

What difference does my blood group make to how I manage as a polio survivor - you might ask?

For a start it helps to determine how much red meat we need to eat, to get enough carnitine to help with muscle function and post-polio fatigue. I have printed the plates of food before - **O and A2 need half the plate to be red meat and half vegies, every day!** B is almost as much. **A1 and AB** only need a quarter of the plate to be meat and three quarter vegies. **More red meat may be needed for polios.** But also if we are struggling with health problems, we need to make it easier for our bodies to work - less stressful. By eating the right foods for our blood type, we can ease that stress.

**Our research started in 1992**, after viewing research on “T-cell food hypersensitivities & blood groups” by USA nutritional biochemist, Prof Laura Power MS PhD.

The Canadian “**Eat Right 4 Your Type**” books by D’Adamo came later and **our findings vary from his.** Ours is a more simple, common sense approach.

## MAIN POINTS of WA RESEARCH

**Ancestral origins** - Firstly, if we had all stayed in the area of our own ancestral origins, we would be eating the right foods - because that would be all that was available to eat. **We are programmed to survive on the foods that live and grow around us.** These foods, be they animal or plant, are also dependent for their survival, on the climatic conditions and the soil content of an area too. Our WA wildflowers are unique because they are adapted to the very nutrient-poor soil here. Our English-garden flowers, fruit and vegetables, need extra fertilizers to survive and grow.

**Climate** - All living things adjust to hot or cold weather conditions, just as we have summer and winter crops. Although the different blood groups can be found all over the world, there are different dominances. Generally there are more of the **O blood** group people living in the **warmer areas** of the world and more of **A and B blood group people in colder climates.** **AB** seems to do better with **warmer areas.**

**Plants, herbs, spices can vary with climate too.**

For instance, our WA winter **oranges** are Navels and Valencia oranges are ripe in summer. **Berries** are colder climate; bananas and pineapples are **tropical.** Purple sweet potato is warm and orange, cold. **Curry ok for O, A1, AB but not B, A2.** We need to choose our foods to suit if we are warm or cold climate blood groups. The right climatic food tastes better to you too

**Instinct** - Young children choose what food they want by taste instinctively. They are really being “**fussy**” **for a reason.** We will get it right if we tune back into our gut instincts too. Our body is very good at trying to steer us to what we need, if we let it. **The right food will taste and smell better and appeal to us.**

**Traditional Exposure** - Different foods were eaten in different parts of the world and **cooked and prepared in traditional ways.** So O people are more likely to have eaten cabbage raw, as in coleslaw but A and B to have cooked it; Japanese people to eat fish raw; Westerners to always cook their fish. We make bread with wheat flour, the Scots with oatcakes, Germans and Russians with rye, Asians with rice and South Americans with corn-meal and potato. We have been

programmed over thousands of years to eating this way and people moving around the world in the last few hundred years doesn’t change that traditional programming coming thru from our ancestry.

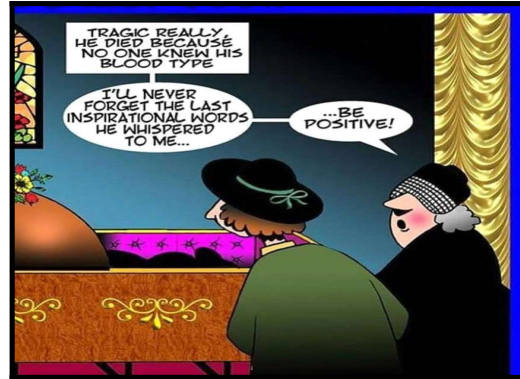
**Individuality** - We all have our own special mix of genes. Just as we inherit our blood group from our parents, so we inherit other characteristics in a “hit-or-miss” fashion. Our gene structure is a combination of chop-and-change of each of our parent’s gene pools. That is why we get brown or blue eyes, hair colour etc

Our genes are made up of particular combinations of vitamins, minerals, amino acids etc. If our parents were deficient in any of these at the time of our conception, the gene we got could be “faulty” in some way. That is why some things seem to “**run-in-families**”. Or crop up unexpectedly. So what was happening in the life and health of our parents then, can affect us too, genetically or epigenetically.

