

Diet and Exercise by Blood Type

Type O

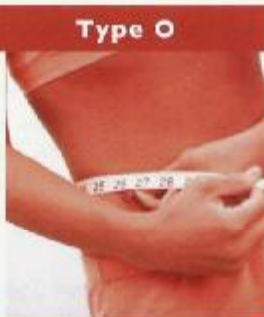
Weight Loss Key

BENEFICIAL
Red meat
Seafood, Liver
Spinach
Kale
Broccoli
Olive Oil

AVOID
Wheat,
Dairy products
Corn, Navy beans
Lentils, Cabbage

Exercise Regimen

Intense physical exercise, such as aerobics, running, martial arts, and resistance training



Type A

Weight Loss Key

BENEFICIAL
Seafood
Vegetables
Soy foods
Olive oil
Pineapple

AVOID
Dairy products
Wheat
Kidney bean
Lima bean

Exercise Regimen

Calming, centering exercises, such as Yoga and Tai Chi



Type B

Weight Loss Key

BENEFICIAL
Lamb, Salmon
Milk, Greens
Licorice, Tea

AVOID
Chicken, Lobster
Wheat, Corn
Lentil, Peanuts
Sesame seeds
Buckwheat

Exercise Regimen

Moderate physical exercise, with a mental component such as hiking, cycling, tennis, and swimming



Type AB

Weight Loss Key

BENEFICIAL
Turkey
Seafood
Tofu, Greens
Kelp

AVOID
Chicken
Corn
Kidney beans
Buckwheat

Exercise Regimen

Calming, centering exercises, such as Yoga, combined with moderate exercise such as cycling and tennis



Don't know your blood type?

Call the toll free number on the back of this brochure and ask for information about our Home Blood Testing Kit.

Why Your Blood Type Matters

You're a biochemical individual - why settle for supplements created for someone else? Throughout a century of research, scientists have explored the science of individuality-the science of your blood type. They have found that the absorption of foods and nutrients and their impact on your health depend largely upon your blood type.

Now, you can enjoy a complete line of nutritional supplements specifically designed to support The Blood Type Diet®. Created by Dr. Peter D'Adamo for use in his clinic, these supplements are produced by North American Pharmacal, Inc., (NAP), the Blood Type Experts.

Only Dr. D'Adamo has refined his formulas over time with the ideal balance of the proper highly beneficial ingredients custom-blended for your type. With every NAP product, you can be assured of the finest-quality, fresh botanical and nutrient ingredients. You've got Dr. D'Adamo's name on that.

The D'Adamo Health Library

Read more about the Blood Type Diet® and the foods and nutrients that are Right For Your Type® in Dr. D'Adamo's best-selling books.



Discover how you can change your genetic destiny with Dr. D'Adamo's latest book, "The GenoType Diet."

For secure online ordering and full catalog, visit the Blood Type Store® at: www.RightForYourType.com or U.S. Customers call toll-free: 1-877-ABO-TYPE (1-877-226-8973) Outside the USA call 1-203-761-0042

know better

D'ADAMO PERSONALIZED NUTRITION™

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These statements have not been evaluated by the FDA (U.S. Food & Drug Administration). Our products are not intended to diagnose, cure or prevent any disease. If a condition persists, please contact your physician. REV.080309.wst

The Blood Type Diet®

Dr. Peter D'Adamo

Healthy Weight Loss Program Right For Your Type™

Lose the weight...



...without losing your health.

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IfHI Master Instructor
Body and Mind Studio Limited
The Wellness Centre
16 Risbygate Street, Bury St Edmunds,
Suffolk, IP33 3AA, United Kingdom.
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www.BloodGroupNutrition.co.uk

Is Your Diet Healthy...for You?

Most of us know to be skeptical when we see a weight loss program that promotes a 'one size fits all' approach. With such a generalized view of health, these programs lose sight of the individual - you! It is no wonder so many "diets" don't seem to work.

