

HOW TO WORK OUT RIGHT 4 YOUR TYPE

**JULY
2022**

For people who are just starting out with the Blood Type Diet, food always seems to be the focus; and rightfully so. Changing your eating habits to cut out avoids and add beneficials is the main catalyst for positive change. But after you have regulated the foods you eat and your body has reaped the initial benefits, why not double down? You have heard it in nearly every commercial for weight loss before: diet and exercise work hand in hand. Although most of these plans mention the correlation, few actually personalize both experiences to benefit you. Your Blood Type is the key to not just the foods you eat, but also the activities that best suit your body.



Type O:

A regular, intense exercise program is more important for Type O individuals than any other type. The most successful form of exercise is cardio-based, including running, cycling, swimming and martial arts. If you are incapable of anything too high-impact, start with walking and make it increasingly brisk as you get stronger. The main unifying thread that makes all the exercises for Type O's effective is an elevated heart rate, which plays a key role in lowering stress, balancing your emotions and shedding pounds.



Type A:

Type A individuals do best with low impact, relaxation based workouts including tai-chi, aerobics and yoga. Although these sort of calming exercises are best, it doesn't mean you can't break a sweat in the process. Even if you prefer some higher impact activities, maintain mental calmness to benefit your body most. Heavily competitive sports that strain your body and your mind will stress you more than help you. A calm mind is important at all times. To optimize your experience with calming exercise, train your breathing first and your muscles second. Once you get used to steady, relaxed breathing patterns, your muscles will become less tense and you can tone them through flexibility-based motion.



Type B:

B is for balance when it comes to exercising. A good mix of the intense exercise from Blood Type O and relaxing ones from Type A is ideal. Try 3 days of intense with 2 days of relaxation, split up however you find it most comfortable. Some people like to have all their intense workouts first then have cooldown days of yoga and tai chi, while others like to alternate back and forth. Whatever pattern works for you is just fine, as long as you mix the two types of exercises.



Type AB:

Individuals with Blood Type AB usually share characteristics from both of their namesakes. Exercise is no exception. Like Blood Type A individuals, Type AB will find the greatest stress release and health from meditative activities. But they also crave some balance from their B counterpart, which pulls in the need for some more aggressive workouts from time to time as well. Like Type B's, Type AB's should have a regimen that includes a bit of both relaxed and more high-octane exercises to truly improve their health.

JULY 2022 Special

With all the working out you'll be inspired to do after this month's newsletter, it's important to give your body the energy it needs to replenish!

Promotion:

WORK OUT SUPPORT PACK



NO Stearates & Fillers:
We do not use artificial fillers, animal stearates or synthetic lubricants in our products.

- Polyvite -\$87
- Phytocal- \$82
- Uniblend Protein Powder-\$69

•Buy any 2 bottles @ 10% off

Terms & Conditions

- 1). This promotion is for members only. The promotion item is while stock last and available for blood type O,A,B only, 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.
- 3). The Company's decision is final and no correspondence will be entertained

Polyvite (Multi-Vitamin Right 4 Your Type):

•Provides the body's nutritional requirements when under occasional daily stress or during conditions of high biological demand, and when this nutrient need cannot be provided by food derived forms of vitamins alone.

Phytocal (Pure, Easily Absorbed Multi-Mineral Supplements Right 4 Your Type):

•These formulas feature a unique natural source of highly absorbable calcium: Maerl (a small red seaweed), the only natural source of calcium with a broad enough buffering range to work effectively amid the widely differing digestive capabilities of each blood type.

Dr. D'Adamo designed four different mineral formulas using unique cofactors and micro-mineral ratios specific to each blood type.

Uniblend (A Clean, Nutritious & Quality Protein Blend Powder):

Meet Uniblend, the only protein powder Right 4 All Types. Harnessing the power of arabinogalactans from the western larch tree, bromelain and alpha-lipoic acid (ALA), Uniblend is formulated to support your immune system, aid in post-workout recovery and boost your energy levels. Unflavored Uniblend is perfect to mix with your favorite Beneficials to whip up a protein-packed snack or post-workout recovery meal.

Synergist Supplements for Work Out



Bromelain:

- ✓Bromelain is a natural enzyme found in the pineapple plant, known widely as a *digestive enzyme*.
- ✓Bromelain to be an effective *anti-inflammatory* in helping to accelerate recovery from the temporary pain and swelling that sometimes occurs after exercise and sports activities.
- ✓Bromelain is an effective aid in maintaining tissue health.

- ✓**Harmonia Deluxe:** - an alkalizing beverage powder that supports the body's natural weight loss processes. Packed with antioxidants and nutrients, it's a delicious way to introduce more healthy greens into your daily diet

- ✓**El Dorado** - a unique combination of ingredients that boosts metabolism by stimulating your cells to convert carbs into energy so you more effectively burn calories (and lose that spare tire!).

