

Blood Type “B” Diet

The following diet is a recommendation for maintenance of health and prevention of disease.

YOU MAY BENEFIT FROM THIS DIET IF YOU HAVE SEVERAL OF THE FOLLOWING TENDENCIES

Typical Health Concerns	Body Type Description	SUMMARY GUIDELINES FOR “B”
<ul style="list-style-type: none"> • Tendencies toward immune system disorders. • Neurological disorders • Puffy type arthritis • Anemia (not due to lack of meat) 	<ul style="list-style-type: none"> • Nurturing, friendly personality. • Needs close relationships. • May have problems with reproductive organs. • Blood sugar drops after meals (if the wrong foods are ingested). • May be antagonistic toward people with “A” blood types. 	<ul style="list-style-type: none"> • Thrive on vegetables, meat/fish and dairy advised in “most compatible”. • Avoid Always (consider as poison): <ul style="list-style-type: none"> - Chicken, tomato, olives, - Wheat, corn, Buckwheat, Rye - High Calorie is acceptable. • Requires a balance between physical and mental activity to stay lean and sharp. <i>Avoid corn, buckwheat, lentils, peanuts, wheat and sesame to ensure weight loss.</i> • Responds best to stress with creativity.

Keep in mind that the foods listed below are recommended with the assumption that you will be consuming a natural/organic source of that food. Foods found in grocery stores tend to be adulterated with steroids, antibiotics, toxic metals, colors, dyes, preservatives and other health destroying contaminants. If your only option is to consume foods from the local grocer, it is recommended that you use some of the Get Well, Stay Well detoxification formulas (primarily the Super Nutrient and Intestinal Detoxification formulas) and Hydroxygen Plus to offset the toxic poisons that will be ingested as a result. *The foods listed in the "Avoid Always -ALLERGIES- harmful" category should be considered Allergies because your body creates antibodies to fight those foods. Your body views them as the enemy. Always avoid anything with refined sugar (or any other unnatural sweetener), preservatives, colors, additives, fillers or other harmful agents. Any of the "compatible" foods could become ALLERGIES if they contain any of the previous or any of the Avoid Always ingredients. The stricter you adhere to your ‘Most Compatible’ foods, the healthier you will be long term and the stronger your body will be to counteract disease.

This dietary/lifestyle recommendation was created by Dr. Reuben T. De Haan. This information is a combination of Dr. De Haan’s research and Dr. Peter D’Adamo’s information in Eat Right For Your Type. Please read Leviticus 11 and understand that some of the foods listed below are considered tolerable to your body according to your blood, but considered unclean by Biblical standards. I recommend you start with the diet as listed and gradually move toward a primary use of the foods not mentioned as unclean in the Bible or the Avoid Always category.

MEATS- use no more than 4-6 ounces at one meal; bake, broil or poach; excess meat creates autotoxins and over-acidity in the body

Most compatible with your type Lamb, Mutton, Rabbit, Venison, Cod, Flounder, Grouper, Haddock, Hake, Halibut, Mackerel, Mahimahi, Monkfish, Ocean Perch, Pickerel, Pike, Porgy, Salmon, Sardine, Sea Trout, Shad, Sole, Sturgeon (and sturgeon caviar)	Use Moderately- 1 or 2 times @ week Beef, Buffalo, Pheasant, Turkey, Veal, Abalone, Albacore (tuna), Bluefish, Carp, Catfish, Herring, Rainbow Trout, Red Snapper, Sailfish, Scallop, Shark, Silver Perch, Smelt, Snapper, Squid, Swordfish, Tilefish, Weakfish, White Perch, Whitefish, Yellow Perch	Avoid Always -ALLERGIES- harmful Pork, Ham, Bacon, All pig derived foods, Chicken, Cornish Hen, Duck, Goose, Partridge, Quail, Anchovy, Barracuda, Beluga, Bluegill Bass, Clam, Conch, Crab, Crayfish, Eel, Frog, Lobster, Lox, Mussel, Octopus, Oyster, Sea Bass, Shrimp, Snail, Turtle, Yellowtail
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DAIRY & EGGS- use eggs from farm raised chickens if possible; cut back or stop with the first sign of mucus

Most compatible with your type Cottage Cheese, Farmer, Feta, Goat, Kefir, Mozzarella, Ricotta, Skim or 2% milk, yogurt	Use Moderately- 1 or 2 times @ week Brie, Butter, Buttermilk, Camembert, Casein, Cheddar, Colby, Cream Cheese, Edam, Emmenthal, Gouda, Gruyere, Jarlsberg, Monterey Jack, Munster, Neufchatel, Parmesan, Provolone, Sherbert, Soy, Swiss, Whey, Whole Milk	Avoid Always -ALLERGIES- harmful American Cheese, Blue Cheese, Ice Cream, Strong Cheese
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OILS & FATS- use monounsaturated; extra virgin when possible; oil becomes saturated if used for frying (reaches 150+ degrees)

