

ALLERGY CONTROL PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Hawthorn, standardized extract, 100 mg: 1-2 capsules, 2X daily
- Vitamin C, 250 mg: 1 capsule daily
- Quercetin, 500 mg: 1 capsule with meals, 2-3X daily
- Stinging Nettle Leaf, 500 mg: 2 capsules, 2X daily between meals
- Bromelain (Pineapple Enzyme), 500 mg: 1-3 tablets 4X daily between meals

BLOOD GROUP B

- Potassium Citrate, 99 mg: 1-2 capsules, 2X daily
- MSM, 500 mg: 1-2 capsules, 2X daily
- Magnesium, 650 mg: 1 capsule, 2X daily
- Pantothenic acid (vitamin B5), 500 mg: 2X daily
- Bromelain (Pineapple Enzyme), 500 mg: 1-3 tablets 4X daily between meals

BLOOD GROUP AB

- Frankincense, 400 mg (standardized to contain 37.5% boswellic acids): 2 capsules 2X daily
- Magnolia flower, 50 mg: 1-2 capsules, 2X daily
- Quercetin, 500 mg: 1 capsule with meals, 2-3 X daily
- Bromelain (Pineapple Enzyme), 500 mg: 1-3 tablets 4X daily between meals

BLOOD GROUP O

- Frankincense, 400 mg (standardized to contain 37.5% boswellic acids), 2 capsules 2X daily
- Yerba Mate' tea, 1-3 cups daily
- Stinging Nettle Leaf, 500 mg 1-2 capsules, 2X daily between meals
- Pantothenic acid, (vitamin B-5), 500 mg: 2X daily
- Bromelain (Pineapple Enzyme), 500 mg: 1-3 tablets 4X daily between meals

NON-SECRETORS: ADD

- Schisandra/Wu-Wei-Zi Berry, 450 mg: 1 capsule 2X daily
- Vitamin C, 250 mg: 1 capsule 1X daily

ANTIBIOTIC SUPPORT PROTOCOLS

BLOOD GROUP A

- Bromelain (pineapple enzyme), 500 mg: 1-2 capsules with each dose of antibiotic
- Echinacea/Purple Coneflower (Echinacea Purpurea) tincture: 15 drops, 2X daily
- Probiotic supplement, preferably ABO specific
- Larch Arabinogalactan (ARA6): 1 tbsp. daily
- Multivitamin, preferably ABO specific

BLOOD GROUP B

- Alpha Lipoic Acid, 100 mg: 2 capsules daily
- Baptisia Tinctoris (Homeopathic Remedy) 6c: 2-3 pellets, 2X daily
- Probiotic supplement, preferably ABO specific
- Larch Arabinogalactan (ARA6): 1 tbsp. daily
- Multivitamin, preferably ABO specific

BLOOD GROUP AB

- Bromelain (pineapple enzyme), 500 mg: 1-2 capsules with each dose of antibiotic
- Huang Lian (Rhizoma Coptidis), 200 mg: 1 capsule, daily *may cause diarrhea in large dosage (greater than 3 grams daily)
- Probiotic supplement, preferably ABO specific
- Larch Arabinogalactan (ARA6): 1 tbsp. daily
- Multivitamin, preferably ABO specific

BLOOD GROUP O

- Proteolytic Enzymes (pancreatin 4x): 1 capsule with each dose of antibiotic
- Bladderwrack (Fucus vesiculosus), 150 mg: 1 capsule, daily
- Probiotic supplement, preferably ABO specific
- Larch Arabinogalactan (ARA6): 1 tbsp. daily
- Multivitamin, preferably ABO specific

NON-SECRETORS ADD:

- Glutathione, 100 mg: 1 capsule, 2X daily
- Caprylic Acid, 250 mg: 1 capsule, with meals

ANTIBACTERIAL PROTOCOLS

Use this protocol for 3 weeks

BLOOD GROUP A

- Oregon Grape, 250-500 mg: 1-2 capsules, 2X daily
- Old Man's Beard tincture: 7-10 drops in warm water before meals
- Baptisia tinctorialis (Homeopathic Remedy) 6c-30c: 3-5 pellets, daily between meals
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Larch "ARA6", 1 Tbsp., 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

