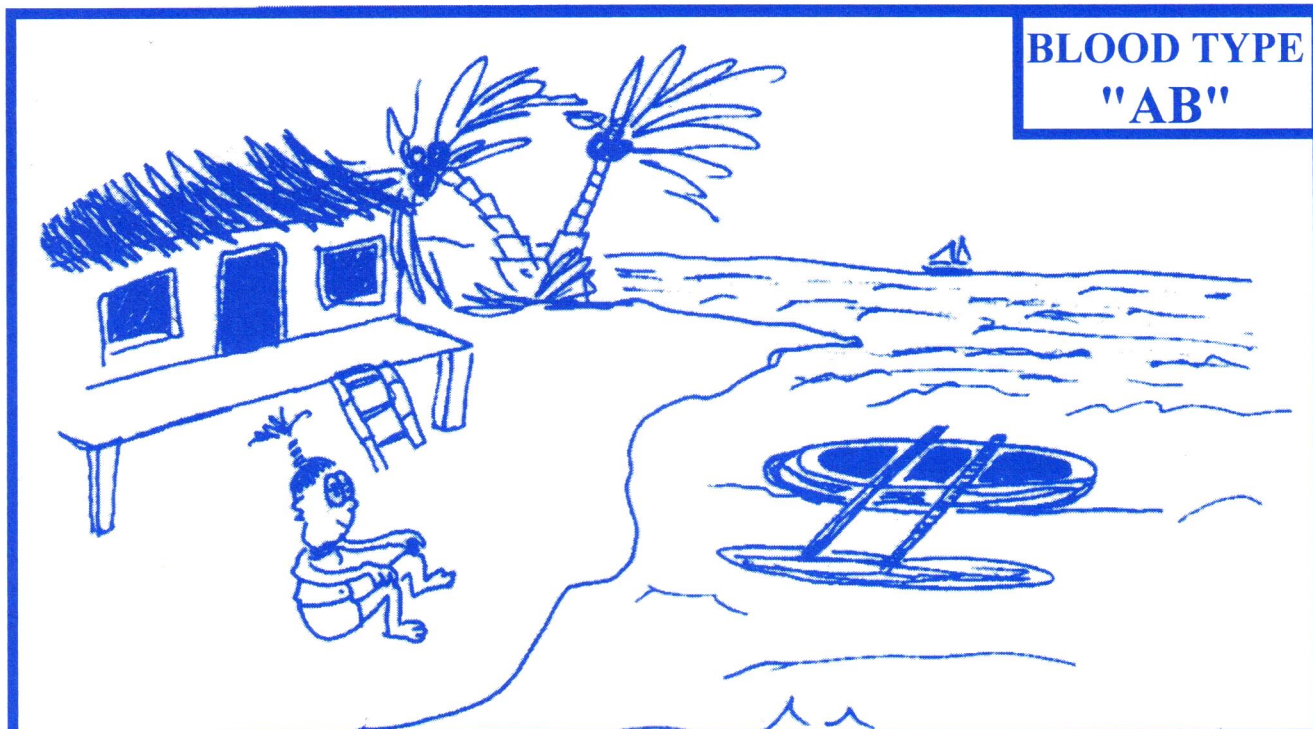


BLOOD TYPE "AB"



AB blood type was the last group to develop, needing a parent from both A and B to produce an AB offspring. AB is a much rarer blood group, the highest numbers being in the Japanese 18% and Chinese 13%. Due to the lack of B blood group in the American continent and in most Australian aborigines, there are really no AB's in indigenous populations in these areas. However, since Europeans have mingled with these populations over the last 200 years or so, AB will now be occurring.

Most AB's are A1B but if one parent is A2 then an A2B offspring can occur. This occurrence is rare, being only 0.2 % of the Australian population, compared to 4% for A1B's.

Whilst we are told that there is no need to differentiate between A1 & A2 for blood transfusions, we have found that there is no problem if A2 blood is given to an A1 person but an A2 or A2B person being transfused with A1 or A1B blood can develop reaction problems.

AB people tend to be happy to stand on the sidelines and not push themselves forward. They are usually fairly happy and enjoy having company. They can be the life of the party in an effort to fit in, but this tends to be a bluff to hide shyness. They are really content to just be "part of the crowd".

AB's are like Teddy Bears. They are sensitive people trying to fit in socially and aching for the acceptance signified by a friendly hug.

They dislike the burden of decision making and can become overly stressed by this. They are happy in situations where the decisions are made for them, where they can melt into the background, and be told what to do. They are good workers, if kept on track. There is often however a tendency to day dream - being happy to just sit and watch the world go by.

Their grasp on reality can be poor and often they may have to be urged along as they may not see the urgency in a situation, thinking they have all the time in the world to finish a task. AB may be happy with repetitive monotonous type work as it allows them to day dream and not to have take any responsibility.

Diet tends to be high carbohydrate and low protein similar to A1 but warm climate. This gives the right brained characteristics described above. They are usually fussy eaters with distinct food preferences because they get instant reactions to food that don't agree. These can include, nuts, legumes, apples, lemons, bananas, tomatoes, beetroot and spices. Vegetables need to be short cooked.

A2B people have a more restrictive diet as they need to avoid all foods that can cause problems to both A2 and AB. Longterm these people often develop haemorrhagic disease of the gut due to poor understanding of diet needs.

Hot or cold weather doesn't seem to worry AB's. They often wear T-shirt & shorts all year round.