For instance - insufficient Vitamin C can cause colds and flu and even scurvy in the parent, but predispose to allergies or shortsightedness in their children too.

**Vitamin C** - An early finding in our research was that the type of Vit C needed had a particular structure that was usually consistent from blood group to blood group. And this reflected usual geographical mineral content availability as well. We found -

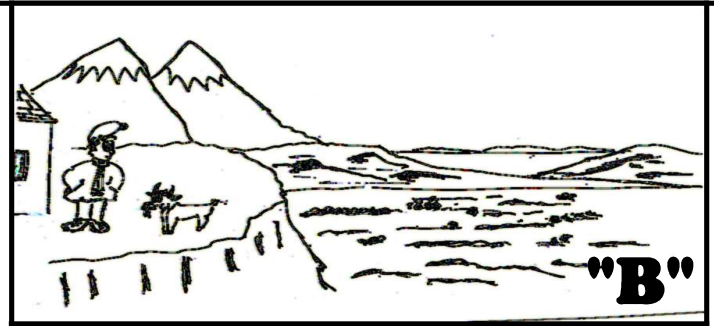
Blood type	Vitamin C - type needs
O	Calcium Ascorbate
A1	Sodium Ascorbate
A2	Calcium & Sodium Ascorbate mix
B	Calcium Ascorbate with bioflavonoids
AB	Ascorbic Acid with no added minerals





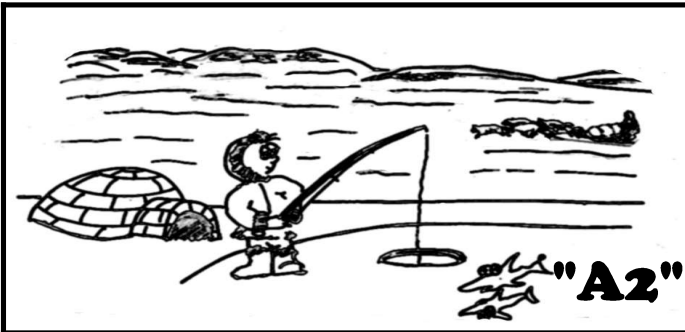
**O blood type** is thought to have been the original blood group. Half the world population is probably O. When we are sick our blood group can revert to O temporarily as a survival mechanism - less strain on the system.

O is the original hunter-gatherer. Tribal hunters, live in villages, endurance to keep on going to hunt food. Like to gather in groups to talk. Often end up on committees. Have communal meal around the fire at night. Dig up root veg to cook with meat. Might need to be wound up to get going but then keep on plodding on till job is done.

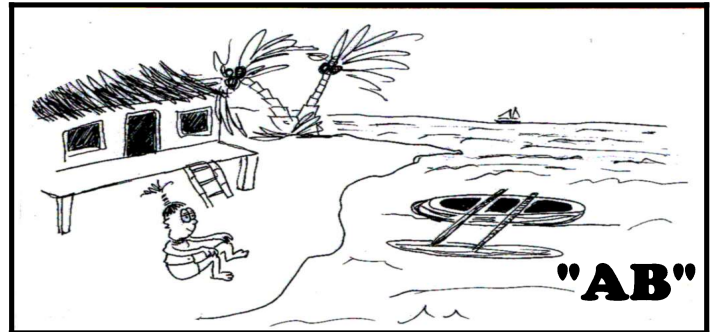


**B blood type** developed in the Himalayan mountains, a cold area but with warmer foods being traded upwards so exposed to some warmer climate foods like bananas and coconut but mainly colder climate like berries, stone fruit. Cold water fish, goats for milk & cheeses, meat for warmth in soups & stews, roasts, but also root and green vegetables. Prefers cooler weather, wind and storms. Looks out over the plains so can see everything going on around them.

