

Fatigue and Your Blood Type

October
2019

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 **Os** 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 **As** are most vulnerable to immune system depletion, getting sick more often. Type **Bs** 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 **ABs** have the weaknesses of As and Bs.



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.

Fatigue-Fighting Checklist by Blood Type

Blood Type O | Fatigue-Fighting Diet Checklist

- Eat small to moderate portions of high-quality, lean, organic, grass-fed meat several times a week for strength.
- Include regular portions of richly oiled cold-water fish.
- Consume little or no dairy foods.
- Eliminate wheat and wheat-based products from your diet.
- Limit your intake of beans principally to those that are BENEFICIAL.
- Eat lots of BENEFICIAL fruits and vegetables.
- Avoid stimulants found in caffeine (coffee, colas, etc.).
- Avoid coffee, but drink green tea every day.

Blood Type B | Fatigue-Fighting Diet Checklist

- Eat small-to-moderate portions of high-quality, lean, organic meat (especially goat, lamb, and mutton) several times a week for strength, energy, and digestive health.
- Avoid Chicken.
- Include regular portions of richly oiled cold-water fish.
- Regularly eat cultured dairy foods, such as yogurt and kefir, which are beneficial for digestive health.
- Eliminate wheat and corn from your diet.
- Eat lots of BENEFICIAL fruits and vegetables.
- If you need a daily dose of caffeine, replace coffee with green tea.
- Avoid foods that are Type B red flags, especially chicken, corn, buckwheat, peanuts, soy beans, lentils, potatoes, and tomatoes.

Blood Type A | Fatigue-Fighting Diet Checklist

- Avoid or limit animal proteins.
- Derive your primary protein from plant foods with seafood used occasionally.
- Seafood should be primarily richly oiled cold-water fish.
- Include modest amounts of cultured dairy foods in your diet, but avoid fresh milk products.
- Don't overdo the grains, especially wheat-derived foods.
- Eat lots of BENEFICIAL fruits and vegetables, especially those high in antioxidants and fiber.
- Drink green tea every day for extra immune system benefits.

Blood Type AB | Fatigue-Fighting Diet Checklist

- Derive your protein primarily from sources other than red meat.
- Eliminate chicken from your diet.
- Eat soy foods and seafood as your primary protein.
- Include modest amounts of cultured dairy foods in your diet, but limit fresh milk products.
- Don't overdo the grains, especially wheat-derived foods. Avoid corn flour altogether.
- Eat lots of BENEFICIAL fruits and vegetables, especially those high in antioxidants and fiber.
- Avoid coffee, but drink two to three cups of green tea every day.

October 2019 Special

Physical and mental fatigue are a normal part of life. But when proper rest and nutrition aren't enough to restore your energy, our line of uniquely formulated, all-natural supplements can provide the additional support your body needs to optimize energy production.

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- 1). This promotion is for members only. The promotion item is while stock last and available for blood type O,A,B,AB, 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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PolyVite :

Blood type specific multivitamin formula has been carefully designed by Dr. D'Adamo to reflect the individual health concerns and precise nutritional needs of individuals with different blood type need.

PhytoCal:

Designed by Dr. Peter D'Adamo, Phytocal features a unique natural source of highly absorbable calcium. All Phytocal multi-mineral formulas feature Maerl-based sea calcium, 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.

Methyl B12:

Activated Methyl B12 vitamin B formula to support healthy metabolic function and energy production. Methyl 12 Plus blends together two biologically 'active' forms of vitamins B12 which contains both (methylcobalamin and adenosylcobalamin) to maximize absorption and utilization and help support a healthy nervous system and aid in blood cell production. It also contains nature identical and fully active Vitamin B9 (folate). Please note: Methyl 12 Plus does not contain the synthetic form of B9, often referred to as folic acid.