Other weight loss programs promise success by looking at only one factor, like calorie reduction or counting carbohydrates. Following the narrow guidelines of these programs shifts our focus from what really matters - our overall health.

A Balanced, Healthy Approach Designed Just for You

The Healthy Weight Loss Program follows the dietary guidelines set forth in Eat Right For Your Type® by Dr. Peter D'Adamo. This Blood Type Diet® was not specifically designed for weight loss; it was designed for optimum performance. Weight loss is one of the natural side effects of eating foods that are right for your blood type.

Healthy Weight Loss Program

This holistic, tailored program provides:

- Food choice recommendations helping you avoid foods that cause weight gain for your particular blood type.
- Protein sources and meal replacement ideas right for your blood type.
- Diet supplementation designed to enhance proper metabolic balance, the lack of which can cause weight gain and loss of energy.
- Exercise suggestions designed to optimize your metabolism based on your blood type.



When you follow a program that is designed to improve your body's overall performance, weight loss is one of the natural side effects of the body's restoration.

The Healthy Weight Loss Package

These all-natural products, developed by Dr. Peter D'Adamo, are designed to be either blood type 'specific' or blood type 'friendly.' In addition to following the dietary and exercise suggestions in the Healthy Weight Loss Program, these products can assist your body to restore balance. The signature weight loss components are lectin-blocking Deflect formulas and Glycoscia, which modulate blood sugar levels and are critical in supporting effective and rapid weight loss. The complete Healthy Weight Loss Pack includes:

Deflect® - Restore Balance



Even when following a good diet, repeated lectin damage can impair the body's ability to utilize important hormonal responses, which aid in balancing your weight. Minimize lectin damage from the 'avoid' foods you eat, and repair existing lectin damage with Dr. D'Adamo's revolutionary Deflect formula.

Glycoscia™ - Blood Sugar Support



Dr. D'Adamo selected three well-researched botanicals from the traditional texts of China, India, and Japan, and blended them with nature's foundational flavonoid Quercetin and the potent nutraceutical Resveratrol to create Glycoscia, offering next-generation blood sugar support.

Harmonia™ - Nourish and Vitalize



An easily blended all-natural, delicious whole-food powder, Harmonia delivers a wide array of nutrients to the body. Ingredients include a wide variety of sprouted seeds and grasses with nutritional integrity and enzymatic activity to enhance your overall health and vitality.

Protein Blend™ - Right For Your Type



Clean protein fuel right for any time of the day; quickly and easily absorbed by your body for optimal uptake and energy production. Naturally unflavored, blends easily with anything.

For more information on these products, visit:

www.BloodGroupNutrition.co.uk

Healthy Weight Loss Program

Have you ever wondered why the same diet and exercise that helps one person lose weight doesn't have the same effect for someone else? The answer is simple. Different blood types respond to foods and exercise in different ways.



Following The Blood Type Diet® can enhance normal metabolic functions and support healthy digestive functions, which means calories burn more efficiently and nutrients process more efficiently. This allows your body to seek its optimal weight.



Suggested Program

MORNING

Breakfast - Alternate Breakfast Drink Daily
Either 2 tsp. Harmonia or
2 scoops Protein Blend per blood type
in 6-8 oz. of water or juice

Exercise (per blood type) - 45 min.

A.M. Snack - One serving fruit or vegetable
One cup Sip Right For Your Type or
Mr. Itaru's green tea.

AFTERNOON

One capsule Deflect® with Lunch

One capsule Glycoscia® with Lunch

Lunch - Per Blood Type Diet® plan

One cup Sip Right For Your Type or
Mr. Itaru's green tea.

P.M. Snack - Protein Drink R4YT®

EVENING

One capsule Deflect® with Dinner

One capsule Glycoscia® with Dinner

Dinner - Per Blood Type Diet® plan

Evening Snack - One serving fruit
or vegetable (per blood type)

