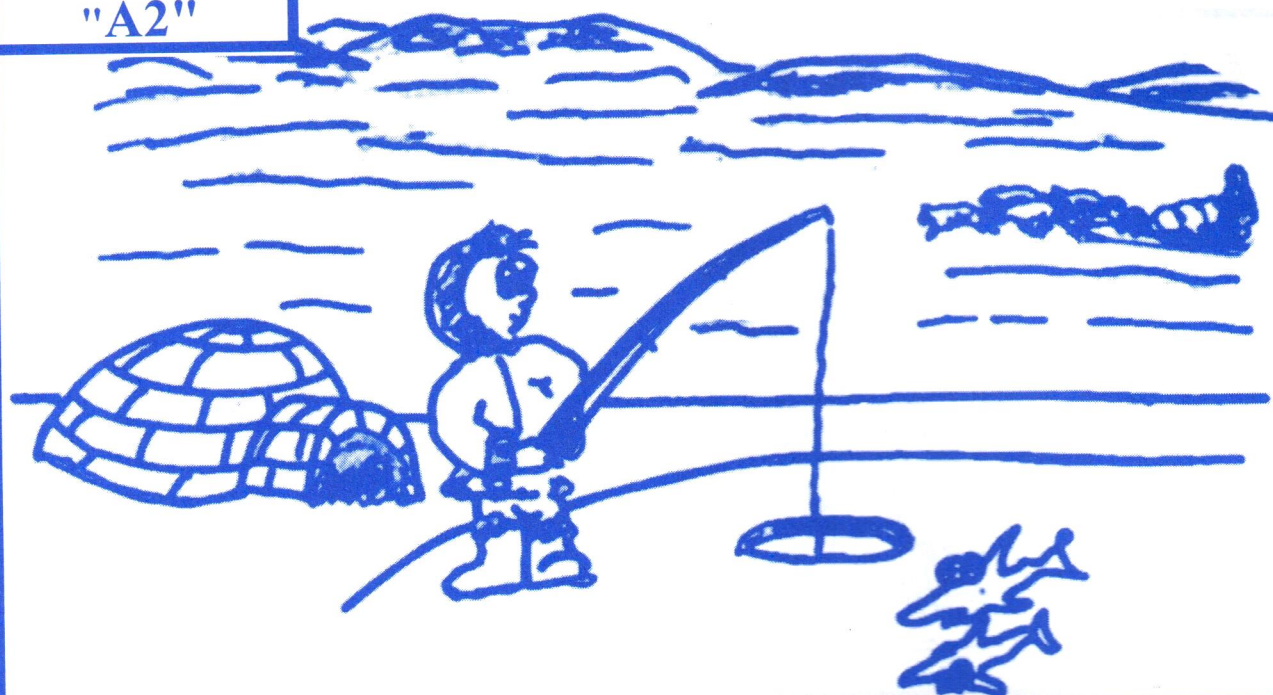


## BLOOD TYPE "A2"



**A2 blood group** is thought to have been the next to develop as an adaptation to the extreme cold of the ice ages. This blood type is mainly found in the Arctic Circle and is "high-ish" amongst Icelanders and Scandinavians, although O is still very common here too.

There are 2 distinct body shapes - the squat stumpy Eskimo or the tall Dane. The long distances of this cold rugged land shapes these people and makes them very self sufficient. It is a survival mechanism of a harsh environment.

A2's must make instant snap decisions - their lives may depend on it. Once they have made a decision it is high impossible to get them to change their minds. They won't necessarily confer with others. Their sight is so firmly on the distance that they do not see the hurt they may be causing to those around them. They barge in, bulldozing anyone in the vicinity usually unintentionally. "Gentle Giant" is a word I use to describe A2. Although they would do anything for you, they are quite capable of walking all over you without realising that you are underfoot, and plough on with their own agenda, not seeing the chaos left behind in their wake.

A2, as with O, tends to be more left brained, attributable again to a high protein diet. A2 has the highest meat intake of the lot as it is too cold to grow very much and traditionally they were dependant on the wild life available in the snow and ice to provide their food and to keep them warm enough in this harsh environment. Animal

foods include reindeer, polar bears, seals, walrus, penguins, whales, fish, seabirds, mountain sheep and goats - providing eggs, milk, cream, cheese, yoghurt, fish and meat.

The short summer would allow limited fruit and vegetable growth, mainly berries and below ground vegies. Grains are practically non-existent. Rye and rice are possibilities and durham wheat will grow as far as the snow line. Snow peas and red potato, red onions and red cabbage are colder varieties that may be tolerated. Foods need to be long cooked like soups and stews. We discovered that the main source of Vitamin C here is found to be high in seaweed, whale blubber and polar bear liver.

A2 is often OK with colder fruits like apples, naval oranges, pears, stone fruit, etc as well, though tend to prefer them to have a more tart, sour taste - the taste you get before fruit ripens properly. This same taste is found in the Scandinavian "soöur lollies". The cold means that the fruit never gets to ripen properly - like permanent "cold storage". So A2's have developed the ability to digest them at this stage and will often shun fruit that is ripe.

A2's are quite happy with their own company and like order in their life. They like a set place for everything and work well under pressure. They like leadership and decision making jobs. Their dominance of Type 1 muscles fuelled by protein foods, gives them the endurance to survive in a harsh climate. This carries over even to A2 people now living in warmer climates