BLOOD GROUP B

- Coriolus Versicolor mushroom, 300 mg: 1-2 capsules daily
- Schisandra/Wu-Wei-Zi, 250-500 mg: 1-2 capsules, daily
- Siberian Ginseng, 500 mg: 1-2 capsules, daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Larch "ARA6", 1 Tbsp., 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

BLOOD GROUP AB

- Astragalus, 500 mg: 1-2 capsules, 2X daily
- Ligustrum, 250-500 mg: 1-2 capsules, 2X daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Larch "ARA6", 1 Tbsp., 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

BLOOD GROUP O

- Astragalus, 500 mg: 1-2 capsules, 2X daily
- Kutki, 400 mg: 1-2 capsules daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Larch "ARA6", 1 Tbsp., 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

NON-SECRETORS: ADD

- Vitamin A, 10,000 IU: 1 capsule, daily
- Zinc, 15 mg: daily

ANTI-INFLAMMATION PROTOCOLS

Use this protocol for 4-8 weeks

BLOOD GROUP A

- Kava Kava (Standardized extract 30% Kavalactones), 250 mg: 1 capsule, 2X daily
- Fish oil capsules (3 grams of EPA plus DHA): 1 capsule daily
- White Willow Bark 300 mg: (Standardized Extract 14% Salicin), 1 capsule, 1-2X daily
- Frankincense, 400 mg: (Standardized to contain 37.5% boswellic acids), 2 capsules, 2X daily
- Holy Basil Leaf Extract, 50 mg: 1-2 capsules, 2X daily
- Bromelain (Pineapple Enzyme), 500 mg: 1-3 tablets, 4X daily between meals, decrease dose as symptoms improve

BLOOD GROUP B

- MSM, 500 mg: 1-2 capsules, 2X daily
- Cat's Claw, 500 mg: 1-2 capsules, 2X daily
- OPC's (Oligomeric Proanthocyanidins), 100 mg: 1 capsule, daily
- Curcumin, 95% Curcuminoids, 300-500 mg: 1 capsule, 1-2X daily
- Jiaogulan, 60 mg, Gynostemma Whole Glucosides: 1-2 capsules, 2X daily
- Bromelain (Pineapple Enzyme), 500 mg: 1-3 tablets, 4X daily between meals, decrease dose as symptoms improve

BLOOD GROUP AB

- Frankincense, 400 mg (standardized to contain 37.5% boswellic acids), 2 capsules, 2X daily
- Curcumin, 95% Curcuminoids, 300-500 mg: 1 capsule, 1-2X daily
- Bilberry Extract, 25 mg Anthoeyanosides calculated as Anthocyanidins: 1-2 capsules 2X daily
- Jiaogulan, 60 mg, Gynostemma Whole Glucosides: 1-2 capsules, 2X daily
- Bromelain (Pineapple Enzyme), 500 mg: 1-3 tablets, 4X daily between meals, decrease dose as symptoms improve

BLOOD GROUP O

- Glucosamine Sulphate, 500 mg: 1-2 capsules between meals, 2X daily
- Joshua Tree, concentrated Yucca Saponins, 400-500 mg: 1-2 capsules 2X daily
- Ginger Root
- Cayenne Pepper, 300 mg: 1-2 capsules with meals
- Bromelain (Pineapple Enzyme), 500 mg: 1-3 tablets, 4X daily between meals, decrease dose as symptoms improve

NON-SECRETORS: ADD

- 5-HTP, 150 mg: 1 capsule, 2X daily
- Lectin-blocking formula (“Deflect”) specific for the ABO group: 2 capsules with meals

ANTISTRESS PROTOCOLS

Use this protocol for 8 weeks

BLOOD GROUP A

- Chamomile herbal tincture: 25 drops in warm water, 2-3x daily
- Spreading Hogweed, 250 mg: 1-2 capsules, 2X daily
- Brahmi, 200 mg: 1-2 capsules, 2X daily
- Yoga or Tai Chi: 25-30 minutes, 5X weekly
- Oat straw, 750 mg 1-2 capsules, 2X daily
- Holy Basil Leaf Extract, 50 mg: 1-2 capsules, 2X daily
- Calcium, 1000 mg (preferably from sea plants)
- Multivitamin (preferably blood group specific)