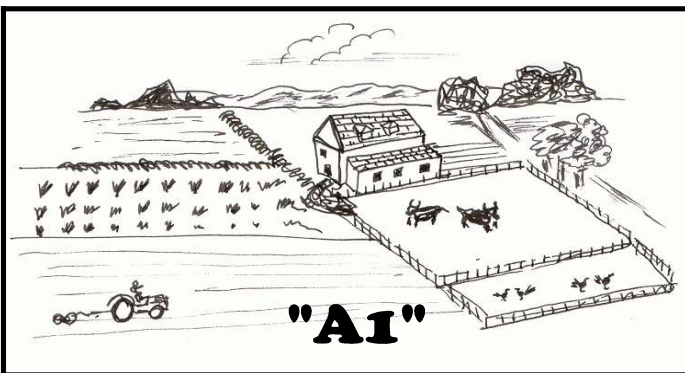
Consequently tend to be busy-bodies, wanting to know everything going on, be organised and get active results.



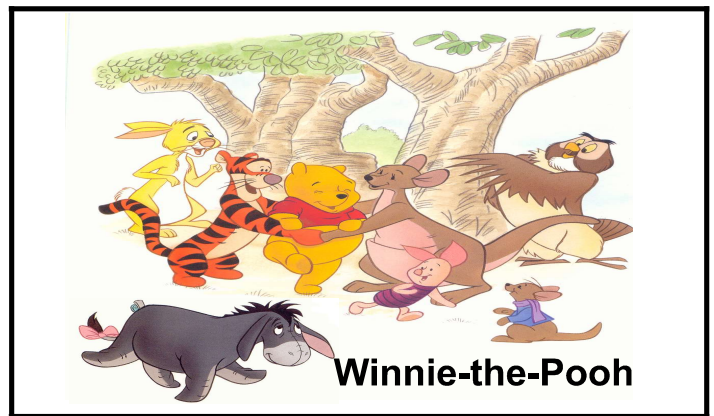
**A2 blood type** was the next - in response to the Ice Ages. Similar to O but the cold climate version. Again diet mainly meat and fish, as too cold to grow much fruit and veg. Had to make quick decisions and act on it, as life could depend on getting it right - ie freeze in the cold or attack by predators. More loners, but live in groups and villages. Vision is uninterrupted as few trees so wider view of life. Fruit taste is for sour - too cold to ripen properly.



**AB blood type** was the last to develop as comes from A and B parent combination. Highest in the Asian and African parts of the world. Prefers warmer climate and foods. Often big fish eaters and lots of vegetables. Grains - rice and breads not usually a problem. Distinct food preferences - avoids nuts, legumes, apples, beetroot. Doesn't like stress, laid-back, happy with monotonous jobs. Likes company, part of the crowd with no responsibility.



**A1 type** developed as Ice Ages receded, in response to more temperate climate. More plant foods able to grow. Cultivated fruit and veg and put in seasonal crops. Ate by-products of animals and plants - eggs, cheese, milk, bread, pasta, rice, fish. Found ways to process foods to get rid of poisons and to preserve for leaner times. Calmer moods from more vegetarian diet. Small farmlets, crafty, artistic, musicians, poets, authors, pottery, tailors, industry, traders. Don't like stress, will give in to keep the peace, no friction.



All blood types exist in most areas but O & A are dominant. The characters in Winnie-the-Pooh enable us to get a good guess at a person's blood group - in a fun way. We can often say "he" or "she" is like a Pooh or Tigger or Eeyore. **Christopher Robin, Pooh and Kanga are O types** (solid, reliable). **Piglet, Roo and Tigger are all A1** (impulsive). Wise old **Owl is A2** (decision-maker). **Rabbit is B** (busy-body) and **Eeyore is the easy-going AB**. Think about it.

# Blood Group Food Chart - hot & cold climate by Tessa Jupp RN

Many foods have warm and cold varieties to suit the blood groups. eg pumpkin - Qld blue (warm climate) Jap (cold)  
 O & A1B are warm climate blood groups and are better with foods from warm climates, - A1, A2, B & A2B are cold climate  
 B and A1B may tolerate some different warm and cold foods eg B (banana but not pineapple) AB (pineapple but not banana)  
 See my blood group booklets for more specific info on WA foods, acid/alkaline balance and characteristics of blood groups.

