

2 Important Factors Nutritionists and Personal Trainers Aren't Telling Us About Our Weight and Overall Health

We give our hard earned money and trust to nutritionists and personal trainers to help us lose weight, maintain a balanced health, a healthier lifestyle, and to prevent disease and promote longevity. However, there are two very important things nutritionists and personal trainers aren't telling us. Nutritionists and personal trainers aren't telling us how our blood types and body types affect our weight and overall health.

Nutritionists aren't telling us how our blood types affect our weight and overall health.

Our blood types have a major effect on how we lose weight and our overall health. Not knowing our blood types is one of the main reasons why our previous diets aren't efficient or effective enough. Based on our blood types, there are foods we can eat and then, there are foods we should avoid. Our blood types determine how we respond to different lectins. A lectin, known as the "anti-nutrient" is a type of protein that binds to certain carbohydrates. Just about every organism in the world, from plants to animals to microbes, contains lectins. Some lectins are completely safe and some pose health risks. Certain types of lectins can prevent our bodies from absorbing other substances that have nutritional value. This can eventually lead to serious health problems, so it's essential that we know our blood types before we decide to choose a diet or change our eating habits. We could be causing more harm to ourselves than help.

Personal trainers aren't telling us how our body types affect our weight and overall health.

Our body types have a major effect on how we lose weight and our overall health. Not knowing our body types is one of the main reasons why our workout routines aren't as effective as they should be, which results in us changing our workout routines often.



For example, if you want to lose weight fast and efficiently, you just have to do cardio exercises, however that's not true. There are three primary body types: Ectomorph, Mesomorph and Endomorph. In addition to the three main body types, there are four sub-body types. The four sub body types are Ecto-Mesomorph, Meso-Ectomorph, Meso-Endomorph and Endo-Mesomorph. Since everyone isn't exactly one of the three primary body types, sub-body types were created to give us a better understanding and image of our body types. The sub-body types are determined by genetics, lifestyle, sex and age. These factors affect our metabolisms, which also determines our body types. Our metabolism consists of all the chemical processes in our body that keeps us alive and our organs functioning normally, such as repairing cells, breathing and doesn't food. Different exercise routines have different effects on our metabolisms, which means that it is important to know which exercise routines are most effective for our body types. The three primary body types require a specific exercise routine, so it's essential that we know our body types before we decide to choose a workout routine or start working out. If you're going to workout, "Make Your Workouts More Effective!"

Conclusion

The importance of knowing our blood type and body type is essential to our weight and overall health. Based on our blood type, we respond differently to the lectins in food, which means there are foods we should and shouldn't eat. Based on our body type we can know what type of exercise will be most effective. There are three main body types and four sub body types. Each body type requires specific workout routines in order to be efficient and get more effective results. So, if you're going to choose a diet or change your eating habits, choose a workout routine or start working out, do it more effectively.

"Make Your Workouts More Effective"!!



A Blood Type

“The Cultivator”

** Flourish On Vegetarian Diets **

** Important To Get Foods In An As Natural State As Possible**

** Fresh, Pure, Organic **

** Low Stomach Acid Content **

Supplement Focus	Beneficial supplements	Supplements to avoid
<p>** Supercharging The Immune System **</p> <p>** Supplying Cancer-Fighting Antioxidants **</p> <p> ** Preventing Infections **</p> <p> ** Strengthening The Heart **</p>	Vitamin B, C, E, Calcium, and Iron	Vitamin A, Beta Carotene
Herbs		
<p>Hawthorne (Heart), Purple coneflower (Immune System), Quercetin (cancer)</p> <p>Milk Thistle, Silver Marjoram (Silver Sage), Bromelain (pineapple enzymes)</p>		



