

BLOOD TYPE CHECKLISTA B O AB

Enter your blood type above. Women can obtain their blood types from their obstetricans. Men can get theirs from their military dog tags. Or you can get them from any laboratory -- but beware of 20% lab error.

There are several sub-groups of A, which are more difficult to obtain. Those who are blood type A or AB, check the description below which best fits you. Or you can be tested at a hospital or blood bank for these.

BLOOD TYPE A1

This type usually has ancestors of Caucasian background from northern Europe, including: England, Scandinavia, Germany, Switzerland, France, Greece, Armenia, Bulgaria and Turkey. They are usually slender, small-boned people with delicate features and light skin and hair. They prefer a lacto-vegan diet, and can digest fresh milk.

BLOOD TYPE A2

This type usually has ancestors from Scandinavia, eastern Europe, India, Pakistan, Burma or Algeria. Many are descended from the Lapps of Scandinavia or the Nagas of Asia. Both are short, medium-slender people with black eyes, strait black hair and brown skin. They can eat yogurt but not fresh milk -- the same pattern is used for Ashkenazai Jews.

OTHER "A" SUB-GROUPS

This type has ancestors of Negro, Aborigines, Veddoid, Indonesian, Malaysian, or Pacific Islander background. Most are dark skinned with dark kinky or curly hair. Other groups include Orientals and Eskimos. These groups prefer a pesca-vegan diet, without milk or yogurt. (These groups are easily confused with A1 in the laboratory.)

BODY TYPE CHECKLIST

Check the descriptions which best fit you.

THYROID Thyroxin makes the body chronically slender. Calcitonin makes small hard bones and teeth and delicate features. Women have larger thyroid glands, making them very slender. Men are only medium slender.

PINEAL The back of the head may be larger, with a pronounced ridge on the occipital bone (mid-back). The body type is usually thin or fat, not muscular. (Our observations only.)

ADRENAL Adrenalin and cortisone produce a strong body without extra fat. The bones are thick; the muscles, medium to large, are hard without flexing. Men have larger adrenal glands, making them more muscular than women.

BALANCED Medium frame, neither thin, fat nor very muscular. Five or more strong gland characteristics.

PANCREAS Insulin causes blood sugar to be deposited in fat cells, creating chronic obesity with soft round features since childhood, puberty or pregnancy. These types are 20-30% or more overweight.

FEMALE GONAD Estrogen creates feminine sexual characteristics: large breasts and/or hips, making a curvy hourglass figure since teens. It deposits extra fat in the skin, making it soft and smooth.

MALE GONAD Testosterone creates male sexual characteristics: big shoulders, a barrel chest, and thick body hair on Caucasians. It is excreted onto the scalp, causing early male pattern baldness.

PITUITARY Pituitary hormones control the other glands. The forehead around the pituitary is larger and wider. (Our observation only).

THYMUS The thymus affects bone growth, making the frame grow tall and lanky, with long arms, legs, fingers and face. The joints are large and knobby, the chest often wide. Men are over 6', women over 5'7".

PERSONALITY TYPE CHECKLIST

Check the descriptions which best fit you.

THYROID Thyroxin stimulates the nerves and metabolism, making these persons high-strung, nervous and very mental, technical or meticulous. They are restless and impatient, and are easily excited or irritated.

PINEAL The pineal links the senses to the mind. This type is sensitive, aware and intuitive—a "receiver", very psychic or intuitive as a child.

ADRENAL Adrenalin gives this type enormous energy and endurance. But cortisone keeps them calm. They love sports, outdoor activities, travel, and manual labor. They are rarely anxious, never hysterical.

BALANCED This type is flexible mentally and emotionally. Some are balanced. But others will vary between 4 or 5 personality patterns.

PANCREAS Due to extra digestive juices and insulin lowering their blood sugar, they are always hungry and eat compulsively. Hence they are food oriented and always concerned about dieting or the next meal. They often have food-centered families or jobs.

GONAD The sex hormones increase one's interest in the opposite sex. These types are more sensual and flirtatious, their body language erotic. They may enjoy sensual music, erotic dancing or risqué jokes. They have strong opinions on sexual topics: morality, pornography, nudity, prostitution, abortion, family planning and parenting -- for or against.

PITUITARY These types are charismatic and transmittive. Vasopressin makes them chronically obsessive, fixated and inflexible with extreme addictive tendencies. This type uses sheer will power and the pituitary to drive the other glands for long periods of time to their limit.

THYMUS Thymosin is concerned with immunity and defense, and hence the will to survive -- to live -- based on happiness or love. These types are very sensitive and concerned about love, and can be either very loving or very depressed. They are often extremely artistic or creative.

