



Food and the Blood Type B

Aaron R. Wilfred

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Food and the Blood Type B:

BLOOD GROUP B

It is balanced . It has a strong immune system and digestive system tolerant, flexible food choices and consumer of dairy products. Responds best to stress with creativity and requires a balance between physical and mental activity to stay lean and lively. It is the ultimate survivor and less vulnerable to many diseases common in other blood groups such as heart disease and cancer. Although the contract is more likely to survive them, but is more prone to exotic immune disorders such as multiple sclerosis , lupus and chronic fatigue syndrome . A high number of Asians and most Jews (regardless of geographic location) are of type B. The foods that contribute to weight gain are corn , buckwheat , lentils , peanuts and sesame seeds , but have a different lecithin , all affect the efficiency of your metabolic process using fatigue, fluid retention , and hypoglycemia. Certain foods cause a drop in blood sugar , especially in group B. The lecithin gluten found in wheat germ and whole wheat products slow your metabolism and stored as grasa.Los foods that contribute to weight loss are green leafy vegetables , meat, eggs, dairy products , liver (metabolic efficiency favor) and licorice tea { counteracts hypoglycaemia). soy foods can be eaten , but should not be used as a substitute in place of meat , fish and dairy that type B needs to have an optimal health status .

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