Foods To Eat		
Cultured Dairy products, raw goat milk, whole milk. Soy milk, soy cheese	Small amounts of fermented dairy products yogurt, kaffir, nonfat sour cream,	Edible snails (also eliminates breast cancer)
Miso, soy sauce, kelp, Blackstrap molasses, sugar and chocolate (limited), Mustard, jam, red wine, Coffee, green tea, water, All fish (except white)	Cereals, whole grains, cornmeal, whole oats, millet, soy wheat, soy flour, rice flour,	fruits, berries, Plums, pineapple, grapefruit, Lemons, kiwi, apricot, figs, Black cherry juice, tamari,
Pumpkin seeds, sunflower seeds, almonds, walnuts, peanuts, beans, legumes	broccoli, carrots, Kale, collard greens, garlic, Pumpkin, spinach, yellow onions, tofu	Olive oil, linseed oil

Foods To Avoid		
<p>All meats</p> <p>try to substitute all meat with fish at least three to four times a week (prepare meat by boiling or baking)</p> <p>Processed meat products, bacon, ham, pheasant, beef, pork, lamb, rabbit, mutton, venison, goose, partridge, quail, sole, flounder</p>		
Dairy products Whole milk, eggs (limited)	Brazil nuts, cashews, pistachios	Corn oil, safflower oil
cantaloupe, honeydew melon, Mango, papaya, oranges, bananas, sweet juices	Kidney beans, Lima beans, Navy beans Garbanzo beans	frozen meals, prepared noodles/sauce
Packaged rice & vegetables combined, peppers, potatoes, Tomatoes, cabbage		Vinegar, ketchup



A Blood Type Shopping List

PRODUCE	DAIRY	Other
Artichokes	Soy Milk	
Broccoli	Eggs	
Carrots	Ghee	
Celery	Mozzarella Cheese	Olive Oil
Fennel	Feta Cheese	Walnut Oil
Kale	Ricotta	Flaxseeds
Lettuce	Goat Cheese	Walnuts
Onions		Peanuts
Pumpkin		Peanut Butter
(when in season)		Pumpkin Seeds
Spinach		Adzuki Beans
Apricots		Soy Beans
Blueberries		Lentil Beans
Cherries		Black-Eyed Peas
Figs		Brown Rice Bread
Pineapple		Soy Sauce
Grapefruit		Garlic
		Ginger
		Ginger Tea
		Chamomile Tea
		Green Tea
		Coffee
		Red Wine
BAKING		
	Brown Rice Flour	
	Buckwheat Flour	
	Oat Flour	
	Spelt Flour	
	Baking Powder	
	Sea Salt	
	Agave	
	Blackstrap Molasses	

B Blood Type

“The Nomad”

- ** Usually able to avoid or overcome serious diseases like heart disease and cancer **
- ** More prone to exotic immune system disorders like multiple sclerosis, lupus, and chronic fatigue syndrome**
- ** The biggest weight gainers are corn, lentils, buckwheat, and peanuts**
- ** Diet is balance and wholesome, involving a wide range of foods, pretty much all meats, fruits, and vegetables**

Supplement Focus	Beneficial supplements
<ul style="list-style-type: none">** Maintaining an already Balance Diet **** Improving Insulin Efficiency **** Strengthening viral immunity**** Improving Brain Clarity and Focus **	<ul style="list-style-type: none">** magnesium and licorice**
Herbs	
<ul style="list-style-type: none">** Siberian ginseng and ginkgo biloba **	
EXERCISE!!!	



Foods To Eat		
Mutton, Lamb, Rabbit, Pheasant Turkey (moderate)	Fish, Cod, Salmon, Herring, White Fish	Dairy Foods, Eggs, Soy Products (not as substitute)
Olive Oil, Flaxseed Oil	Ezekiel bread, Essene bread,	Pasta and rice (limited)
Kale, Spinach, Broccoli, Romaine Lettuce, Collard Greens, All Leafy Greens, Mushrooms, Potatoes, Yams, Ginger, horseradish	Herbal Teas, Green Teas, Water, Fresh Juice	Parsley, Cayenne Pepper, Honey, Sugar, Chocolate
** sweeteners should be limited*	Mostly all herbs and spices	
NOTE: B BLOOD TYPE CAN EAT PRETTY MUCH ALL MEATS, FRUITS. AND VEGETABLES		

