

"B" BLOOD GROUP PROFILE

WORLD DISTRIBUTION (indigenous populations)	Originated in the Himalayan mountains. Hunzas perfect example. Found in Europe, Asia, Africa, Indonesia. Highest British in Wales.
CLIMATIC PREFERENCE	Prefers winter and cooler weather.
BODY SHAPE	Medium frame and weight
FACE SHAPE	Usually oval egg-shaped face - broader at cheeks to point at top and bottom of face. High or beaked nose.
FOREHEAD	Often straight forehead -short distance between eyebrows & hair line.
CHARACTER	Personality is dominated by strong urge and need to know everything that is going on around them. Usually balanced, realistic, natural organiser, motivates others.
EXERCISE	Moderate exercise - all types. If fatigued needs more protein
BATHS/SHOWER	Warm baths/showers. Hot relaxes, cold stimulates.
FOOD - TIME OF	Does better with main meal at lunch time, needs breakfast. Gets instant reaction to foods that are a problem.
COOKING	Better with quick short cooking like stir fry.
MEATS	Has need for red meat. Chicken may be a problem - better with duck. Has problems with a lot of fish including tropical, tuna, crustaceans. Best with small, cold water or cold river fish. Seem OK with prawns.
GRAINS	Only blood group to have problems with rice. Use only up-land rice, ie Pakistani or Basmati rice. Also no good with rye unless Russian ancestry. Best grains barley, millet, corn, oats, durum wheat.
VEGETABLES	Fine with most vegetables, root and greens. Avoid legumes, lentils.
FRUIT	Disinclined to eat fruit. Prefers only when new season, half ripe. Tart taste. Won't eat fruit once ripe. Avoid most tropical fruit but OK with bananas when green and skin hard to peel. Honey dew melons OK but not rock melons. Loves dried apricots, currants. Eats naval oranges & tart apples, plums, nectarines when first new season.
OILS	Best with Linseed oil. OK with Halibut, salmon oils. Better with butter than margarine.
BEVERAGES	Better with tea than coffee. If milk a problem better with sheep. Will tolerate coffee whitener as substitute.
SUPPLEMENTS	Vitamin C - needs calcium ascorbate with high bioflavinoid content. Can use blackcurrant flavoured Vit C. Vitamin A needs fish oil base. Has problems with any rice based supplements.
DISEASES	Susceptible to oesophageal cancers, diabetes, thrombosis, rheumatic heart, pernicious anaemia.