

**"A1" BLOOD GROUP****"A2" BLOOD GROUP**

<b>WORLD DISTRIBUTION</b> (indigenous populations)	Mainly temperate areas of the world - Europe, Asia, Africa. Small patch in North America. England & Japan have high incidence of A1.	Arctic - areas of extreme cold. Scandinavian countries, Iceland, eskimos.
<b>CLIMATIC PREFERENCE</b>	Cooler weather rather than summer.	As for A1
<b>BODY SHAPE</b>	Often lean and wiry build, reasonably tall, light body frame	strong tall Norse body shape or squat, broad Eskimo, short neck
<b>FACE SHAPE</b>	Triangular face. pointed prominent chin. Nose long and high	Head shape large & rectangular
<b>FOREHEAD</b>	Broad forehead. Slopes backward	Broad and rounded forehead
<b>CHARACTER</b>	Tense, anxious, restless, impatient, delicate, creative; functions on nervous energy. Walk / talk in sleep	Likes ordered life, everything in place. Quick, sharp response Rigid in attitude, easily angered
<b>EXERCISE</b>	Likes exercise, tires quickly. Should sleep on problem before decision.	Needs to exercise. Walking good. Similar to O blood group
<b>BATHS/SHOWER</b>	Prefers warm water. Hot drains energy. Cold overstimulates.	Prefers warm to cool baths unless not eating enough meat.
<b>FOOD - TIME OF</b>	Usually wake hungry, need good breakfast. Needs less for last meal.	as for A1
<b>COOKING</b>	Meals need to well cooked, like soups and stews.	Long cooked soups & stews eg beef tea, Scotch Broth.
<b>MEATS</b>	Fine with mutton, small cows, pork Happy to eat chicken and fish rather than red meat. Better with cold water fish - sardines, red salmon, tuna, herring trout, whiting	Likes and needs red meat & fish Tolerates some chicken, eggs,  Best with cold water fish as A1.
<b>GRAINS</b>	Best with rice, rye, barley, durham wheat (pasta). Wheat may be prob.	Problems with all grains. Rye, rice best. Durum wheat ? OK
<b>VEGETABLES</b>	Root vegetables & most greens. Problems with legumes, lentiles.	Root veg not leafy green. Red veg best. OK with snow peas
<b>FRUIT</b>	Finds navel (winter) oranges sweet Love ripe berries, apples, stone fruit.	OK berries, tart half-ripe fruit like apricots, apples, navels.
<b>OILS</b>	Best with cod liver oil, linseed oil, halibut or salmon oils.	Best halibut/salmon oils. Linseed oil, maybe cod liver oil
<b>BEVERAGES</b>	Better with tea than coffee. If problem with cows milk use sheep	Does better with coffee than tea Sheep if cows milk a problem.
<b>SUPPLEMENTS</b>	Vitamin C - use blackcurrant flavoured or sodium ascorbate. Vitamin A needs fish oil base. Often need for magnesium.	Vitamin C - needs a mix of calcium ascorbate, sodium ascorbate & bioflavinoids best. Others as for A1.
<b>DISEASES</b>	Low stomach acids so pernicious anaemia, gastric cancers, diabetes, alcoholism, TB, malaria, syphilis	As for A1