

"O" BLOOD GROUP PROFILE

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| WORLD DISTRIBUTION (indigenous populations) | Found mainly in warmer areas of the world. Dominant blood group all over the world. South America exclusively O. Small pocket of A in North America - otherwise all O. Large areas of O in Russia, Scotland, Ireland, New Zealand, Pacific Islands. |
| CLIMATIC PREFERENCE | Prefers warm to hot weather and dislike the cold of winter. |
| BODY SHAPE | Generally well built. If high meat/grain eater, reasonable weight. Strong. Well developed. |
| FACE SHAPE | Face shape often squarish with a broad squat nose. |
| FOREHEAD | If on a high protein diet should have a rounded forehead. |
| CHARACTER | Adaptable. Easy going. Lethagic. Plodder - gets things done. Physically active but may appear to others to be lazy. |
| EXERCISE | Hard to activate but once going hard to stop. Long distance endurance good. Exercise relaxes. Needs to exercise before decision making. |
| BATHS/SHOWER | If not eating enough red meat, will want long hot showers to increase their acidity. |
| FOOD - TIME OF | They often don't have breakfast and are not ready to eat until around 10am in the morning. Best meal evening meal. |
| COOKING | Vegetables need to be raw or lightly cooked, like stir fry. |
| MEATS | They usually love red meat. Need to eat red meat nearly every day Not particular about chicken. Turkey better. Best with warm water fish - snapper, dhufish, barramundi, albacore, Fine with crustaceans - crabs, oysters, prawns. |
| GRAINS | Usually fine with wheat, oats, corn, millet, rice, soya, lentils and legumes. No good with rye, barley. May have problems with wheat |
| VEGETABLES | Fine with root vegetables and most greens. Not so good with red cabbage, red onions, red potatoes, lettuce. |
| FRUIT | Partial to tropical fruit. Claim valencia (summer) oranges are sweeter. Has problems with stone fruit, berries. Prefers fruit ripe. |
| OILS | Best with Evening Primrose Oil, Olive Oil, Emu Oil. Margarine OK |
| BEVERAGES | Better with coffee than tea. May have problems with dairy products. Usually fine with goat's milk or soy. |
| SUPPLEMENTS | Vitamin C - usually fine with ordinary orange flavoured C. Best with calcium ascorbates. Vitamin A better with lemon grass base. |
| DISEASES | Susceptible to gastric ulcers, rheumatoid arthritis, bleed easily, susceptible to infections, influenzas, scarlet fever. |