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Synergist Supplements for Energy Support



Protein Blends

Right 4 YourType –Dr. D'Adamo's protein blends provide the ultimate in clean protein fuel, quickly and easily absorbed for optimal uptake and energy production. Naturally unflavored, and containing no added sugar, Protein Blends mix easily with juices, fruit-and anything you can create

Harmonia Deluxe

This exceptional blend of nutrients is formulated to enhance your overall health, vitality, and energy. You know you should eat more fresh, healthy greens – now here is a healthy way to introduce those fruits and vegetables into your daily diet.

Harmonia Deluxe provides an all-natural alternative to processed foods

Harmonia features a wide variety of sprouted seeds and grasses bursting with nutritional integrity and enzymatic activity. The blend also contains antioxidant-rich fruits such as elderberry, cherry and blueberry, plus phytonutrients, such as, ginger.



El Dorado

Help stabilize blood sugar regulation and modulate cellular energy production. AMPK is an energy-burning molecule in the human body that helps maintain and control sugar modulation that is used to drive cell metabolism. To keep this gene in a healthy state. In his studies, Dr. D'Adamo found that patients on the El Dorado protocol who ate a proper diet and exercised regularly, showed the following positive signs:

- Healthy blood sugar regulation
- Increase in muscle mass
- Improved cellular systems involved in waste removal,
- Normalized cellular energy production
- Metabolism working at optimal levels.

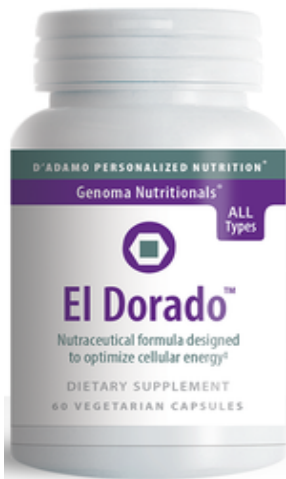
The unique formulation of El Dorado features many unique ingredients including:

Guaraná Seed: This seed may increase mental alertness, fight fatigue, and increase stamina and physical endurance.

Berberine HCl: To help maintain healthy blood sugar regulation.

White Willow Bark: To help alleviate and control temporary soreness and achiness.

Coenzyme Q10 (CoQ10): This vitamin-like chemical has antioxidant properties to help the body generate ATP, a storage form of energy.



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DIY ACUPRESSURE MESSAGES TO SURVIVE THIS HAZE SEASON

Much to our displeasure, the haze is back. If you're experiencing headaches, dry and itchy throat, irritable eyes or running nose, check out our previous facebook post (dated 26 Sep) for some tea concoctions you can brew at home as well as the below DIY acupressure points to relieve discomforts!

Headache ('He Gu')



Location: Highest point of the muscle bulge when the thumb and index finger are brought together.

Direction: Place your right thumb on the muscle bulge between your left thumb and index finger. Place your right index finger on the opposite side of the hand and press hard. You should feel a sore and painful sensation. Press for 1 to 2 minutes, then switch sides.

Note: Pregnant women should avoid this point as it can induce labour.

Eye Discomfort ('Cuan Zhu')



Location: Located between the eyes, at the front end of the eyebrows.

Direction: Massage in a circular motion 6 times.

Note: Before massaging anywhere on your face, do ensure that your hands are clean

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Runny Nose ('Ying Xiang')



If you have a runny nose or feel like your sinusitis is acting up, repeat the step below 2 to 3 times.

Location: Beside the wing of the nose, at the meeting point with the nasolabial line.

Direction: Massage on the point for 1 minute. Then massage both sides of the nose wing in an up-down motion for 10 times.

Dry/Itchy Throat ('Lie Que')



Location: Spread the thumb and index finger of both hands, crossing them so that the index finger of one hand comes to rest on the styloid process of the other.

Direction: Gently massage on the point for 30 seconds.

Note: Information provided is not a substitute for a physician or any form of medical care. Individual symptoms differ due to different body constitutions and diagnosis. One should consult a licensed TCM practitioner for accurate diagnosis and treatment.

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Source: https://www.pulsetcm.sg/2019/09/19/diy-acupressure-massages-to-survive-this-haze-season/?fbclid=IwAR1yVyFA5OBKz4Se49aDevNgv1Qzjog6vcZJj_Hs-43yGGARF

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