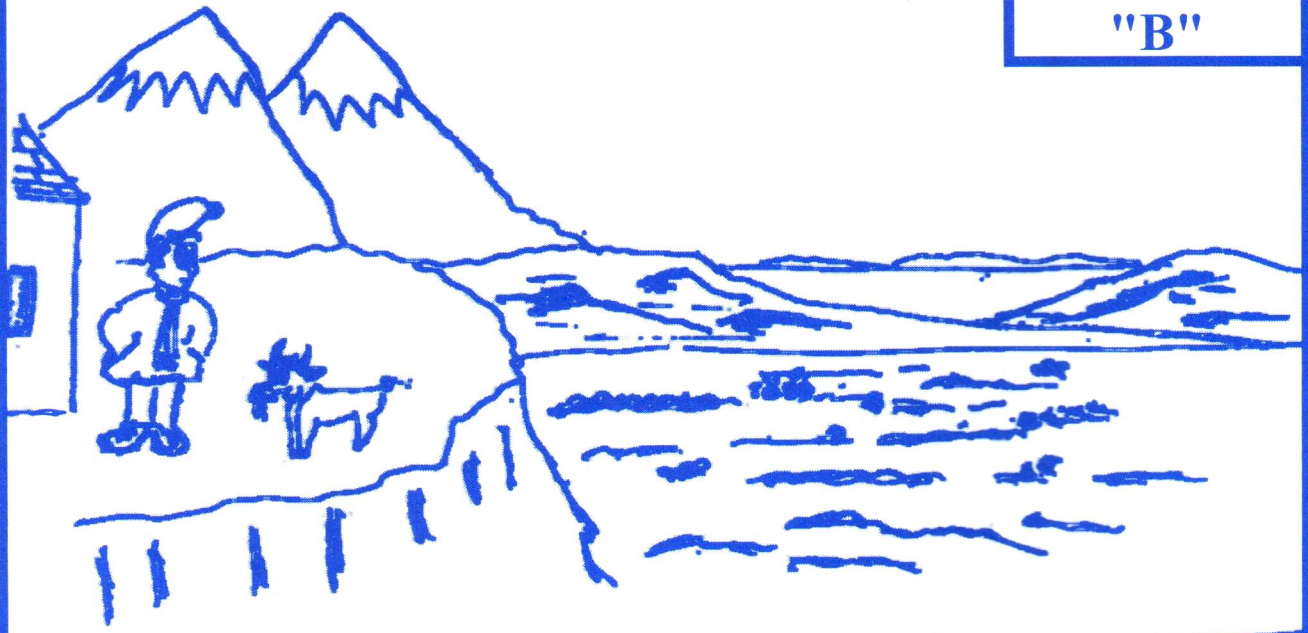


## BLOOD TYPE "B"



**B blood group** developed later again and is thought to have originated around the Himalayan Mountains. From here it seems to have spread along the silk routes to China, with the Gypsies through Europe and down through the African continent. B people seem to prefer more mountainous surrounds instinctively and although there is a fair bit of B in Indonesia and New Guinea, in Australia B is only found in aborigines in the tip of Queensland, probably around the Atherton tableland and the higher mountain areas. Higher numbers of B occur in Wales, again seeking more mountainous areas.

As I talk to other B's I find that invariably they have positioned themselves where they can see out over their surrounds where possible, are more likely to leave curtains and windows open, to see out further around them and capture any prevailing winds. Without realising it, B people are trying to re-create the same environment of their origins - the mountains - even preferring stormy windy winter days to the calmer sunny days that most other people desire.

The main characteristic that stands out for B is the need to know everything that is going on around them. This "busy body" trait is more understandable when we look at the picture above. In the mountains, the world is laid out at their feet like a giant jigsaw and this is how they still see their world instinctively. They are frustrated and not content until they have identified and placed every piece in the jigsaw of their private world. They are constantly aware and even tend to sit, where they can keep tabs on everything that is happening around them.

The diet for B blood group is fairly balanced - protein and carbohydrates, including a good mix of "greens". This balance even comes down to wanting this mix with every mouthful of food that is eaten. Vegetables need to be lightly cooked, rice needs to be from the mountainside, basmati, not paddy rice, and fish to be from cold water not warm. Fowl of any kind can cause problems and fruit needs to be "tangy", not quite ripe, similar to A2. (They are both "snow" blood groups.) If B people are tired they need more protein, if disorganised, they need more vitamin B12.

This balance allows B people to swing easily from left to right brained and back, giving them the versatility of being organised people of action, the ability to be artistically inclined with good problem solving skills and to be able to see and respond to the needs of others in a caring role. B people are "chameleon" changing to meet the situations they find themselves in, blending with their surroundings and rising to the occasion. They do not cope well with constant stress however but like the challenge of variety.

B blood group people tend to get an instant reaction to eating foods that don't agree with them, so instinctively are more likely to be on the right track as far as food choices go. They have a stronger digestive system than A1 but not as good as O or A2. Sickly sweet foods do not usually appeal. B likes the same tang of not quite ripe fruit and the soöur lollies that A2 does.

B tends to be a loner too, enjoying the quiet cool found in the high mountain passes. Excessive heat drains them of energy and they usually undertake sports that are not too strenuous.