

BLOOD TYPE + FEBRUARY YOUR HEART 2022

Your blood type can influence your cardiovascular system in many ways. There's a strong correlation between blood type and the ability to metabolize fats and oils. Blood type affects the thickness of the blood and reactivity of blood vessel walls. It also affects the body's chemical response to stress. Since stress is an important factor for heart disease, these blood type-specific variations can be a key factor in cardiac health. There are also risk factors, such as smoking cigarettes, that have nothing to do with your blood type.

Heart Health - the Blood Type Influence

Heart disease is more common among blood types **A** and **AB**, although nobody is immune. The main difference is that **As** and **ABs** tend to have problems with high cholesterol, while **Os** and **Bs** tend to have high triglycerides, formed by eating too many carbohydrates. The higher rates of **As** and **ABs** in heart disease patients can skew the results of dietary studies. If 75% of cardiac patients in a study improve with a low fat diet, most researchers don't worry about the other 25%. They simply recommend the low fat diet for all heart disease patients. That's why the "conventional wisdom" about what constitutes a "heart healthy diet" differs so much from what I recommend for Blood Types **O** and **B**.

Intestinal alkaline phosphatase, or **AIP**, is an enzyme produced in the small intestine that breaks down dietary cholesterol and fats. It is released in response to ingesting proteins and fats, especially saturated fat.

Blood types O and B release far higher quantities of AIP than blood types A and AB. This means that meals high in animal products are more fully digested in **Os** and **Bs**, and do not usually spike blood cholesterol levels. **But a low fat, high carb diet often leads to Metabolic Syndrome for Os and Bs. Metabolic Syndrome is a clustering of conditions that raises your risk for heart disease and other health problems. These factors include abdominal fat, high triglycerides, low HDL ("good" cholesterol), high blood pressure and high blood sugar.**

Effects on Clotting

The ability of blood to clot, or harden, is important so we don't bleed to death after an injury. Blood is fluid, but contains platelets and inactive clotting factors. The clotting factors are activated when there's an injury, so they can make platelets stick together to form clots. These clots are good when there's a wound that needs mending, but can be harmful when there are only slight damages to blood vessels. The clots themselves can build up and inhibit proper blood flow, like a layer of scabs inside the blood vessel. Sometimes a clot can break off and get lodged elsewhere in the body, blocking blood flow there. This can lead to heart attacks or strokes if the clots cause blockages near the heart or brain.

Blood type influences a clotting factor called Factor VIII. This factor is higher in blood types **A** and **AB**, and lower in blood types **B** and **O**. Types **A** and **AB** are also more likely to get arterial inflammation, which damages artery walls. Irritated skin inside the vessels means more spots for blood clots to form.

Type Bs and ABs have trouble regulating nitric oxide, a compound which allows blood vessels to relax and open up. The foods for these types are chosen to be high in arginine to promote nitric acid production. **B-specific lectins, such as those found in chicken, interfere with fat metabolism and can directly thicken blood.** Avoiding the harmful foods helps to promote healthy blood vessels.

FEBRUARY 2022 SPECIAL

The health of your cardiovascular system depends on a complex blend of many factors, including diet, exercise, stress, and lifestyle. Genetics also plays a significant role, and a very important component of this is your blood type. Following your specific Blood Type Diet, GenoType Diet, or SWAMI protocol will provide the appropriate nutritional support and help support your cardiovascular system. Additional benefit can be provided by the wide range of advanced cardiovascular support formulas developed by Dr. Peter J. D'Adamo.

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Genoma Cardia

Designed by Dr. Peter J. D'Adamo, Genoma Cardia is a unique cardiovascular support formula that features a synergistic blend of time-honored botanicals, amino acids, and nutraceuticals. Based on Dr. D'Adamo's three decades of clinical experience, Genoma Cardia encapsulates the most current naturopathic research on how to best support the heart function, assist in the maintenance of healthy blood pressure already in the normal range, and promotes optimum strength and resilience of the circulatory system.