GETTING OUTDOORS

As many of you are aware, naturopaths are in touch with nature no matter the season. From hiking in the woods to mountain biking, we are always enjoying what Mother Nature has to offer. But with the increase in temperature and long hours of daylight, problems can arise during the summer months: from getting lost, to dehydration, loss of energy, and sustaining injuries. So in order to work on preventive medicine, please consider these six steps for your summer outdoor excursions.

- 1. Be a Boy/Girl Scout and Prepare.** Make sure you have a location in mind. Make sure someone (who is not with you) knows where you are going and when you should be returning. Pack a light raincoat, wear sunscreen, and apply natural bug repellent to help with any discomfort and protect you from different diseases such as Lyme.
 - 2. Act like a human and be Intelligent.** Try to ride/hike during the cooler times of day (morning and before sunset). Wear the proper clothing so your sweat wicks away.
 - 3. Be a camel and Hydrate.** Make sure you are hydrating before, during, and after your ride. A simple trick is that you should be drinking enough water so that your urine is clear.
 - 4. Eat like you mean it.** Drink a protein shake before your ride/hike. You will be surprised how much more water, electrolytes, and calories you will be using in the warmer months.
 - 5. Enjoy the beautiful weather and be kind to other outdoor enthusiasts.** Make sure you respect the right of way of hikers, runners, horseback riders, and mountain bikers. Also, share a smile and a wave to people in the event of an emergency. They will be your first responders.
 - 6. After your ride/hike** stretch, do a tick check, shower, and eat a meal right for your type to fill your energy reserves for tomorrow's adventure. If you do find a tick, remove it properly. If you are concerned with tick borne disease, save the tick by placing it in a plastic bag with a damp cloth and bring the tick into the office for identification. Take it from me, one who grew up in the outdoors— please be smart and plan.
- From hiking in the forest, kayaking down rivers, and riding up mountains, I have seen many different situations that could have been avoided with proper planning.



ALL ABOUT CUPPING

Chances are you have probably seen the photos of athletes and celebrities with the circular, bruise-like marks covering their back, neck, and even legs. But what exactly is cupping? They claim it increases their performance, boosts their energy, and alleviates muscle tension. Is it just a fad that gained attention because of Michael Phelps at the 2016 Olympics? Is it for 'normal people' or just exceptional athletes and those with unlimited resources

Cupping works by creating suction on the body's surfaces and moving over the skin. Various techniques can be used such as gliding, shaking, popping, rotating, or simply parking the cups for a short time over a specific area. The amount of suction can easily be adjusted by the therapist to provide deeper or lighter pressure. The creation of suction pulls toxins, lymph, blood and inflammation to the surface of the skin which is often why redness is produced. However, cupping is *not* irritating to the skin. Often, if the cup is parked on areas of the body where a lot is going on such as injury, inflammation, or trauma, a "cup mark" may be left on the skin.

HARVEST TCM

This mark often resembles a bruise, but is simply discoloration due to old blood and toxins being trapped within the tissue and will dissipate in 4-7 days. The circular cup marks shown on athletes and celebrities are what has boosted the popularity of cupping in modern medicine. However, based on the specific pathology of the client some individuals may not show cup marks at all. Always be prepared, however, when booking a cupping sessions that your body may produce cup marks and they are *nothing to be feared!* They are a natural, holistic side-effect of an ancient healing therapy.

Cupping is an exceptional technique for areas of trigger points because it can lift and stretch the tissue, separate the fused, tight bands of muscle, and increase blood flow all without producing additional inflammation. The purpose is to draw blood from the arteries to the capillaries, cleanse it, and then return it via the veins, mimicking the function of the bodies circulatory system. Lymph is drained, adhesions are loosened, tissue is released, inflammation is relieved, blood flow is stimulated, and the nervous system is sedated.

There are several conditions that respond well to cupping, such as:

- Fibromyalgia
- Poor Circulation
- Sciatica
- Insomnia
- Stress and Anxiety
- Asthma
- Pneumonia
- Chronic Pain
- Arthritis
- Neuralgia
- Lung Inflammation
- Congestion
- Migraines or Headaches
- Edema
- Bursitis or Tedonitis
- Scars or Adhesions
- Muscular Aches or Tension
- Trigger Points
- Joint Issues
- Poorly Nourished Skin
- Pre or Post Operative Conditions
- Athletic Stress or Injury
- High Blood Pressure
- TMJ
- Sinusitis
- Plantar Fasciitis
- Parkinson's Disease

**To learn more our
TCM service please
call
+65 63395570.**

If you're interested in trying cupping, there are a few things you should expect before booking a session! First, some conditions including Diabetes and uncontrolled blood pressure are contraindicated for cupping. Call your licensed massage therapist and talk to your doctor before booking an appointment. Also, many people are hesitant to try cupping because of the cup marks that can be left on the body. These are not something that should be feared! Cupping is an ancient healing therapy and cup marks are sometimes indicators that energy, tension, or toxins have been released.

Source: <https://www.universalyogi.com/new-blog/2018/4/3/cupping>

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