WARM CLIMATE FRUIT		WARM VEGETABLES		WARM HERBS	WARM SPICES	WARM GRAINS
apples (ripe)	mulberry - (ie summer)	alfalfa	carob	lemongrass	cardamom	* arrowroot
avocado - round		artichoke/basil	egg plant	chamomile	chilli	barley
banana	olives - black	beans - legumes	okra/swede	garlic	cinnamon	corn
coconut	oranges - (valencia)	(broad, haricot,	onion	lavender	cloves	millet/oats
dates/figs		lima, red, lentils,	parsnip/potato	liquorice	cocoa/ cumin	*potato
gooseberries	passionfruit	runner, peanuts)	pumpkin Qld blue	mint	ginger	rice - paddy
grapes/ guava	pawpaw	beetroot	spinach	oregano	nutmeg	* sago
grapefruit	pineapple	broccoli	sweet potato - (purple, red)	sage	pepper	spelt dinklebrot
jack fruit	quince	cabbage - green	tomato/radish	tarragon	pimento	* tapioca
lemons - eureka	rockmelon	capsicum/chilli		<b>coffee</b> beans	pistachio	wheat
limes	strawberry	cauliflower	taro/yam	<b>teas</b> (Ceylon India/China)	turmeric-curry	* = other plants used as flour
mango	watermelon	cucumber	turnip		vanilla	
WARM MEAT		WARM WATER FISH		WARM OILS		NUTS/SEEDS
buffalo	albacore	perch		coconut oil (unrefined)		almonds
chicken/duck/goose	bass	oyster		corn oil		brazil
cow - Kimberley	barramundi	red emperor		canola oil (avoid)		cashew
goat	bluefish	salmon (Pacific)		dripping (beef/lamb)		caraway
emu	blue threadfin	snapper		evening primrose oil		chia
kangaroo	crayfish	ray		fish oils (max-EPA)		macadamia
pig (wild boar)	dhufish	shark		olive oil/peanut oil		pecan
rabbit	groper	tailor		safflower oil (avoid)		pistachio
sheep - merino	hake	wrasse		soya (avoid)		Pumpkin/pepitas
turkey	parrot			sunflower oil – cold-pressed		sesame

COOL CLIMATE FRUIT		COOL VEGETABLES		COOL HERBS & SPICES		COOL GRAINS
apples/apricot	mulberry (ie winter)	Artichoke-Jer'slm	pumpkin – Jap	angelica	poppy seed	barley
avocado (small egg shaped)	nectarine	beets - root/sugar	shallots	borage	rosemary	* buckwheat
blackberry	olives -red	broccoli	silver beet	chamomile	thyme	millet
blackcurrant	oranges- (navel & seville)	brussel sprouts	snow pea	chive/lemon	cinnamon	oats
blueberry		cabbage - (green but red is colder)	spinach English	dandelion	cocoa	* potato
cherry/cumquat	peach/pear	carrot	rocket, leafy gr	dill/fennel	ginger	rye
kiwi fruit/loquat	plum	celery / celeriac	red spring onion	ginseng	nutmeg	rice- basmati (hills -upland)
lemon - meyer	quince	chard/chicory	sweet potato - (orange, white)	horseradish	<b>teas</b> - herbal	spelt dinkelbrot
melon - (honeydew)	raspberry	chive/leeks	swede/turnip	lovage	green tea	wheat - durum
nashi pear	red currant	lettuces, incl Cos	yarrow	mustard	Japanese	* = other plants used as flour
	rhubarb	parsnip/potato	zucchini	nasturtium	rooibos	
				parsley	chicory cafe	
COOL MEAT	COLD WATER FISH	RIVER FISH		COOL OILS		NUTS/SEEDS
bear	cod - Atlantic	black fish		beechnut		chestnut
chicken/duck/goose	dory	bream		coconut oil (ok A1 & B but not for A2)		chia
cow (southern)	flounder	catfish		cod liver oil		hazelnut
deer/elk	haddock	hairtail		canola (avoid)		pine nut
emu	hake/halibut	perch		chestnut oil		pepitas
grouse	herring	prawns		fish oils (salmon)		poppy seed
hare/rabbit	pilchard	pike		halibut oil		pumpkin seeds (pepitas)
goat (mountain)	salmon - (Alaskan)	sardine		lard (pig fat)		walnut
pheasant	sardines not Fremantle	sole		linseed (flaxseed oil)		
pig (small domestic)	trout	trout		walnut oil		
quail	tuna			whale blubber		
sheep (southern)	whale					
wallaby	whiting					