Most compatible with your type Olive Oil	Use Moderately- 1 or 2 times @ week Cod Liver, Linseed (flax) Oil	Avoid Always -ALLERGIES- harmful Canola, Corn, Cottonseed, Peanut, Safflower, Sesame, Sunflower
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NUTS & SEEDS- raw is best, not salted and roasted; chew very well

Most compatible with your type None	Use Moderately- 1 or 2 times @ week Almond, Brazil, Chestnut, Hickory, Litchi, Macadamia, Pecans, Walnut	Avoid Always -ALLERGIES- harmful Cashew, Filbert, Pignola, Pistachio, Peanut, Poppy, Pumpkin, Sesame, Sunflower
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BEANS & LEGUMES- if you get gas, you are enzyme deficient, lipase is recommended

Most compatible with your type Kidney, Lima, Navy, Red Soy	Use Moderately- 1 or 2 times @ week Broad, Cannellini, Copper, Fava, Green, Jicama, Northern, Red, Snap, Strong, Tamarind, White, Pea (green, pod)	Avoid Always -ALLERGIES- harmful Aduke, Azuki, Black, Garbonzo, Pinto, Lentil (domestic, green, red), Pea (black- eyed)
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CEAREALS, BREADS, GRAINS & PASTA

Most compatible with your type Cereal (millet, oat bran, oatmeal, rice, spelt), Bread (Brown rice, essene, ezekiel, fin crisp, millet, wasa) Flour (rice, oat),	Use Moderately- 1 or 2 times @ week Familia, Farina, Granola, Grape Nut, Pumpernickle, spelt, Soy, Semolina, Spinach, Quinoa, Rice	Avoid Always -ALLERGIES- harmful Buckwheat, Barley, Bulgar, Couscous, Corn, Rye, Wheat
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VEGETABLES- fresh from an organic market is best, fresh from the market is second choice, then frozen, then canned

Most compatible with your type Beets (and leaves), Broccoli, Cabbage (chinese, red, white), Carrot, Couliflower, Collard Green, Eggplant, Kale, Lima Bean, Mushroom (shiitake), Mustard Green, Parsley, Parsnip, Pepper (green, jalapeno, red, yellow), Sweet Potato, Brussel Sprout, Yams	Use Moderately- 1 or 2 times @ week Arugula, Asparagus, Bamboo Shoots, Bok Choy, Celery, Chervil, Chicory, Cucumber, Daikon Radish, Dandelion, Dill Endive, Escarole, Fennel, Fiddlehead Fern, Garlic, Ginger, Horseradish, Kohlrabi, Leek, Lettuce (bibb, boston, romain, mesclum), Mushroom (domestic, enoki, portobello, tree oyster), Okra, Onion (green, red, spanish, yellow), Potato (red, white), Radicchio, Rappini, Rutabega, Scallion, Seaweed, Shallots, Snow Peas, Spinach, Sprouts (alfalfa), Squash, Swiss Chard, Turnips, Water Chestnut, Watercress, Zucchini	Avoid Always -ALLERGIES- harmful Artichoke (domestic, jerusalem), Avocado, Corn (white, yellow), Olive (black, green, greek, spanish), Pumpkin, Radish, Sprout (mung, radish), Tempeh, Tofu, Tomato
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FRUIT- eat alone; 1 hour separate from any other foods

Most compatible with your type Banana, Cranberry, Grape (black, concord, green, red), Papaya, Pineapple, Plum	Use Moderately- 1 or 2 times @ week Apples, Apricots, Blackberry, Blueberry, Boysenberry, Cherry, Current, Date, Elderberry, Fig, Gooseberry, Grapefruit, Guava, Kiwi, Kumquat, Lemon, Lime, Loganberry, Mango, Melon (all), Nectarine, Orange, Peach, Pear, Plaintain, Prune, Raisin, Raspberry, Strawberry, Tangerine	Avoid Always -ALLERGIES- harmful Coconut, Persimmons, Pomegranate, Prickly Pear, Rhubarb, Starfruit
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SPICES & OTHER

Most compatible with your type Cayenne, Curry, Ginger, Horseradish, Parsley * Some aerobic and some relaxation exercise	Use Moderately- 1 or 2 times @ week All spices not listed in right column; Jam/Jelly (from acceptable fruits), Mayonnaise, Mustard, Pickles, Relish, Salad Dressing (from acceptable ingredients), Beer, Coffee, Tea, Wine	Avoid Always -ALLERGIES- harmful Allspice, Almond Extract, Barley Malt, Cinnamon, Cornstarch, Corn syrup, Gelatin, Pepper (black, white), Tapioca, Ketchup, Liquor, Seltzer Water, Soda (all carbonation)
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JUICES- see list of fruits and vegetables. Green Tea is the most compatible with your type.

Please visit www.hcmionline.com for more information.