

FATIGUE AND YOUR BLOOD TYPE

March 2017

Eating right for your blood type provides the foundation for optimizing your energy levels and fighting fatigue. These food guidelines, when paired with lifestyle adaptations, supply additional support and help beat the effects of fatigue by strengthening your immune system and improving metabolic and cellular fitness.

Everyone gets tired sometimes, but fatigue is much more than that. Many different things can cause fatigue; among them are immune system malfunction, stress, and toxicity.

The immune system destroys harmful things like bacteria and viruses while protecting its own cells. Chemicals called antigens are often found on the outside of cells, and the body uses these to help tell the cells apart. Normally, the body creates antibodies to foreign cells. Auto-immune diseases occur when the body gets confused and treats its own cells like invaders.

*Because **O**s have more natural antibodies than other types, the immune system is "primed" to react to more things. They are more likely to get auto-immune conditions. Type **A**s are most vulnerable to immune system depletion, getting sick more often. Type **B**s are more prone to viral infections, including slow-growing ones that lead to autoimmune conditions.*

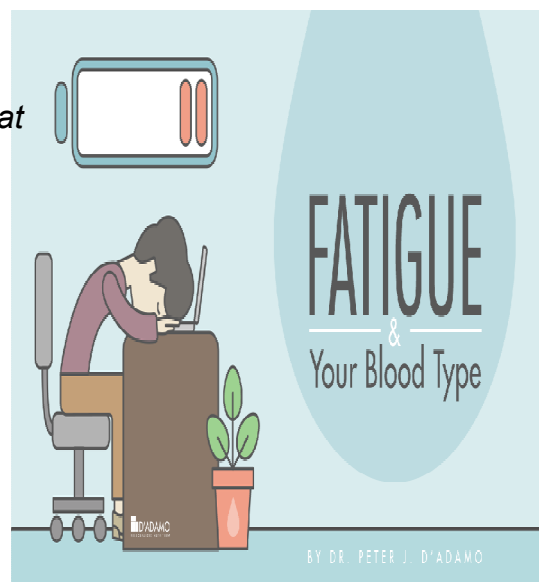
*They're most susceptible to influenza and urinary tract infections. Type **AB**s have the weaknesses of **A**s and **B**s.*

Our bodies are designed to handle short bursts of stress, but chronic stress can cause health problems and fatigue. Our stress response system has two basic parts; one to put the body into "stress mode" and the other to return the body to rest. The time at rest is important for proper digestion, healing, and normal cell repair. Adrenaline is designed for short-term stress response, while cortisol is used for the medium-term

Type Os tend to secrete higher levels of adrenaline in response to stress, but have a harder time clearing it away later. Exercise helps the type O body "burn off" the extra adrenaline, restoring calm to the body. **Type ABs** also produce high levels of adrenaline.

Type A people have higher levels of cortisol all the time. **Both As and Bs produce high amounts of cortisol in response to stress. Sustained high cortisol levels destroy healthy muscle and bone, slows down healing, impairs digestion, metabolism, and mental function.** Producing all that cortisol also uses up the building blocks for other hormones, leading to various endocrine problems. Type Bs respond well to meditation and visualization, while As respond to these in a less efficient manner. As need to focus on calming exercises, minimizing the cortisol spike in the first place.

Following the Blood Type Diet and Exercise recommendations can relieve fatigue. You'll be cutting out harmful lectins that make your body less efficient, as well as foods you can't digest properly. Learning how to exercise "just right" is important too. Over exercising will cause cortisol levels to spike in As, increasing stress rather than relieving it. Meanwhile, Type Os tend to thrive on vigorous aerobic exercise, and Bs and ABs fall somewhere in between. Those coping with chronic fatigue need to start slowly and avoid over exertion, regardless of blood type.



Why Take Vitamins & Supplements Right For Your Type?

Shouldn't the question be, "Why are you taking vitamins made for everyone else?"

Just as foods have the power to heal or harm your body depending on your blood type, so do vitamins and nutritional supplements. B-vitamins are key components of certain coenzymes (molecules that aid enzymes) that help release energy from food. Maintenance of our bone & structural matrix would have been impossible without minerals that repair damage to the tissues that undergoes physical impact. Through targeted nutrition, each product has been carefully crafted to deliver key nutrients, in the right doses, to optimize health & wellness. Using the gift of insight given to us by blood type, we are able to offer a personalized, high quality vitamin & supplement program that costs no more than any conventional multivitamin.

Promotion: **ENERGY SUPPORT PACK**

- Cortiguard/Catechol \$52
- Polyvite \$85
- Phytocal \$79

Now
\$162 only
(per Pack)
RP:\$216

Save
25%

Buy any 2 bottles and above @ 25% off

NO Stearates & Fillers:

We do not use artificial fillers, animal stearates or synthetic lubricants in our products.

POLYVITE : a Multi-vitamin Right for you Type

Polyvite O

- ✓ **Tyrosine** an amino maintain healthy nerve communication.
- ✓ **Carnitine** an amino acid needed during normal fat metabolism.
- ✓ **Kelp**, promotes the body's natural removal process of heavy metals & harmful lectins.

