

**"A1B" BLOOD GROUP PROFILE**

**"A2B" PROFILE**

<b>WORLD DISTRIBUTION</b> (indigenous populations)	Found where A and B intermarry. Predominantly found in China and Eastern European countries.	This is a pretty rare blood group as most AB are A1B. A2B is more a combination of both A2 and AB but the A2 component seems most dominant. Better cold climate. Many features are as for A2
<b>CLIMATIC PREFERENCE</b>	Doesn't appear concerned by either hot or cold weather.	Face usually rectangular.
<b>BODY SHAPE</b>	Usually well built with large head.	Forehead tends to be more rounded as require higher protein diet.
<b>FACE SHAPE</b>	Face shape either rounded (Chinese) or large and rectangular (European).	Characteristics similar to both A1B and A2
<b>FOREHEAD</b>	Forehead often slopes backwards slightly.	As for A1B
<b>CHARACTER</b>	Sensitive, social nature. Attracts others. Slightly tense and doesn't cope well with stress. Can solve problems better when relaxed.	As for A1B
<b>EXERCISE</b>	Easily fatigued if over exercises.	Eats good breakfast and all day. Need long well cooked cold climate foods as for A2.
<b>BATHS/SHOWER</b>	Prefers warm baths/showers only.	Red meat important. Has problems with warm water fish.
<b>FOOD - TIME OF COOKING</b>	Eats well all day. Surprisingly does better with warm climate foods. Better lightly cook as stir fry	No good with grains - as A2.
<b>MEATS</b>	Eats moderate amounts of red meat. Partial to chicken. Loves all fish.	As for A2 but avoid A1B problem foods like beetroot, lettuce, peas, legumes.
<b>GRAINS</b>	Loves all grains, particularly wheat, breads and rice.	Avoid problem foods for both A2 and A1B. A2B really has a very restricted diet.
<b>VEGETABLES</b>	Particularly loves vegetables like potato, carrots, cabbage, string beans. Fastidiously avoids foods like peas, beetroot, lettuce, legumes.	As for A2 but avoid A1B
<b>FRUIT</b>	Not fussed on fruit apart from all oranges and pineapple. Avoids apples, banana, lemon, almonds and other nuts, spices	As for A2 but avoid A1B
<b>OILS</b>	Best with cod liver oil. Uses butter	As for A2 but avoid A1B
<b>BEVERAGES</b>	Not fussy about tea or coffee. Usually OK with milk,	Vitamin C and A as for A2
<b>SUPPLEMENTS</b>	Vitamin C - Orange flavoured C. Vitamin A needs fish oil base.	Nothing known on diseases as extremely rare. Suspect digestive problems.
<b>DISEASES</b>	Nothing known on diseases for this blood group. Fairly healthy as usually eat instinctively.	