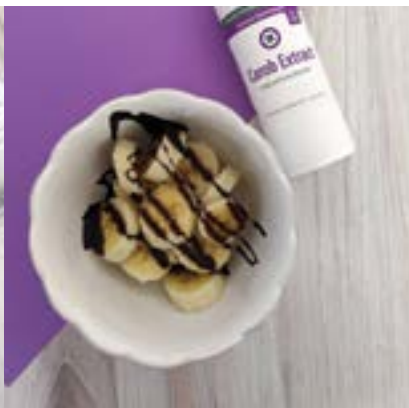


The key to your individuality lies in blood type. Your ABO profile helps you understand why certain foods are Right 4 Your Type® and others are not. It provides insight into how you can best handle stress, manage weight and plan strategies for overall health and well-being.

Welcome to the world of personalization, where you can finally be you.



BLOOD TYPE O

Strengths: Hardy digestive tract, strong immune system, natural defenses against infections.

Weaknesses: Difficulty adjusting to new dietary and environmental conditions. Tendency toward an overactive immune system.

Medical Risks: Blood-clotting disorders, low thyroid production, ulcers, allergies, inflammatory diseases such as arthritis.

Diet Profile: High protein: meat, fish, vegetables, fruit, limited grains, beans, legumes.

Exercise Routines: Regular vigorous exercise helps Type Os maintain a healthy weight and manage stress. Suggested exercises: Intense physical exercise such as aerobics, running, and martial arts.

BLOOD TYPE A

Strengths: Ability to adapt well to dietary and environmental variety.

Weaknesses: Difficulty digesting and metabolizing meat protein. Vulnerable immune system, open to microbial invasion.

Medical Risks: Heart disease, type I and type II diabetes, cancer, liver and gallbladder disorders.

Diet Profile: Largely vegetarian: vegetables, tofu, seafood, grains, legumes, fruit, turkey.

Exercise Routines: Incorporating calming exercises like yoga into your daily routine increases feelings of well-being and reduces the predisposition of Type As to cardiovascular disease and other stress-related conditions. Suggested exercises: Calming, centering exercises, such as yoga and Tai Chi.

BLOOD TYPE B

Strengths: Strong immune system, easily adapts to dietary and environmental changes.

Weaknesses: Tendency toward autoimmune disease and rare, slow-growing viruses.

Medical Risks: Type I diabetes, chronic fatigue, Lou Gehrig's disease (ALS), multiple sclerosis, autoimmune diseases such as lupus.

Diet Profile: Balanced omnivore: meat, dairy, grains, fruits, vegetables, fish, seafood, select beans, legumes

Exercise Routines: Daily exercise that engages both the mind and body, such as golf or tennis, helps Type Bs thrive. Suggested exercises: Moderate physical exercise with a mental component, such as hiking, cycling, tennis and swimming.

BLOOD TYPE AB

Strengths: Versatile system designed for modern conditions. Highly tolerant immune system.

Weaknesses: Sensitive digestive tract, open to microbial invasion. Prone to autoimmune diseases and age related cognitive issues.

Medical Risks: Heart disease, cancer.

Diet Profile: Mixed diet: lamb, fish, dairy, tofu, beans, legumes, grains, vegetables, fruit.

Exercise Routines: Routinely engaging in both vigorous and calming exercise to burn off excess adrenaline, helps bring the mind and body into focus. Suggested exercises: Calming, centering exercises, such as yoga, combined with moderate exercise, like cycling and tennis.

Know you. Know your foods.

The only **Official Blood Type Diet App** gives you easy access to your categorized Blood Type Diet food lists. Search foods and create individual and family shopping lists. For Apple and Android devices.

Download now for only \$3.99



W W W . 4 Y O U R T Y P E . C O M

10-Day Blood Type Diet Challenge

Before you start:

Know your blood type. Learn which foods are Beneficials, Neutrals and Avoids for your type (foods can be checked in Dr. Peter D'Adamo's [Revised and Updated Eat Right 4 Your Type](#) book, our [Blood Type Diet App](#) or the [TypeBase Food Values](#) lookup). Plan an exercise schedule based on the recommended exercises for your type and your physical ability. Check out our social media, website, and our blog for more information, tips, recipes and more.

Days 1-5:

1. Choose foods that are Highly Beneficial/Beneficial for your blood type, and eliminate all Avoid foods. By only eating foods and supplements right for your type, it allows your body to detoxify and function at its best.
2. Purchase organic, fresh, whole foods and try to stay away from processed foods.
3. Start each day with a tall glass of water with a squeeze of fresh lemon. Aim to drink 8-10 glasses of water each day.
4. Supplement with the Deflect for your blood type to help detox the lectins.
5. Record what you eat, your exercise routine, the supplements you take, and how you feel (your energy levels, mood, etc.) day to day to track your journey.

Days 6-10:

1. This is the restoration and balance stage and is less restrictive.
2. You can begin to introduce Neutral foods to your diet which adds more variety.
3. Continue to eat mostly Beneficial foods and eliminate Avoid foods.

Note: There are example daily menus for each blood type in the [Revised and Updated Eat Right 4 Your Type](#) book (p.239-248).

Sometimes, Avoids are simply unavoidable.

Meet **Deflect**, your first line of defense against lectins in Avoid foods. While it can't magically turn Avoids into Beneficials, Deflect may assist in healthy weight loss and the repair of pre-existing lectin damage.

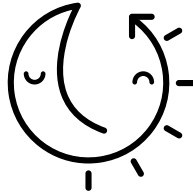
What are lectins? A class of proteins that bind to the different antigens in each blood type, lectins can harm immune and digestive function. This causes a variety of health problems including intestinal and bowel irritation, bloating, weight gain and lethargy.

Customized for your blood type: ● ● ● ●

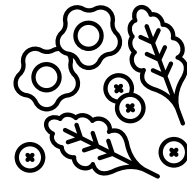
How to take Deflect:



TWO CAPSULES



TWICE A DAY



WITH MEALS

What we put in it is just as important as what we leave out.

This product contains no sugar, salt, gluten, wheat, yeast, corn, soy, eggs or dairy, no preservatives, color or flavors, and no artificial ingredients.





Personalized nutrition.
For your blood type.
For your body.
For you.

W W W . 4 Y O U R T Y P E . C O M