General Guidelines for Blood Type O

Blood type O individuals are hunters and meat eaters.

You need to emphasize high protein foods, especially deep ocean fish and sea vegetables such as kelp; organically raised poultry (chicken and turkey); lean, organically raised red meat, especially liver and wild game (deer, elk, etc.). In addition you need to consume large amounts of fresh, organically raised vegetables, especially broccoli, kale, and spinach and their juices as well as lesser amounts of fresh, organically raised fruits and their juices.

You should avoid most grains and things made with them, especially wheat and corn. You should also eliminate kidney and navy beans, lentils, brussels sprouts, cabbage, cauliflower, and mustard greens.

You need to emphasize intense aerobic exercises and activities.

The more faithfully you try to regularly use your best foods and the more you avoid your no foods the more rapidly you will see improvements in your health.

For your convenience, all of your best/ok foods and all of your no foods are listed below. If you do not find a food listed, it is OK to use. Just use it in moderation.

**Recommended Foods For Blood Type O**

All items below in italic are the BEST foods for your blood type. Others are OK foods.

**Lean Red Meats**: Males: 4-6 oz., Females & Children: 2-5 oz., 4-6 times/week for both

All Types, Veal, Mutton, etc.

**Fish/Seafood**: 4-6 oz., 3-5 times/week

Bluefish, Cod, Hake, Halibut, Herring, Mackerel, Pike, Rainbow Trout, Red Snapper, Salmon, Sardine, Shad, Snapper, Sole, Striped Bass, Sturgeon, Swordfish, Tilefish, White Perch, Whitefish, Yellow Perch, Yellowtail and Squid

**Poultry/Birds**: Males: 4-6 oz., Females & Children: 2-5 oz., 2-3 times/week

All

**Eggs**: One, 3-4 times/week

Eggs should be from free-range, organically raised animals.

**Milk Products**: Cheese: 2 ounces 0-3 times/week

Farmer, Goat, Feta, Mozzerella and Ghee (clarified butter.)

**Fats and Oils**: 1 Tablespoon, 4-8 times/week (very active people may require larger amounts)

Extra Virgin Olive Oil, Organic clarified Butter (Ghee) and Organic Coconut Oil (Spectrum Naturals brand)

**Nuts and Seeds**: Nuts and Seeds: 6-8, 3-4 times/week, Nut/Seed Butter: 1 Tbsp, 3-7 times/week
Pumpkin Seeds and Walnuts

Beans and Legumes: 1 Dry Cup, 1-2 times/week

Aduke, Azuki and Pinto beans. Black-Eyed peas.

Cereals: 1 dry cup, 2-3 times/week

Amaranth, Barley, Buckwheat, Kamut, Kasha, Millet (Puffed), Rice (Cream of Rice, Rice Bran, Puffed Rice) and Spelt.

Breads, muffins and Crackers: Breads: 1 slice, 0-2 times/day, Muffins: One, 0-1 time/day

Essene or Ezekiel Bread. Fin Crisps, Millet, Rice, 100% Rye, Rye Vita, Spelt and Wasa.

Grains and Pasta: Both: 1 dry cup, 0-3 times/week

Made with: Amaranth, Barley, Buckwheat, Kasha, Quinoa, Rye, Spelt, Barley, Spelt and Rice (Basmati, Brown, White, Wild, etc.) Artichoke Pasta

Vegetables: Raw: 1 cup 3-5 times/day, Cooked: 1 cup 3-5 times/day

Artichoke (Domestic, Jerusalem), Beet Leaves, Broccoli, Chicory, Collard Greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kelp/Seaweed (All Types), Kohlrabi, Leek, Lettuce (Romaine), Okra, Onions (Red, Spanish, Yellow), Parsley, Parsnips, Pumpkin, Red Peppers, Spinach, Sweet Potatoes, Swiss Chard, Turnips. Aside from NO List, all other fruits are OK for your blood type. Vegetables should be from local sources within your state (preferably within your garden.)

Fruits: 1 fruit (3-5 ounces) 3-4 times/day

Figs (Dried or Fresh), Plums (Dark, Green, Red) and Prunes. Aside from NO List, all other fruits are OK for your blood type. Vegetables should be from local sources within your state (preferably within your garden.) All fruits should be from local sources within your state (preferably within your garden.)

