that you adapt to a lifetime of health and well-being. There is no doubt that there is a connection between the mind and the body. The knowledge that we can do something to change our genetic destiny is powerful."

Supplement Solutions for Common Type O Challenges

- Fight or Flight! Enhance natural recovery from occasional stress with [Catecholacalm](#)
- Sluggish Thyroid Activity: Support natural thyroid function with [Fucus Plus](#).
- Excess Acid: Healthy stomach acidity with [DGL Synergy](#).

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

BLOOD TYPE O

FOODS THAT ENCOURAGE WEIGHT LOSS

KELP	contains iodine increases thyroid hormone production
SEAFOOD	contains iodine increases thyroid hormone production
*IODIZED SALT	contains iodine increases thyroid hormone production
LIVER	B-vitamin source aids sufficient metabolism
RED MEAT	aids sufficient metabolism
KALE, SPINACH, & BROCCOLI	aids sufficient metabolism

FOODS THAT ENCOURAGE WEIGHT GAIN

WHEAT GLUTEN	interferes with insulin efficiency slows metabolic rate
CORN	interferes with insulin efficiency slows metabolic rate
KIDNEY BEANS	impair calorie utilization
NAVY BEANS	impair calorie utilization
LENTILS	inhibit proper nutrient metabolism
CABBAGE	inhibits thyroid hormone
BRUSSEL SPROUTS	inhibit thyroid hormone
CAULIFLOWER	inhibits thyroid hormone
MUSTARD GREENS	inhibit thyroid production

*It is preferable that you obtain your iodine from sources such as seafood and kelp, as sodium can contribute to high blood pressure and water retention.

Blood Type 0: Food List

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

Meat & Poultry

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

Seafood

- Beneficial – bluefish, cod, hake, sole, halibut, herring, mackerel, pike, rainbow trout, red snapper, salmon, sardines, striped bass, swordfish, whitefish, yellow perch, yellowtail
- Neutral – tuna, anchovy, beluga, bass, clam, crab, crayfish, flounder, frog, grouper, squid, haddock, lobster, mussels, monkfish, ocean perch, mahimahi, oysters, pickerel, scallop, sea bass, sea trout, shrimp
- Harmful – barracuda, catfish, caviar, conch, herring, lox, octopus

EGGS: per week, by ancestry:
African 0
Caucasian 3-4

Eggs & Dairy

- Beneficial – None Asian 5
- Neutral – butter, farmer cheese, feta, goat cheese, mozzarella, soy cheese, soy milk, eggs
- Harmful – American cheese, blue, brie, buttermilk, camembert, casein, cheddar, Colby, cottage, cream cheese, edam emmen-thal, goat milk, gouda, ice cream, jarlsberg, kefir, Monterey Jack, munster, parmesan, provolone, ricotta, skim or 2% milk, string cheese, Swiss, whey, whole milk, yogurt

Oils & Fat

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

Nuts & Seeds

- Beneficial – pumpkin seeds, walnuts
- Neutral – almonds, almond butter, chestnuts, filberts, hickory, macadamias, pecans, pine nuts, sesame seeds, sunflower seeds, tahini, sunflower seed butter
- Harmful – brazil nuts, cashew, pistachios, peanuts, peanut butter, poppy seeds, litchi

Beans & Legumes

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

Misc. Beverages

- Beneficial – seltzer water
- Neutral – beer, green tea, red wine, white wine
- Harmful – regular and decaf coffee, distilled liquors, cola, diet sodas, black teas

Grains & Pasta

- Beneficial – none
- Neutral – barley flour, buckwheat, kasha, artichoke pasta, quinoa, brown, white and wild rice, rye flour, spelt flour
- Harmful – bulgur, couscous, durum flour, gluten, graham and oat flours, soba noodles, semolina pasta, spinach pasta, sprouted whole wheat flour, white flour, whole wheat flour

Breads & Muffins

- Beneficial – Essene and Ezekiel breads
- Neutral – brown rice, gluten free, 100% rye, soy flour, spelt, wasa bread, Fin crisps, millet, rice cakes, rye crisps
- Harmful – wheat bagels, corn muffins, durum wheat, english muffins, high protein breads, wheat, matzoh, multigrain bread, oat bran bread, pumpnickel, sprouted wheat bread, wheat bran muffins, whole wheat bread

Cereals

- Beneficial – none
- Neutral – amaranth, barley, spelt, buckwheat, cream of rice, kamut, kasha, rice bran, puffed millet, puffed rice
- Harmful – cornflakes, cornmeal, cream of wheat, grape nuts, oat bran, oatmeal, seven grain cereal, shredded wheat, wheat bran, wheat germ

