

## BLOOD TYPE "O"



**O blood group**, thought to be the original blood group, is known as the hunter gatherer and we see the characteristics of O displayed in cavemen, people living in the jungle and our Australian aborigine before white man came.

O people tended to live in tribes. They liked ordered living and often would have a headman, witchdoctors, tribal councils for decision making and the traditional pow-wow or tribal leader meeting.

Today, O people, whether they know it or not, still follow these traditional patterns. They like to get together in groups and we often find them on committees. They will be on our Boards, Governing Bodies, Town Councils, Rotarians, Politicians etc. They tend to discuss at length, what to do, but are often not so good at getting on with the action. Our politicians are good examples of this.

Being generally left brained because of their high protein diet, they will consider at length, weighing up the pros and cons and think before they speak. They like to see meetings run in an orderly fashion and are irritated by right brained deviations from the set agenda.

They like to look efficient and will have clean tidy desks or spic and span houses with everything in its set place. They can have the dishes whisked out from under you, washed and put away before you have finished the last mouthful of your dinner! Hyacinth Bucket on the TV show "Keeping Up Appearances" is a classic example of a left brained "O" person - to the extreme.

An O person is often the popular, "sort after" person in a group. They have natural leadership qualities and gravitate to positions of command, like Commissioned Officers in the Army, Heads of State, Bishops, CEO's, business managers, storekeepers etc.

In days of old they would spend the day hunting for wild animals, having the endurance from their high protein diet to fuel their dominance of Type 1 muscles to give them the energy to roam for miles - like our stockman on the cattle stations of today. They would pick at available food through the day and return home for a large meat and veg meal at night, which their strong digestive systems could cope with as they slept, and have enough left over to keep them going well into the next day. O is usually not ready to eat until 10am or 11am in the morning.

As the climate is hot they don't need a fire for warmth so eat a lot of raw plant food or lightly cooked foods as in stir fries. They tend to look after their environment by moving from place to place - going "walk-about" or our "holidays". They may be seen as "lazy" but need to be "wound up" to get them going and it is then hard to get them to stop. They are typical "plodders" - head down, keep on going - until the job is done.

They are usually pretty healthy but tend not to see the signs that something is amiss until they come down with a thud with some major illness - like cancer, a stroke or heart attack - so be warned. Eat to keep your acid alkaline balance right. - Equal amounts of meat and vegies with some fruit.