Foods To Avoid		
Cinnamon, Corn, Ketchup, High Fructose Juice	Black & White Pepper, Vinegar, Coffee	Most Nuts and Seeds
Dairy (moderate) Garbanzo beans, pinto beans,	Whole Grains (Gluten/Weight Gain)	Black-eyed peas, Sesame Seeds Lentils, Buckwheat, Peanuts
All Shellfish, Chicken, Beef.	Wheat Products (weight), Rye	Sesame Oil, Sunflower Oil, Corn Oil
Persimmons, pomegranate, Pears	White and Black Pepper	Corn syrup, corn starch, barley malt



B Blood Type Shopping List

PRODUCE	DAIRY	Other
Beets Broccoli Cabbage Carrots Eggplant Ginger Kale Peppers Sweet Potatoes Bananas Cranberries Grapes Pineapple Watermelon	Eggs Butter Mozzarella Cheese Feta Cheese Cottage Cheese Goat Cheese Ricotta Cow Milk Yogurt	Olive Oil Almonds Walnut Almond Butter Red Kidney Beans Navy Beans
	BAKING	MEAT/SEAFOOD
	Spelt Flour Brown Rice Flour Oat Flour Millet Flour Baking Powder Sea Salt Blackstrap Molasses Agave	Lamb Venison Turkey Cod Flounder Salmon Mahi Mahi Halibut

O Blood Type

“The Hunter”

** Thrives on intense exercise and animal protein **

** Success of diet is based on lean chemical-free meat, poultry and fish **

** Responds well to oils **

Supplement Focus	Beneficial supplements	Supplements to avoid
<p>** Supercharge Metabolism **</p> <p>** Increasing Blood Clotting Activity **</p> <p>** Preventing Inflammation**</p> <p>** Stabilizing The Thyroids**</p>	<p>** Vitamin B, K, Calcium, Iodine **</p>	<p>Vitamin A, E</p>
Herbs		
Licorice, Bladderwrack (kelp), Fucus Vesiculosus		
EXERCISE!!!		



Foods To Eat		
Lean Beef, Lamb, Turkey, Chicken	Fish (moderate, 6oz/meal) Cod, Herring, Mackerel	Grapefruit (moderation) Pineapple Juice, Black Cherry Juice, Kelp Based Seasoning
Olive Oil, Flaxseed Oil	Soy Milk, Soy Cheese	Pasta (Buckwheat, Jerusalem Artichoke, Rice Flour)
* Limited * Kale, Spinach, Broccoli, Romaine Lettuce Collard Greens, Tomatoes	Parsley, Cayenne Pepper, Honey, Sugar, Chocolate	Low Fat & Low Sugar Condiments

Foods To Avoid		
Conch, Octopus, Barracuda, Herring (pickled), Catfish, Smoked Salmon, Caviar	Whole Grains (Gluten/Weight Gain), Bread Wheat Products, Pasta (Semolina)	Legumes, Beans (lentils & kidney beans)
Cabbage, Brussels Sprouts, Cauliflower, Mustard Greens, Alfalfa, Shiitake Mushrooms, Pickled Olives, Eggplants, Potatoes, Corn	Cantaloupe, Honey Dew, Oranges, Strawberries, Tangerines, Blackberries, Coconut, Apple Juice, High Fructose Juice	Dairy (restricted) Black & White Pepper, Vinegar, Coffee And All Pickled Foods



O Blood Type Shopping List

PRODUCE	DAIRY	OTHER
Artichokes Broccoli Kale Lettuce Sweet Potatoes Onions Spinach Bananas Blueberries Cherries Figs Mangos Watermelons	Eggs Butter Mozzarella Cheese Feta Cheese	
	MEAT/SEAFOOD	
	Beef Lamb Turkey Cod Red Snapper Halibut Millet Flour Arrowroot Starch Baking Powder Sea Salt Agave	Olive Oil Flaxseed Walnuts Almonds Almond Butter Adzuki Beans Black-Eyed Peas Brown Rice Bread Curry Powder Carob Parsley Pepper, Cayenne Ginger Tea Green Tea Saltzer
BAKING		
Brown Rice Flour Millet Flour Arrowroot Starch Baking Powder Sea Salt Agave		