BLOOD GROUP B

- Cordyceps, 500 mg: 1-2 capsules, 2X daily
- GABA, 500 mg: 1 capsule, 2X daily
- Inositol, 500 mg: 1-2 capsules, 2X daily
- Schisandra/Wu-Wei-Zi herbal tincture: 15-25 drops, 2X daily
- Meditation, Visualization, Singing: 15 minutes daily
- Calcium, 1000 mg (preferably from sea plants)
- Multivitamin (preferably blood group specific)

BLOOD GROUP AB

- Cordyceps, 500 mg: 1-2 capsules, 2X daily
- Brahmi, 200 mg: 1-2 capsules, 2X daily
- Wild Hops freeze dried, 250 mg: 1-2 capsules, before bed
- Astragalus, 500 mg: 1-2 capsules, 2X daily
- Meditation, Visualization, Yoga, or Tai Chi: 15 minutes, 5 X weekly
- Calcium, 1000 mg (preferably from sea plants)
- Multivitamin (preferably blood group specific)

BLOOD GROUP O

- Russian Rhodiola, 250 mg: 1-2 capsules, 3X daily
- L-Tyrosine, 500 mg: 1 capsule, 2X daily * do not take if you are on a MAO inhibitor drug
- Valerian, 0.5% Essential Oils, 500 mg: 1-2 capsules, before bed
- Aerobics, swimming, cycling: 25 minutes, 4X weekly
- Calcium, 1000 mg (preferably from sea plants)
- Multivitamin (preferably blood group specific)

NON-SECRETORS: ADD

- Maitake Extract, 500 mg: 2-3 capsules, 2X daily
- 5-HTP, 150 mg: 1 capsule, 2X daily

ANTIVIRAL PROTOCOLS

Use this protocol for 2 weeks

BLOOD GROUP A

- Asian Ginseng (Panax Ginseng), 250 mg: 1-2 capsules, daily
- Linden tea: 1-3 cups, daily
- Fo-Ti, 250 mg: 1-2 capsules, daily
- Noni Fruit Extract, 250 mg: 1-2 capsules daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Larch Arabinogalactan "ARA6": 1 Tbsp. 2X daily in juice or water
- Elderberry Extract: 1-2 capsules, 2X daily

BLOOD GROUP B

- Coriolus Versicolor Mushroom, 300 mg: 1-2 capsules daily
- Siberian Ginseng, 500 mg: 1-2 capsules, daily
- Gokharu/Caltrop (Tribulus Terrestris) Fruit Extract (20% Furanosterols), 50 mg: 1-2 capsules, daily
- Chlorella, 200 mg: 1-2 capsules, daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Larch Arabinogalactan "ARA6": 1 Tbsp. 2X daily in juice or water
- Elderberry Extract: 1-2 capsules, 2X daily

BLOOD GROUP AB

- Linden tea: 1-3 cups, daily
- L-arginine, 500 mg: 1-2 capsules, daily
- Chlorella, 200 mg: 1-2 capsules, daily
- Siberian Ginseng, 500 mg: 1-2 capsules, daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Larch Arabinogalactan "ARA6": 1 Tbsp. 2X daily in juice or water
- Elderberry Extract: 1-2 capsules, 2X daily

BLOOD GROUP O

- Astragalus, 500 mg: 1-2 capsules, 2X daily
- Kutki, 400 mg: 1-2 capsules, daily
- L-glutamine, 500 mg: 1-2 capsules, daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Larch Arabinogalactan "ARA6": 1 Tbsp. 2X daily in juice or water
- Elderberry Extract: 1-2 capsules, 2X daily