Juices: 8 ounces 2-3 times/day

Black Cherry, Pineapple, Prune, Carrot, Celery, Cucumber and all BEST Vegetables and all other BEST/OK fruits and vegetables listed above.

Water: 8 ounces 4-7 times/day

Drink up to one half your body weight in ounces of pure water and juices per day. Water should not contain any additives such as chlorine and florine and should have a high alkaline pH.

Spices:

Carob, Curry, Kelp (Dulse, Bladder Wrack, etc.), Parsley, Cayenne Pepper, Salt (Sun or Air Dried Earth or Sea Salt) and Turmeric.

Condiments:

Jams & Jellies from any fruits listed above, Mayonnaise, Mustard, Salad Dressings (from oils listed above, fresh Lemon or Lime Juice and Spices) and Worcestershire Sauce.

Herbal Teas:

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Cayenne, Chickweed, Dandelion, Fenugreek, Ginger, Hops, Linden, Mulberry, Parsley, Peppermint, Rose Hips, Sarsaparilla and Slippery Elm.

Miscellaneous Beverages:

Club Soda and Seltzer Water (such as Perrier, etc.)

No Foods (avoid) For Blood Type O

Meats:
- Red Meats: Pork or anything made with it.
- Poultry/Birds: Goose.
- Fish/Seafood: Barracuda, Catfish, Caviar, Lox (Smoked/Cured Salmon, Octopus or Pickled Herring.
- Crustaceans: Conch.

Dairy and Eggs:
All Milk or Milk Products (Ice Cream, Kefir, Yogurt, etc.) aside from cheese occasionally.

Fats and Oils:
Canola Oil, Corn Oil, Cottonseed Oil, Peanut Oil or Safflower Oil.

Nuts and Seeds:
Brazil, Cashew, Litchi, Peanuts, Pistachios or Poppy Seeds.

Beans and Legumes:
Copper, Kidney, Navy or Tamarind beans. Lentils.

Breads, Cereals and Muffins:
Corn, Oats, or Wheat or products made with them.

Grains and Pasta:
Corn, Oats, or Wheat or products made with them.

Vegetables:
Avocado, Brussels Sprouts, Cabbage (Chinese, Red, White), Cauliflower, Corn (White, Yellow), Eggplant, Mushroom (Domestic, Shiitake), Mustard Greens, Olives (Black, Greek, Spanish), Potatoes (Red, White) or Alfalfa Sprouts.

Fruits:
Blackberries, Coconuts, Melon (Cantaloupe, Honeydew), Oranges, Plantains, Rhubarb, Strawberries or Tangerines.

Juices:
Orange or Cabbage.

Spices:
Capers, Cinnamon, Cornstarch, Corn Syrup, Nutmeg, Pepper (Black Ground, White), Vanilla, Vinegar (Apple Cider, Balsamic, Red Wine, White, etc. NOTE: Use fresh squeezed lemon juice instead if vinegar.

Condiments:
Ketchup, Pickles or Relish.

Herbal Teas:
Alfalfa, Aloe, Burdock, Coltsfoot, Corn Silk, Echinacea, Gentian, Goldenseal, Red Clover, Rhubarb, Saint John’s Wort, Senna, Shepherd’s Purse, Strawberry Leaf or Yellow Dock.

Miscellaneous Beverages:
Coffee (Regular or Decaf), Liquor, Soda (Cola, Diet, Other) or Tea (Regular Black or Decaf.)

Supplement Suggestions
Below are vitamins and minerals that are especially important for your blood type and foods high in each nutrient.

B Complex (especially B12 and Folic Acid): Meat (Liver, Kidney, Muscle Meats), Eggs in moderation, Nuts, Dark Green Leafy Vegetables and Fruit.

Vitamin K: Liver, Egg Yolks, Green Leafy Vegetables (Collard Greens, Kale, Spinach, and Swiss Chard), and Liquid Chlorophyll.

Calcium (600 - 1,000 mg elemental): Unboned Sardines, Canned Salmon, Broccoli and Collard Greens.

Iodine: Deep Ocean Fish and Kelp (all types of seaweed.)