AB Blood Type

“The Enigma”

** Less than 1000 years old, rare 2%-5% of population **

** Biologically Complex **

** Multiple antigens cause AB to be more like B sometimes and more like A sometimes, then sometimes a fusion of both **

** AB has low stomach acid like A, but adaptation to meats, so meat is metabolized inefficient and tends to get stored as fat **

** AB function best when tissue is somewhat Alkaline **

**** Diet requires being familiarized with both A and B diets to better understand the parameters of your diet****

Supplement Focus

** Supercharging the Immune System **

** Supplying Cancer Fighting Antioxidants **

** Strengthening the Heart**

EXERCISE!!!



Foods To Eat		
Meat (restricted to small portions) Lamb, Mutton, Rabbit, Turkey, Eggs SEAFOOD!! Snails (breast cancer prevention)	Berries, Pineapple, Grapefruit, Lemon, Kiwi, Apricot, Fig, Melon, Grapes, Plums	Soy (supplement protein), Soy Flakes, Millet, Farina, Oatmeal
Tomatoes, Vegetables, Lentils Peanuts, Seeds (limited)	Ground Rice, Rice Flour, Rice, Wheat Germ, Bran (once a week)	Dairy (limited), cultured and sour dairy
Gee Oil, Olive Oil, Nut Butter,	Sea Salt, Kelp, Miso, Garlic,	Sugar and Chocolate (small amounts)

Foods To Avoid		
Beef, Chicken, Smoked Meat, Sole, Flounder	Kidney beans, Lima beans, Corn, Cornbread/Muffins, Corn Based Products	Buckwheat, Sesame Seeds, Wheat (limited)
Mango, Guava, Oranges, Banana	Pepper, Vinegar	Vegetable Oil



AB Blood Type Shopping List

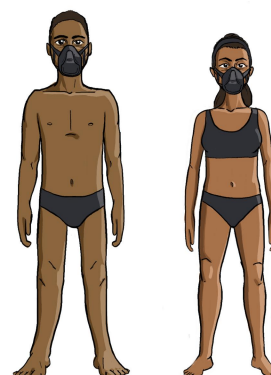
PRODUCE	DAIRY	OTHER
Beets Broccoli Cauliflower Eggplant Kale Garlic Parsnip Sweet Potatoes Figs Grapes Grapefruit Pineapple Watermelon	Eggs Ghee Mozzarella Cheese Feta Cheese Cottage Cheese Goat Cheese Ricotta Goat Milk Yogurt	Olive Oil Walnuts Peanuts Almonds Peanut Butter Lentils Navy Beans Soy Beans Tempeh Tofu Spelt Bread Oat Bread Sprouted Wheat Parsley Curry Ginger Tea Chamomile Tea Green Tea Red Wine
BAKING	MEAT/SEAFOOD	
Spelt Flour Brown Rice Flour Oat Flour Soy Flour Baking Powder Sea Salt Blackstrap Molasses Agave	Lamb Turkey Cod Salmon Mahi Mahi Tuna Red Snapper	



Body Types

Ectomorph

- Naturally thin with skinny limbs and delicate frame.
- Light build with small joints and lean muscle mass.
- Shoulders tend to be thin with little width and chest tends to be flat.
- Find it hard to gain weight and require more calories.
- Fast metabolism that burns up calories quickly.



Recommended Workout: Short & intense focusing on big muscle groups.

Meso-Ectomorph

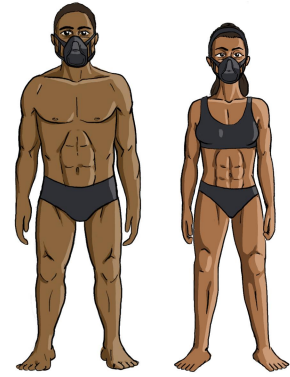
- Athletic physique, large-medium bone structure, and medium-large muscles.
- Rectangular shaped, hard body with well defined muscles.
- Gain muscle somewhat easily and respond well to weight training.
- Gain fat easier than ecto-mesomorphs so must watch calorie intake.
- Respond well to weight training and bodybuilding.