NON-SECRETORS: ADD

- Vitamin A 10,000 IU: 1 capsule, daily

- Zinc, 15 mg: daily

ARTHRITIS PROTOCOLS

Use this protocol for 12 weeks

BLOOD GROUP A

- Chondroitin Sulfate, 600 mg: 2 capsules, daily, away from food
- Glucosamine Sulfate, 500 mg: 2-3 capsules, daily, away from food
- Betaine HCL, 250 mg: 1 capsule with large meals
- Fish oil capsules (3 grams of EPA plus DHA): 1capsule daily
- Vitamin C, 250 mg: 1 capsule 2X daily

BLOOD GROUP B

- Glucosamine Sulfate, 500 mg: 3-4 capsules daily away from food
- S-Adenosyl-Methionine (SAME), 400 mg: 1-2 capsules, daily
- * Do not take SAME if you have Parkinson's Disease
- Niacinamide (vitamin B-5), 50 mg: 2 capsules, daily
- Vitamin C, 250 mg: 1 capsule 2X daily

BLOOD GROUP AB

- Chondroitin Sulfate, 600 mg: 2 capsules daily away from food
- Niacinamide (vitamin B-5), 50 mg: 2 capsules, daily
- Vitamin C, 250 mg: 1 capsule 2X daily

BLOOD GROUP O

- N-acetyl Glucosamine, 250-500 mg: 3-4 capsules, daily away from food
- Frankincense (Boswellia Serrata), 500 mg: 1-2 capsules with meals
- L-Phenylalanine, 250 mg: 1-2 capsules between meals * Do not take if you have Phenylketonuria
- Rhus tox (homeopathic medicine), 6c-30c: 3-5 pellets, between meals, daily
- Vitamin C, 250 mg: 1 capsule 2X daily

NON-SECRETORS ADD:

- Lectin-blocking formula ("Deflect") specific for ABO group: 2 capsules with meals
- Boron, 1 mg: 1 capsule, daily

BLOOD -BUILDING PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Floradix “Liquid Iron and Herbs”: 1-2 teaspoons, daily
- Methylcobalamin (“active B-12”), 500 mcg: 2 capsules, daily away from food
- Folic Acid, 400 mcg: 1 tablet daily
- Betaine HCL, 250 mg: 1 capsule with large meals
- Noni Fruit Extract, 250 mg: 1-2 capsules daily
- Vitamin C, 250 mg: 1 capsule 2X daily

BLOOD GROUP B

- Iron Citrate, 50 mg: 1-2 capsules, 2X daily
- Liquid Chlorophyll: 1 Tbsp. daily
- Folic Acid, 400 mcg: 1 tablet daily
- Vitamin C, 250 mg: 1 capsule 2X daily

BLOOD GROUP AB

- Iron Citrate, 50 mg: 1-2 capsules, 2X daily
- Yellow Dock, 250 mg: 1-2 capsules daily
- Methylcobalamin (“active B-12”) 500 mcg: 2 capsules daily between meals
- Vitamin C, 250 mg: 1 capsule 2X daily

BLOOD GROUP O

- Liver extract, 500 mcg: 2 capsules, 2X daily away from food
- Copper Citrate, 3 mg: 1 capsule daily for 2-3 weeks
- Stinging Nettle leaves, 500 mg: 1 capsule 2X daily
- Pyridoxine (vitamin B-6), 50-200 mg daily
- Vitamin C, 250 mg: 1 capsule 2X daily

CANCER PREVENTION PROTOCOLS

Use this protocol for 4 weeks, discontinue for 4 weeks, and then restart

BLOOD GROUP A

- Quercetin, 500 mg: 1 capsule 2X daily
- Maitake Extract, 500 mg: 2-3 capsules, 2X daily
- Curcumin, 95% Curcuminoids, 300-500 mg: 1 capsule, 1-2X daily
- Tarragon, 100 mg daily
- Burdock Root tea: 1-3 cups daily
- Noni Fruit Extract, 250 mg: 1-2 capsules daily
- Escargot/Roman Snail, "Helix Plus": 1-2 capsules daily
- Co Enzyme Q10, 30 mg: 2 capsules daily
- Green tea: 1-3 cups, daily
- Larch Arabinogalactan "ARA6": 1 Tbsp. 2X daily in juice or water

