

JE BLOEDGROEP IN EEN OOGOPSLAG



Bloedgroep O in een oogopslag

De jager: **STERK • ONAFHANKELIJK • LEIDER**

Kracht	Zwakte	Medische Risico's	Dieetprofiel EIWITRIJKE VOEDING	Sleutel Tot Gewichtverlies VERMID GEBRUIK	Supplementen	Oefen Programma
<p>Sterke spijsvertering</p> <p>Krachtig immuunsysteem</p> <p>Natuurlijke afweer tegen infecties</p> <p>Systeem gekenmerkt door efficiënte stofwisseling en opslag van voedingsstoffen</p>	<p>Moeizame aanpassing aan nieuwe dieet- en leefomstandigheden</p> <p>Neiging tot een overschiet immuunsysteem</p>	<p>Problemen met bloedcoëling</p> <p>Ontstekingsziekten zoals artritis</p> <p>Trage schildklier</p> <p>Zweten in maag en twaalfvingerige darm</p> <p>Allergieën</p>	<p>Vlees</p> <p>Va</p> <p>Groenten</p> <p>Fruit</p> <p>Bepoort granen</p> <p>Bonen</p> <p>Peulvruchten</p>	<p>Tarwe, Mais, Witte Bonen, Linsen, Kool, Zuivel</p> <p>Kelp, Zeevoedsel, Rood vlees, Boerenkool, Spinazie, Broccoli, Olijfolie</p>	<p>Vitamine B</p> <p>Vitamine K</p> <p>Calcium</p> <p>Jodium</p> <p>Zeehout</p> <p>Kelp</p>	<p>Intensieve lichaams training zoals aerobics, hardlopen en (paardse) vechtkunsten</p>

Bloedgroep A in een oogopslag

De agrariër: **GEVESTIGD • VISIONAIR • ANALYTISCH**

Kracht	Zwakte	Medische Risico's	Dieetprofiel VEGETARISCHE VOEDING	Sleutel Tot Gewichtverlies VERMID GEBRUIK	Supplementen	Oefen Programma
<p>Past zich goed aan aan variatie in dieet- en omgevingsfactor en</p> <p>Systeem dat wordt gekenmerkt door het goed vasthouden en omzetten van voedingsstoffen</p>	<p>Niet in staat om vleeserwijt goed te verteren en benutten</p> <p>Gevoelig afweersysteem, kwetsbaar voor microbiële infecties</p>	<p>Hartziekte</p> <p>Type 1 en Type 2 diabetes</p> <p>Kanker</p> <p>Aandoeningen van Lever en Galblaas</p>	<p>Groenten</p> <p>Tofu</p> <p>Zeevoedsel</p> <p>Granen</p> <p>Bonen</p> <p>Peulvruchten</p> <p>Fruit</p>	<p>Vlees, Zuivel, Nierbonen, Linzen, Tarwe</p> <p>Olijfolie, Sojaproducten, Zeevoedsel, Groenten, Ananas</p>	<p>Vitamine B12</p> <p>Foliumzuur</p> <p>Vitamine C</p> <p>Vitamine E</p> <p>Meidoorn</p> <p>Echinacea</p> <p>Quercetine</p> <p>Mariadistel</p>	<p>Rustgerende en Centerende Oefeningen</p> <p>Elkals Yoga en Tai Chi</p>

Bloedgroep B in een oogopslag

De Nomade: **GEBALANCEERD • FLEXIBEL • CREATIEF**

Kracht	Zwakte	Medische Risico's	Dieetprofiel OMNIVORE VOEDING	Sleutel Tot Gewichtverlies VERMID GEBRUIK	Supplementen	Oefen Programma
<p>Sterk immuunsysteem</p> <p>Snelle aanpassing aan veranderingen in dieet- en leefomstandigheden</p> <p>Gebalanceerd zenuwstelsel</p>	<p>Geen zwaktes, echter disbalans geeft neiging tot auto-immuunziekten en zeldzame, sluipende virale infecties</p>	<p>Type 1 diabetes</p> <p>Chronische vermoeidheid</p> <p>Auto-immuunziekten: ALS (atrofische lateraalsclerose), SLE (systemische lupus erythematoses), multiple sclerose</p>	<p>Vlees</p> <p>Zuivel</p> <p>Granen</p> <p>Groenten</p> <p>Fruit</p>	<p>Kip, Mais, Linsen, Pinda's, Sesamzaad, Boekweit, Tarwe</p> <p>Groene Groenten, Bieren, Wild, Lever, Zeehoutthee</p>	<p>Magnesium</p> <p>Zeehout</p> <p>Ginkgo biloba</p> <p>Lecithine</p>	<p>Gematigde lichamelijke inspanning met een mentale component, zoals Wandelen, Fietzen, Tennis en Zwemmen</p>

Bloedgroep AB in een oogopslag

Het raadsel: **ZELDZAAM • VEELZIJDIG • MEDELEVEND**

Kracht	Zwakte	Medische Risico's	Dieetprofiel GEMENGD DIEET	Sleutel Tot Gewichtverlies VERMID GEBRUIK	Supplementen	Oefen Programma
<p>Goed aangepast aan het moderne leven</p> <p>Zeer tolerant immuunsysteem</p> <p>Wendbaar</p>	<p>Gevoelige spijsvertering</p> <p>Gevoelig voor microbiële infecties</p>	<p>Hartziekte</p> <p>Kanker</p>	<p>Vlees</p> <p>Va</p> <p>Zuivel</p> <p>Tofu</p> <p>Bonen</p> <p>Peulvruchten</p> <p>Granen</p> <p>Groenten</p> <p>Fruit</p>	<p>Kip, Mais, Nierbonen, Pinda's, Boekweit</p> <p>Tofu, Zeevoedsel, Groene Groenten, Kelp</p>	<p>Vitamine C</p> <p>Meidoorn</p> <p>Echinacea</p> <p>Valeriaan</p> <p>Quercetine</p> <p>Mariadistel</p>	<p>Kalmerende, centerende oefeningen zoals yoga, gecombineerd met gematigde inspanning zoals fietsen en tennis</p>

Dieet Vir O Positief Bloedgroep

Jan Amerongen, M C a P J Abeelen



Dieet Vir O Positief Bloedgroep:

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