Recommended Workout: Weight training and cardio combination.

Ecto-Mesomorph

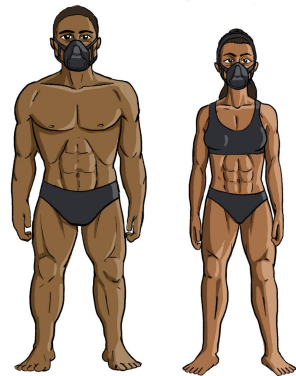
- Built tall and lean with more muscle mass than an Ecto but less than a Meso.
- Thin with a small delicate frame and bone structure.
- Medium shoulders with a flat and defined chest.
- Find it hard to gain weight and require more calories.
- Relatively fast metabolism that burns up calories quickly.



Recommended Workout: Short & intense focusing on big muscle groups.

Mesomorph

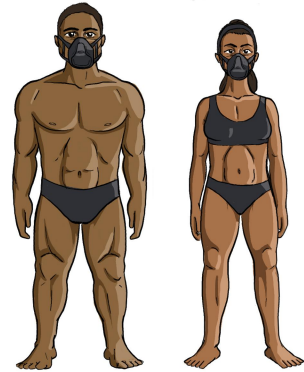
- Naturally athletic physique, large bone structure and muscles.
- Rectangular shaped, hard body with well defined muscles.
- Find it easy to gain muscle and lose weight easily.
- Gain fat easier than ectomorphs so must watch calorie intake.
- Respond well to weight training and bodybuilding.



Recommended Workout: Weight training and cardio combination.

Endo-Mesomorph

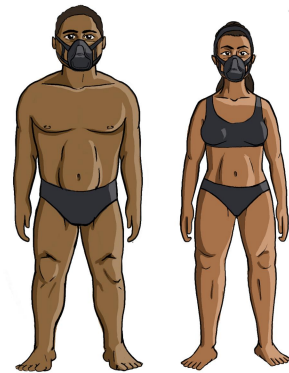
- Naturally solid and generally soft, slightly less abdominal fat than Endomorphs.
- Round physique, relatively broad shoulders, stocky build, thick arms and legs.
- Strong muscles, especially legs. Relatively defined chest.
- Gain muscle and fat very easily.
- Medium to slow metabolism makes it easy to gain weight.



Recommended Workout: Cardio is a must in addition to weights.

Meso-Endomorph

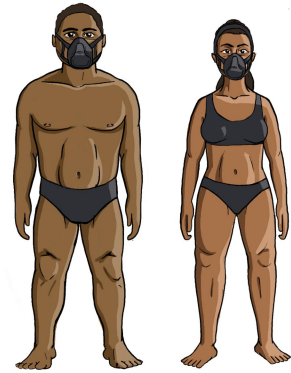
- Athletic broad shoulders, large bone structure and large muscles.
- Rectangular shaped, abdominal fat, somewhat defined muscles.
- Strong muscles that are great for powerlifting. Gain muscle quite easily.
- Gain fat easier than mesomorphs and must keep carbohydrate intake low.
- Responds best to weight training and cardio.