Nitricycle

Recent Nobel Prize winning research has led to a deeper understanding of the important role played by the simple molecule Nitric Oxide, known to influence many of our most basic health processes, including the speed and ease at which we learn. In our bodies, Nitric Oxide functions as a signaling molecule which:

- Influences cognitive function
- Helps maintain blood pressure levels that are already normal
- Promotes healthy immune and nervous system response

Nitricycle blends synergistic botanicals with the amino acid L-Arginine that is an essential precursor of nitric oxide, which helps maintain healthy blood vessel tone **thus making it popular for athletes and exercise enthusiasts**. There is some evidence blood types B and AB may benefit more from Nitricycle although it is good for all types.

Hytrax

Is a blend of synergistic herbs used to support proper water balance within the body and promote kidney, bladder and urinary tract health.

The central ingredient of Hytrax is organic dandelion leaf (*Taraxacum officinalis*), which was a common herb in Native American medicine, often using the root to maintain normal digestive health and provide gentle kidney support.

Hytrax formulation is further enhanced by the addition of three synergistic factors:

- Buchu Leaf Extract - This South African extract has traditionally been used to support healthy bladder function.
- Uva Ursi - To promote urinary tract health.
- Potassium – Enables your heart to beat in a healthy way if you have rhythm problems potassium is the

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FEBRUARY 2022

TOP HEART HEALTHY FOODS FOR EACH BLOOD TYPE



Blood Type O Heart Healthy Foods

1. Lean, organic lamb and mutton
2. Richly oiled cold water fish
3. Olive oil
4. Walnuts
5. Seaweeds
6. Broccoli
7. Spinach, kale, collards
8. Maitake mushrooms
9. Pineapple
10. Blueberries, cherries, elderberries
11. Turmeric
12. Green tea



Blood Type A Heart Healthy Foods

1. Soy foods
2. Richly oiled cold water fish
3. Olive oil
4. Walnuts
5. Mushrooms (maitake/silver dollar)
6. Garlic
7. Leafy green vegetables
8. Blueberries, blackberries, cherries
9. Pineapple
10. Ginger
11. Herbal teas (chamomile, dandelion, hawthorn)
12. Green tea



Blood Type B Heart Healthy Foods

1. Lean, organic lamb and mutton
2. Richly oiled cold water fish
3. Cultured dairy foods (yogurt, kefir)
4. Olive oil
5. Black walnuts
6. Shiitake mushrooms
7. Broccoli
8. Collards, kale, mustard greens
9. Pineapple
10. Cranberries
11. Herbal teas: dandelion, ginseng, licorice root
12. Turmeric
13. Green tea



Blood Type AB Heart Healthy Foods

1. Soy foods
2. Richly oiled cold water fish
3. Cultured dairy foods (yogurt, kefir)
4. Olive oil
5. Walnuts
6. Maitake mushrooms
7. Leafy green vegetables
8. Cherries, gooseberries, loganberries
9. Pineapple
10. Garlic
11. Ginger
12. Green tea

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Acupuncture and the Heart

Do you have high blood pressure (aka "hypertension")? You might not know it if you do because high blood pressure symptoms can take a long time to develop. That's why it's important to have annual check-ups with your primary care doctor.

Many factors can contribute to high blood pressure, including:

- Sleep apnea
- Kidney problems
- Thyroid problems
- Being overweight
- Diabetes
- Certain medications, such as birth control pills, cold remedies, decongestants, over-the-counter pain relievers, as well as some prescription drugs
- Alcohol abuse or chronic alcohol use

One reason acupuncture can help treat hypertension is that acupuncture can help alleviate stress, anxiety, and depression, which are all contributing factors to high blood pressure. Acupuncture can also treat addiction, like chronic alcohol abuse.

Traditional acupuncture targets specific areas of the body to help balance the body's distribution of blood. These points can be activated during acupuncture treatment itself, and they can be stimulated by hand between treatments. While acupuncture can help address the symptoms of hypertension, there are other factors that must be addressed to help maintain healthy blood pressure. These include diet and exercise, as well as managing stress factors, and reducing sodium and alcohol consumption.

There is no overnight "cure" for high blood pressure, but acupuncture can help you get started on a path to positive change.

Without a healthy heart, the body cannot function properly and the mind may be clouded and disconnected. Contact a licensed acupuncturist for a consultation to see how TCM can assist you with all of your heart health needs.