BLOOD GROUP B

- Coriolus versicolor mushroom, 300 mg: 1-2 capsules daily
- Astragalus, 500 mg: 1-2 capsules 2X daily
- Selenium, 50 mcg: 1-2 capsules 2X daily
- Sweet Fennel, 250 mg: 1-2 capsules daily
- Co Enzyme Q10, 30 mg: 2 capsules daily
- Green tea: 1-3 cups, daily
- Larch Arabinogalactan "ARA6": 1 Tbsp. 2X daily in juice or water

BLOOD GROUP AB

- Quercetin, 500 mg: 1 capsule 2X daily
- Selenium, 50 mcg: 1-2 capsules 2X daily
- Curcumin, 95% Curcuminoids, 300-500 mg: 1 capsule 1-2X daily
- Sweet Basil, 100-250 mg: 1 capsule daily
- Roman Snail (Helix Pomatia), "Helix Plus": 1-2 capsules daily
- Co Enzyme Q10, 30 mg: 2 capsules daily
- Green tea: 1-3 cups, daily
- Larch Arabinogalactan "ARA6": 1 Tbsp. 2X daily in juice or water

BLOOD GROUP O

- Maitake Extract, 500 mg: 2-3 capsules 2X daily
- Astragalus, 500 mg: 1-2 capsules 2X daily
- Rosemary Extract 5:1 concentrate, 50 mg: 1 capsule daily

- Tarragon, 100 mg: daily
- Co Enzyme Q10, 30 mg: 2 capsules daily
- Green tea: 1-3 cups, daily
- Larch Arabinogalactan "ARA6": 1 Tbsp. 2X daily in juice or water

NON-SECRETORS ADD:

- Probiotic supplement, preferably ABO specific

CARDIOVASCULAR PROTOCOLS

Use this protocol for 4-8 weeks

BLOOD GROUP A

- Hawthorn standardized extract, 100 mg: 1-2 capsules 2X daily
- Ginger, 1.5% essential oils: 1-2 capsules 2X daily
- Pantethine, 500 mg: 1 capsule 2X daily
- Ginkgo Biloba, 24% standardized extract, 60 mg: 1-2 capsules daily * do not use if you have a blood clotting disorder
- Artichoke leaf, 500 mg: 2 capsules 2X daily * do not use if you have gall bladder disease
- Folic acid, 400 mg: 2 tablets daily
- Probiotic supplement, preferably ABO specific

BLOOD GROUP B

- OPC's (Oligomeric Proanthocyanidins), 100 mg: 1 capsule daily
- Alpha Lipoic Acid, 50 mg: 1 capsule daily
- Curcumin, 95% Curcuminoids, 300-500 mg: 1 capsule 1-2X daily
- Fenugreek, 500 mg, defatted seeds: 1-2 capsules 2X daily
- Folic acid, 400 mg: 2 tablets daily
- Probiotic supplement, preferably ABO specific

BLOOD GROUP AB

- Hawthorn, standardized extract, 100 mg: 1-2 capsules 2X daily
- OPC's (Oligomeric Proanthocyanidins), 100 mg: 1 capsule daily
- Standardized Chinese Garlic Extract, 400 mg: 1 capsule 2X daily
- Pantethine, 500 mg: 1 capsule 2X daily
- Folic acid, 400 mg: 2 tablets daily
- Probiotic supplement, preferably ABO specific

BLOOD GROUP O

- Arjuna Myrobalan, 2% Arjunolic acid, 250 mg: 2X daily
- Coleus, standardized extract, 125 mg: 1 capsule 2X daily
- L-Carnitine, 50 mg: 1-2 capsules, 2X daily
- Guggul Gum, standardized for 25 mg guggulsterones of types E and Z: 1 capsule 1-2X daily
- Artichoke leaf, 500 mg: 2 capsules 2X daily * do not use if you have gallbladder disease
- Folic acid, 400 mg: 2 tablets daily
- Probiotic supplement, preferably ABO specific

NON-SECRETORS ADD:

- Co Enzyme Q10, 30 mg: 1 capsule 2X daily with a fatty meal
- He-Shou-Wu, Fo-Ti, 250 mg: 1 capsule 2X daily
- N-acetyl Glucosamine, 250 mg: 1 capsule with meals 2-3X daily
- Dandelion, 250 mg: 1 capsule 2X daily

CHRONIC ILLNESS RECOVERY PROTOCOLS

Use this protocol for 6 weeks

BLOOD GROUP A

- Ashwaganda, 250 mg: 1 capsule 2X daily
- Pantothenic acid, 250 mg: 1-2 capsules 2X daily
- Potassium Citrate, 99 mg: 2X daily
- General multivitamin, preferably ABO specific
- Vitamin C, 250 mg: 1 capsule 2X daily

BLOOD GROUP B

- Phosphatidyl Choline, 1 gram: 2 capsules daily
- Siberian Ginseng, 250 mg: 1 capsule 2X daily
- Magnesium, 350 mg: 1 capsule 2X daily
- General multivitamin, preferably ABO specific
- Vitamin C, 250 mg: 1 capsule 2X daily

BLOOD GROUP AB

- L-arginine, 500 mg: 1-2 capsules daily
- Pantothenic acid, 250 mg: 1-2 capsules 2X daily
- Zinc, 25 mg; 1 capsule daily
- General multivitamin, preferably ABO specific
- Vitamin C, 250 mg: 1 capsule 2X daily

BLOOD GROUP O

- Gotu Kola leaf, 250 mg, standardized extract: 1 capsule, 2X daily * Do not use if you are pregnant
- L-Carnitine, 50 mg: 1-2 capsules 2X daily
- Sarsaparilla, standardized extract, 150 mg: 1 capsule 2X daily
- General multivitamin, preferably ABO specific
- Vitamin C, 250 mg: 1 capsule 2X daily

NON-SECRETORS ADD:

- Dandelion, 250 mg: 1 capsule 2X daily

COGNITIVE IMPROVEMENT PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Brahmi (Bacopa Monnieri), 200 mg: 1-2 capsules 2X daily
- OPC's (Oligomeric Proanthocyanidins), 100 mg: 1 capsule daily
- Methylcobalamin ("active B-12"), 400 mcg: 1 capsule before bed
- Spreading Hogweed (Boerhaavia diffusa), 250 mg: 1-2 capsules 2X daily
- Multivitamin supplement, preferably ABO specific

BLOOD GROUP B

- Siberian Ginseng, 250 mg: 1 capsule 2X daily
- Inositol, 500 mg: 1-2 capsules, 2X daily
- Gokharu/Caltrop (Tribulus Terrestris), 150 mg: 1 capsule daily
- Ginkgo Biloba, 24% standardized extract, 60 mg: 1-2 capsules daily * do not use if you have a blood clotting disorder
- Multivitamin supplement, preferably ABO specific

BLOOD GROUP AB

- Brahmi (Bacopa Monnieri), 200 mg: 1-2 capsules 2X daily
- Siberian Ginseng, 250 mg: 1 capsule 2X daily
- OPC's (Oligomeric Proanthocyanidins), 100 mg: 1 capsule daily
- Thiamine Hydrochloride (vitamin B-1) 50 mg: 1 capsule 2X daily
- Multivitamin supplement, preferably ABO specific

BLOOD GROUP O

- Russian Rhodiola (Rhodiola Rosea), 250 mg: 1-2 capsules 2X daily
- Thiamine Hydrochloride (vitamin B-1) 50 mg: 1 capsule 2X daily
- Amla/Indian Gooseberry (Phyllanthus Emblica), 250 mg: 1-2 capsules daily
- Folic Acid, 400 mcg: 2 tablets daily
- Multivitamin supplement, preferably ABO specific

DETOXIFICATION PROTOCOLS

Use this protocol for 1 week

BLOOD GROUP A

- Cleavers tea: 2-3 teaspoons of the herb in a cup of hot water, steep for 10 to 15 minutes. Drink 1-2 cups per day
- Dandelion, 250 mg: 1 capsule, 2X daily (MN blood group)
- Fig powder: 1 Tbsp. before bed with a large glass of water
- Dry Skin Brushing
- Probiotic supplement, preferably ABO specific
- Triphala, 650-1000 mg: 1 capsule, 2X daily