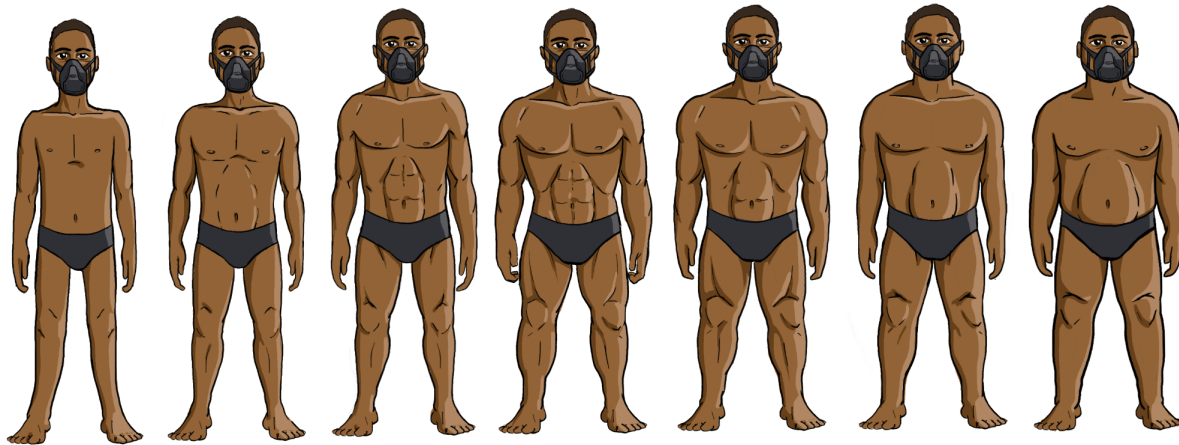
Recommended Workout: Weight training and cardio combination.

Endomorph

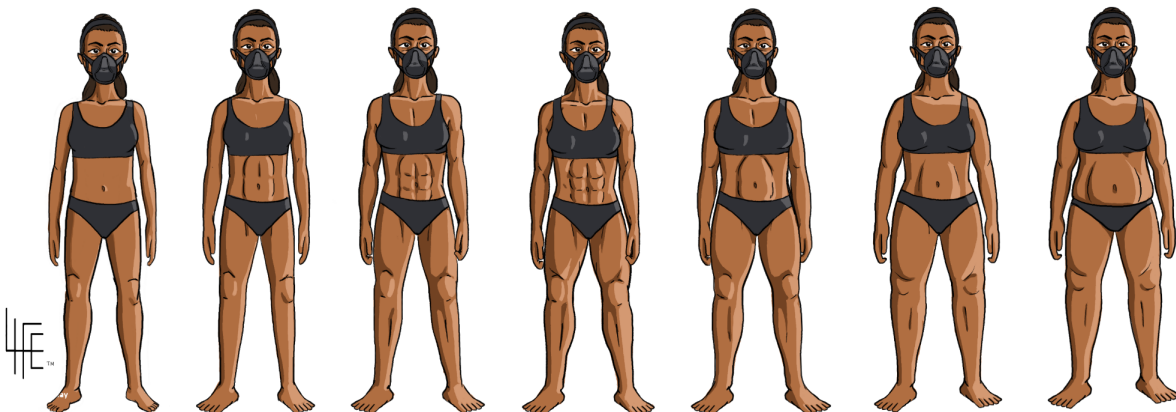
- Naturally solid and generally soft.
- Round physique. Short and stocky build, thick arms and legs.
- Strong muscles, especially legs.
- Gain muscle and fat very easily.
- Slow metabolism makes it easy to gain weight.



Recommended Workout: Cardio is a must in addition to weights



Ectomorph Meso-ectomorph Ecto-mesomorph Mesomorph Endo-mesomorph Meso-endomorph Endomorph