Manganese: Primarily in whole grains & legumes. Supplement only for brief periods for chronic joint pains.

Vitamin A: Yellow, Orange, and Dark Green Leafy Vegies. (No fish oil Vitamin A supplements.)

Vitamin E: Oils, Liver, Nuts, and Dark Green Leafy Vegies.

Herbs, Phytochemicals, and Medications

Best: Feverfew (Chrysanthemum parthenium) instead of Aspirin/Tylenol. Licorice (Glycyrrhiza glabra) especially de-glycyrrhizinated licorice (DGL) for the stomach and liver. Kelp/Sea Vegetables and Bladder Wrack (Fucus vesiculosus.)

Limit, Avoid, Replace: Alfalfa, Damiana, Gentian, Coltsfoot, Aloe Vera Juice, Aspirin (Tylenol, etc.), Laxatives, Class and Macrolide-class Penicillin, Sulfur Drugs and Vaccinations (especially the injectable form for polio as well as flu vaccines, especially if pregnant.)
**Exercise Suggestions for Blood Type O**

Find your Resting Heart Rate (RHR) by taking your pulse at either your wrist or at the carotid artery on your neck. Your strongest pulse, on the palm side of your wrist, is on the thumb side, 1-2" below your hand toward your elbow. Your carotid pulse is easy to find while exercising because it really pounds. This pulse can be located about one inch on either side of the middle of the front of your neck, approximately one inch up from your Adam’s apple, below your jaw.

The best time to take your RHR is first thing in the morning before getting out of bed (before you sit up or stand up). To calculate your beats per minute, take your pulse for 6 seconds and put a zero at the end of the number of beats that you counted. To be more accurate, you could count the beats for 10 seconds and multiply by 6 or count the beats for 15 seconds and multiply by 4. Keep a record of your first morning RHR for one week. Add the numbers together and divide by 7. Use this number for your AVERAGE RHR. If your first morning RHR is ever 10 beats or more per minute above or below your average RHR, do not do anything strenuous that day or until your first morning RHR is again within 10 beats of your average RHR.

1. Choose one or more of the exercises listed on the Optimum Training Rate page for OTR activity(s) for blood type B. Warm Up page for warm up suggestions) to bring your heart rate up to your OTR - 30 BPM (In the above example, that would be 125 - 30 = 95.)
2. Practice proper breathing techniques (See the Proper Breathing section below.)
3. For the next 5 - 10 minutes, begin your OTR activity very slowly while breathing very deeply through your nose. Keep your heart rate at 30 BPM below your OTR.
4. For the next 10 - 20 minutes, continue your OTR activity, but keep your heart rate at or below your OTR while continuing to breathe through your nose only.
5. Cool down slowly, using the same or one of the other Warm Up activities the for at least 5 - 10 minutes, to return your heart rate to its warm up level (e.g. 100), before stopping.

Exercise for at least 30 minutes, at least 3 times every week. Try to find more than one OTR Activity that you really like so you can vary your workouts to minimize boredom. Exercise is cumulative. Five to ten minutes of walking after each meal is 15 to 30 minutes of exercise for that day.

**Proper Breathing**

When you are born, you naturally breathe through your nose and only your nose. You must learn to breathe through your mouth, generally as the result of some stressful situation that obstructs breathing through your nose. Most adults breathe very shallowly using just their chest muscles. This only fills the middle and upper parts of their lungs. Nose breathing, using your abdominal muscles, is more efficient because it fills more of your lungs and provides more air and, subsequently, more oxygen with each breath.

To relearn proper nose breathing, try the following:

1. Inhale normally through your nose.
2. As you breathe out through your nose, slightly tighten your throat as if you are lightly snoring.
3. Notice that you must contract your abdominal muscles to make the “snoring” sound during your exhale. The tighter you contract your stomach muscles with each exhale, the more resonant the snoring sound. As long as you can make that sound, proper breathing will occur.
4. Once you can make this sound with a shallow breath, increase the depth of each breath while making a quality, resonant snoring sound with each exhale. You can also do this on each inhale.
5. Practice every chance you get while lying down, sitting, or walking. When it becomes very easy, use this type of breathing, especially during each exhale, during your regular exercise time.