Polyvite A

- ✓ **Methylcobalamin** which is the biologically active form of B12
- ✓ **Quercetin** maintain healthy allergy response
- ✓ **Pantethine** helps to regulate healthy cholesterol levels
- ✓ **Bacopa monnieri** which enhances healthy cognitive function

Polyvite B

- ✓ **Eleutherococcus** strengthens immune system
- ✓ **Carob** a natural compound studied for its ability to decrease occasional fatigue
- ✓ **Nutritional Yeast** good sources of RNA and DNA in the diet

Polyvite AB

- ✓ **Rhodiola** increases resistance to chemical & physical stress
- ✓ **Ashwaganda** enhances healthy immune cells



PHYTOCAL: a Multi-mineral formula Unique Synergistic Ingredients

- ✓ **Maerl-based sea calcium** that work effectively amid the widely differing digestive capabilities of each blood type.
- ✓ It is composed of a wide variety of essential nutrients including calcium, and trace amounts of magnesium, boron, and zinc.
- ✓ Maerl's unique structure gives it great versatility & insures a phenomenal rate of bioavailability & utilization
- ✓ Contains Blood type synergistic blend of minerals



CORTIGUARD: Personalize A & B Stress Cortisol Support

- ✓ **A base of B-vitamins and vitamin C**
- ✓ **A second layer** of two botanicals for occasional stress : Panax Ginseng Root & Eleuthero Root.
- ✓ **A third layer** of two renowned Ayurvedic herbs (Bacopa Leaf and Boerhaavia Root) that can help to maintain healthy cortisol levels, and Magnolia Extract for its ability to relieve occasional stress.



CATHECOL: Personalize O & AB Stress Adrenal Support

- ✓ **A base of B-vitamins and the mineral selenium**
- ✓ **A second layer** of amino acids, tyrosine, methionine & trimethylglycine; all nutritional factors that can be depleted due to occasional stress or poor diet.
- ✓ **Third level**, a blend botanicals for occasional stress: Magnolia and Rhodiola.

Terms & Conditions

- 1). This promotion is for members only. The promotion item is while stock last and prices are subject to change at management's discretion
- 2) The Company reserves the right to amend, add or delete these terms and conditions without prior notice.
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More Supplements for Energy Support

•Buy any 2 bottles and above @ 25% off



"Our nutritional supplements have been consistently trusted and recommended by thousands of health care practitioners and millions of consumers for more than 16 years and can be relied upon to meet the highest industry standards for quality, purity, and potency."



Protein Blend Powder

The ultimate clean protein fuel

Naturally unflavored, and containing no added sugar, Protein Blend Powders mix easily with juices, fruit and anything you can create. Not all protein powders are created equally and not all sources of protein are ideal for your body. In fact, some common sources of protein aren't properly digested or well tolerated by your blood type. Formulated only from all-natural protein sources, each D'Adamo Protein Blend Powder formula is free from synthetic and unnecessary additives that may not be right for you.



B Complex Plus with Enzymes

Compromised nervous system Fatigue

For circulation, depressed mood, headaches, inflammation, stress & anemia The B complex is a water-soluble vitamins occurs together naturally in many vegetable and animal foods. While certain nutritional functions of some of the B vitamins overlap, each has its own characteristics & they cannot replace one another. These vitamins work synergistically & have a wide range of healthful effects in the body.



Tranquillity Base

Arsenal of support for occasional stress

Gamma-aminobutyric helps to inhibit and calm over-active neurotransmitter. L-theanine naturally found in green tea increases alpha waves in the brain that can be used as nutritional support to aid restful, restorative sleep

15% OFF
while stock last.

FATIGUE

Fight It with the Blood Type Diet®

Dr. Peter D'Adamo's
EAT RIGHT FOR YOUR TYPE
Health Library
4 Blood Types, 4 Battle Plans

The Individualized
Plan for Preventing
and Treating the Conditions
That Cause Fatigue



Dr. Peter J. D'Adamo
with Catherine Whitney

Fatigue: Fight it With The Blood Type Diet

The Individualized Plan for Preventing and Treating the Conditions that Cause Fatigue.

Fatigue: Fight it With The Blood Type Diet features:

Condition-specific tools for preventing and treating the conditions that cause fatigue that are not available in any of Dr. D'Adamo's other books. A diet tailored to your blood type that helps you prevent and treat fatigue. A new category of condition-specific **Super Beneficials** that highlight powerful foods.

Blood-type-specific protocols for targeted vitamins, supplements, and herbs.

Finally, Fatigue includes a four-week plan for getting started, offering practical strategies for eating, exercising, and living right to prevent and treat the conditions that cause fatigue.

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TOP 10 FATIGUE FIGHTING SUPER FOODS FOR EACH TYPE



Blood Type O Fatigue Fighting Super Foods

1. Lean, organic, grass fed meat
2. Richly oiled cold water fish
3. Olive oil
4. Walnuts
5. Seaweeds
6. Spinach, collards, kale
7. Garlic
8. Berries (blueberry, elderberry)
9. Ginger
10. Green tea



Blood Type A Fatigue Fighting Super Foods

1. Soy based foods
2. Richly oiled cold water fish (salmon, sardines)
3. Olive oil
4. Walnuts
5. Dark leafy greens (spinach, kale, Swiss chard)
6. Onion
7. Berries (blueberry, cherry, elderberry)
8. Ginger
9. Garlic
10. Green Tea



Blood Type B Fatigue Fighting Super Foods

1. Lean, organic, grass fed meat (especially lamb or mutton)
2. Richly oiled cold water fish (halibut, sardines)
3. Cultured dairy (yogurt, kefir)
4. Olive oil
5. Walnuts
6. Maitake/Shiitake mushrooms
7. Onion
8. Berries (cranberry, elderberry)
9. Watermelon
10. Licorice root
11. Green Tea



Blood Type AB Fatigue Fighting Super Foods

1. Soy beans and soy-based foods
2. Richly oiled cold water fish (salmon, sardines)
3. Cultured dairy (yogurt, kefir)
4. Olive oil
5. Essene bread (manna)
6. Maitake mushrooms
7. Broccoli
8. Cranberries
9. Garlic
10. Green tea