4E™



SAMPLE ECTOMORPH WORKOUT PLAN

Day 1: Chest/Triceps	Day 2: Back/Biceps
<p>Incline barbell presses: 5x5 reps Incline smith machine presses: 4x8-10 reps Incline cable flyes: 4x10-12 reps Fly machine: 4x8-10 reps Low cable flyes: 4x15 reps Skull crushers: 4x8-10 reps Tricep rope extensions: 4x10-12 reps Reverse-grip bench presses: 4x6-8 reps</p>	<p>Lat pulldowns: 4x8-10 reps Seated cable rows: 4x8-10 reps Hammer strength row machines: 4x10-12 reps Pulldowns w/ v-bar attachment: 4x10-12 reps DB rows: 4x12-15 reps Barbell curls: 4x6-8 reps Wide grip cable curls: 4x8-10 reps Preacher curls: 4x8-10 reps Spider curls: 4x10-12 reps</p>
Day 3: Shoulders	Day 4: Legs
<p>Seated smith machine presses: 4x8-10 reps Arnold presses: 4x12-15 reps Seated DB lateral raises: 4x12-15 reps Cable lateral raises: 4x12-15 reps Wide grip upright rows: 3x10 reps Rear delt machine flyes: 4x12-15 reps Face pulls: 4x12-15 reps</p>	<p>Barbell back squats: 5x6-8 reps Leg presses: 4x8-10 reps Hamstring curls: 4x10-12 reps RDL's on Smith machine: 4x8-10 reps Calf raises: 4x15-20 reps Kettlebell swings: 4x20 reps</p>
Day 5: Rest	Day 6: Legs
<p style="text-align: center;">Rest!</p>	<p>Barbell back squats: 5x6-8 reps Leg presses: 4x8-10 reps Hamstring curls: 4x10-12 reps RDL's on smith machine: 4x8-10 reps Calf raises: 4x15-20 reps Kettlebell swings: 4x20 reps</p>

SAMPLE MESOMORPH WORKOUT PLAN

Monday	Tuesday
<ul style="list-style-type: none"> • Squats: 5 x 5 • Deadlifts: 5, 5, 3, 2 • Walking lunges: 3 x 12 • Sled pushes: 4 x 50 yards • Tabata: Versa climber or similar cardio 	<ul style="list-style-type: none"> • Pull-ups: 100 total in sets of 5 • Bent over rows: 3 x 12 • Ball slams: 3 x 10 • Rower sprints: 30s sprint/30s rest x 10
Wednesday	Thursday
Rest!	<ul style="list-style-type: none"> • Flat bench presses: 10 x 10 • Dumbbell incline presses: 3 x 10 • Dumbbell flyes: 3 x 15 • Dips: 3 x failure
Friday	Saturday
<ul style="list-style-type: none"> • Thrusters: 3 x 12 • Single arm shoulder presses: 5 x 5 • Lateral raises: 4 x 12 • Hammer curls: 3 x 10 • Straight bar curls: close, reg + wide grip x 10 each 	<ul style="list-style-type: none"> • Pull-ups: 5 • Push-ups: 10 • Turkish get-ups: 50-100
Sunday	
<ul style="list-style-type: none"> • Sprinting • Rowing machine (Or your choice of cardio) 	



SAMPLE ENDOMORPH WORKOUT PLAN

*This workout is designed to help you with * building lean muscle * mass.*

Keep the set range to 12-20 sets (3-5 sets per exercise). Choose a weight that allows you to fail at 8-12 reps.

Rest between 20-60 seconds depending on your level of fitness and the level of intensity you want to achieve.

After each workout hit 15-30 minutes of cardio. Opt for interval training (2 minutes slow, 1 minute fast), as this will elicit the greatest hormonal response.

Monday	Tuesday
<ul style="list-style-type: none"> • Flat Barbell Bench Presses • Incline Dumbbell Bench Presses • Dumbbell Flys • Cable Crossovers • Pushups • Tricep Dips • Lying Tricep Press 	<ul style="list-style-type: none"> • Pull Ups • Barbell Deadlifts • Barbell Bent Over Rows • Wide Grip Lat Pull Downs • Seated Rows • EZ Bar Biceps Curls (wide/close grips) • Dumbbell Hammer Curls
Wednesday	Thursday
<ul style="list-style-type: none"> • Row Machine • Swimming • Step Mill 	<ul style="list-style-type: none"> • Standing Shoulder Military Presses • Dumbbell Lateral Raises • Dumbbell Rear Lateral Raises • Calf Raises on Leg Press • Leg Raises • Russian Twists • Planks
Friday	Saturday
<ul style="list-style-type: none"> • Squats • Leg Extensions • Hamstring Curls • Dumbbell Reverse Lunges • Single Leg Presses • Step Ups with Barbell • Glute Bridges 	<ul style="list-style-type: none"> • Treadmill Sprints • Cycling • Elliptical
Sunday	
Rest!	