METABOLISM TYPE CHECKLIST

Check the descriptions which best fit you.
These are healthy long-term adult patterns.

THYROID Thyroxin accelerates metabolism. This raises the waking pulse to 74-85 and leads to low-normal blood pressure of 90/60 - 110/70. It can cause a high voice and insomnia. These types can eat a lot without gaining weight. Energy is limited to brief intense spurts followed by fatigue.

PINEAL The pineal is half nerve tissue and a sensory organ. This type is sensitive to people and the environment and easily stressed. They tend to vivid dreams and low blood pressure (90/60 - 115/75).

ADRENAL Adrenalin and cortisone control the artery muscles, keeping the blood pressure always at 120/80 or above. Waking pulse is 64-72. These hormones control energy, creating great endurance, a hearty appetite, stable weight, deep restful sleep and a lack of illness.

BALANCED This type has a balanced metabolism: waking pulse of 64-72, blood pressure of 115/75--125/80. They have average appetites and energy, stable weight, and can maintain health and poise under stress.

PANCREAS These types develop super carbohydrate metabolism, high insulin and low blood sugar. They often eat compulsively and easily become obese. They even gain weight on the wrong low-calorie diets. Their waking pulse is 64-72 and pressure is 110/70 - 125/80.

GONAD The sex hormones lower voice pitch, cause water retention on the waist or thigh and bring on early puberty. These types have deep sleep patterns. The waking pulse is 40-60, pressure 110/70 -125/80.

PITUITARY Vasopressin causes water retention around the kidneys and addictive tendencies. A lack of sunlight makes them depressed and listless. Their waking pulse is 40-60, pressure is 110/70 - 125/80.

THYMUS Thymosin contributes to superimmunity, sometimes auto-immunity and multiple allergies. The thymus stimulates growth, delaying puberty. Their weight is stable, waking pulse 50-72, and pressure 100/60--120/80.

TOXEMIA TYPE CHECKLIST

Check the descriptions which best fit you.

THYROID Thyroxin increases toxic elimination thru the skin. This appears as chronic frequent pimples on the face, neck and upper back.

PINEAL Melatonin increases toxic elimination to the brain and spinal fluid, appearing as pimples or inflammation on the ears or back of the neck. Toxins may cause sensory distortion.

ADRENALS Adrenalin increases circulation and oxidation of toxins in the liver. This warms the hands and feet and elevates blood pressure. Cortisone reduces toxic inflammation, while aldosterone increases toxic output thru the urine. The bowel muscles are also stimulated by adrenalin.

PANCREAS Insulin increases the storage of toxins with fat in fat-cells, appearing as thick solid fat and cellulite on the limbs & torso.

FEMALE GONAD Estrogen increases toxic elimination thru the sex organs. This appears as chronic vaginitis, severe Pre-Menstrual Syndrome, heavy menstruation, pimples on the buttocks, and pelvic or breast cysts.

MALE GONAD Testosterone increases toxic elimination thru the sex organs. This appears as chronic prostate enlargement, pimples on the buttocks or thighs, or profuse yellow semen. It also increases toxic elimination onto the scalp, causing male pattern baldness.

PITUITARY Vasopressin stores toxins in the water between the tissues. This appears as "jello"-like swelling around the abdomen, waist and kidneys and mid-elevated blood pressure. Pimples also appear on the forehead.

THYMUS Thymosin increases the immune response to toxins. This appears as chronic multiple allergies, frequent swelling of the lymph nodes (throat, groin, armpit), or small cysts—even in normal health.

LIVER The liver excretes toxins in the bile, causing nausea, vomiting, ulcers, abdominal cramps, and diarrhea or constipation.

TOTAL GLAND TYPE CHECKLIST

Enter the scores from the 4 previous checklists. Each box is worth one point, unless otherwise noted. Total the points for each line and enter them in the Total Column. The line that scores 4-6 points will be your dominant type. The line that scores 2-4 points will be your secondary type.

	BODY SHAPE	PERSONALITY	METABOLISM	TOXEMIA PATTERN	TOTAL
<u>THYROID</u>	3 points				
<u>PINEAL</u>		2 points			
<u>ADRENAL</u>	3 points				
<u>BALANCED</u> or 5 mixed patterns	3 points			X	
<u>PANCREAS</u>	3 points				
<u>GONAD</u>	3 points				
<u>PITUITARY</u>	3 points				
<u>THYMUS</u>	3 points				
<u>LIVER</u>				See chapter 17	

DOMINANT TYPE IS:

SECONDARY TYPE IS: