

Blood type: Your ideal diet map

by ADMIN on OCTOBER 23, 2010

What's your type? Although you may be partial to tall, dark, and handsome, we're talking about your blood type and how it may affect your diet and digestion. So what'll it be? O, A, B, or AB?

This fascinating new twist on nutrition has a name: the blood diet.



Developed by a naturopathic doctor, the secret to your best nutrition may lie in your bloodstream. Which blood type category do you fit into?

O – “The Hunter” – Because Hunters belong to the earliest blood group (30,000 years old!), their ideal meals are packed with protein.

A – “The Cultivator” – Cultivators were born at the dawn of agriculture, about 20,000 years ago. Their diets work best when they're vegetable-rich and limited in red meat.

B – “The Nomad” – Do you have a flexible digestive system and a strong immune system? You may be a Nomad! Nomads, established 10,000 years ago, are one of the few types who can flourish with a dairy-heavy diet.

AB – “The Enigma” – The most mysterious of the blood types, the Enigma is also the newest, having evolved only 1,000 years ago. Enigmas strike a nutritional balance between blood types A and B.

Want to test-drive the blood diet, but don't know where to start? We'll send you to THE doctor that takes care of all the Hollywood actors and then provide you with a chef especially trained in blood type nutrition. Give us a call at 310-828-4111 or e-mail us at claudia@thehelpcompany.com.

Your body – and blood type – will thank you!

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SEEKING A QUALIFIED CANDIDATE?

Please call us at **310-828-4111** to discuss your needs. If you would like to fill out a **Request Form**, we can share resources with you and find the best professionals to meet your needs and help you live a luxurious and comfortable life.

THE HELP COMPANY CLUB

The Help Company Club gives you unlimited access to our skilled and professional candidates on an on-call basis. A membership will provide you with nannies, housekeepers, chefs, chauffeurs, gardeners, security personnel, assistants on an hourly basis, eldercare, butlers, party help, and pet care.

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