BLOOD GROUP B

- Thoroghwx/Bei-Chai-Hu (Bupleurum Chinense), 500 mg: 1 capsule 2X daily
- Flaxseeds, 1 Tbsp. added to 8 oz. of water, allow to soak overnight, drink in morning
- L-glutathione, 100 mg: 1capsule, 2X daily
- Epsom Salt Baths, Begin with ¼ cup in the hottest water you can stand. Gradually work up to 4 cups and soak up to as long as ½ hour
- Probiotic supplement, preferably ABO specific
- Triphala, 650-1000 mg: 1 capsule, 2X daily

BLOOD GROUP AB

- Burdock Root tea: 1-3 cups, daily
- Yarrow, 250 mg: 1-2 capsules daily
- Flaxseeds, 1 Tbsp. added to 8 oz. of water, allow to soak overnight, drink in the morning
- Dry Skin Brushing
- Probiotic supplement, preferably ABO specific
- Triphala, 650-1000 mg: 1 capsule, 2X daily

BLOOD GROUP O

- Bladder wrack, 100 mg: 1-2 capsules, with meals 2-3X daily
- Standardized Chinese Garlic Extract, 400 mg: 1 capsule, 2X daily
- Prune powder: 1 Tbsp. before bed with a large glass of water
- Saunas and steam treatments
- Probiotic supplement, preferably ABO specific
- Triphala, 650-1000 mg: 1 capsule, 2X daily

NON-SECRETORS ADD:

- Lectin-blocking formula (“Deflect”) specific for ABO group: 2 capsules with meals 2-3X daily

FATIGUE-FIGHTING PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Methylcobalamin (active B-12), 400 mcg: 1 capsule before bed
- Ashwaganda, 250 mg: 1 capsule 2X daily
- Nicotinamide Adenine Dinucleotide (NADH), 10-20 mg: 1 capsule in the morning
- Pantothenic Acid, 250 mg: 1-2 capsules, 2X daily
- Vitamin C, 250 mg: 1 capsule 2X daily
- General multivitamin, preferably ABO specific
- Probiotic supplement, preferably ABO specific

BLOOD GROUP B

- Siberian Ginseng, 250 mg: 1 capsule, 2X daily
- Magnesium, 350 mg: 2 capsules, 2X daily
- Melatonin, 3 mg: 1 capsule at bedtime
- Licorice tea, 1 cup 2X daily * Licorice can cause sodium and water retention. It should be used with a potassium supplement or in combination with a high-potassium diet
- General multivitamin, preferably ABO specific
- Probiotic supplement, preferably ABO specific

BLOOD GROUP AB

- Ginseng (Panax sp), 250 mg: 1 capsule, 2X daily
- Nicotinamide Adenine Dinucleotide (NADH): 10-20 mg in the morning
- Licorice tea, 1 cup 2X daily * Licorice can cause sodium and water retention. It should be used with a potassium supplement or in combination with a high-potassium diet
- Potassium 99 mg: 1 capsule, 2X daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- General multivitamin, preferably ABO specific
- Probiotic supplement, preferably ABO specific

BLOOD GROUP O

- Methylcobalamine (active B-12), 400 mcg: 1 capsule before bed
- Russian Rhodiola (Rhodiola Rosea), 250 mg: 1-2 capsules, 2X daily
- L-Tyrosine, 250 mg: 1 capsule, 2X daily
- Coleus, 150 mg: 1 capsule, 2X daily
- Sarsaparilla (Smilax sp) standardized extract, 150 mg: 1 capsule, 2X daily
- General multivitamin, preferably ABO specific

- Probiotic supplement, preferably ABO specific

NON-SECRETORS ADD:

- Co Enzyme Q10, 30 mg: 1 capsule, 2X daily with a fatty meal

FEMALE BALANCING PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Chamomile (Matricaria Chamomilla)
- Black Cohosh, standardized to 2.5% triterpene glycosides: 1-2 capsules, 2X daily * do not use if you have high blood pressure or heart disease
- Parsley leaf, 400 mg: 1-2 capsules, 2X daily
- Blessed Thistle tincture: 5-10 drops in warm water, 2X daily
- Black Currant seed oil capsules, 500 mg: 2-3 capsules daily
- Coriander extract, tincture: 7-10 drops, 2X daily
- Magnesium, 650 mg: 1 capsule, 2X daily (reduce if stools loosen)
- Hibiscus tea: 1-2 cups, daily

BLOOD GROUP B

- Chaste Berry (Vitex agnus-castus), 400 mg, standardized: 1 capsule, 2X daily
- Raspberry leaf tincture: 15-20 drops, 2X daily
- Motherwort tincture: 10-15 drops, daily
- Black Currant seed oil capsules, 500 mg: 2-3 capsules daily
- Coriander extract, tincture: 7-10 drops, 2X daily
- Magnesium, 650 mg: 1 capsule, 2X daily (reduce if stools loosen)
- Hibiscus tea: 1-2 cups, daily

BLOOD GROUP AB

- Dong Quai, 500 mg: 1 capsule, 2X daily
- Celery seed extract, 450 mg: 1 capsule, 2X daily
- Parsley leaf, 400 mg: 1-2 capsules, 2X daily
- Motherwort tincture: 10-15 drops in warm water, daily
- Coriander extract, tincture: 7-10 drops, 2X daily
- Magnesium, 650 mg: 1 capsule, 2X daily (reduce if stools loosen)
- Hibiscus tea: 1-2 cups, daily

BLOOD GROUP O

- Squaw Vine tincture: 10 drops in warm water, 2X daily
- Vitamin B-6 (pyridoxal 5 phosphate), 50 mg: 1-3 capsules daily
- Gotu Kola leaf, 250 mg standardized extract: 1 capsule, 2X daily * do not use if you are pregnant
- Bladderwrack, 200 mg: 1 capsule, 2X daily
- Blessed Thistle tincture: 5-10 drops in warm water, 2X daily

- Coriander extract, tincture: 7-10 drops, 2X daily
- Magnesium, 650 mg: 1 capsule, 2X daily (reduce if stools loosen)
- Hibiscus tea: 1-2 cups, daily

NON-SECRETORS ADD:

- Probiotic supplement, preferably ABO specific

IMMUNE-ENHANCING PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Zinc, 25 mg: 1 capsule daily
- Vitamin A, 10,00 IU, 1 capsule daily
- Astragalus, 500 mg: 1-2 capsules 2X daily
- Vitamin C, 250 mg, 1 capsule daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp. 2X daily in juice or water
- Probiotic supplement, preferably ABO specific
- Multivitamin supplement, preferably ABO specific

BLOOD GROUP B

- Maitake extract, 500 mg: 2-3 capsules, 2X daily
- Cordyceps, 500 mg: 1-2 capsules, 2X daily
- Job’s Tears, 250 mg: 1-2 capsules, 2X daily
- L-Arginine, 250 mg: 1-2 capsules, 2X daily
- Sage tincture: 7-15 drops, 2X daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp. 2X daily in juice or water
- Probiotic supplement, preferably ABO specific
- Multivitamin supplement, preferably ABO specific

BLOOD GROUP AB

- Zinc, 25 mg: 1 capsule daily
- Astragalus, 500 mg: 1-2 capsules, 2X daily
- Reishi mushroom, 500 mg: 1 capsule, 2X daily
- Vitamin C, 250 mg: 1 capsule, daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp. 2X daily in juice or water
- Probiotic supplement, preferably ABO specific
- Multivitamin supplement, preferably ABO specific

BLOOD GROUP O

- Woad Root, 400 mg or tea: 1 capsule, 2X daily (alternately, 1 cup tea, 2X daily)
- Reishi mushroom, 500 mg: 1 capsule, 2X daily
- Chuanxinlian (Andrographis paniculata), 350 mg: 1capsule 2-3X daily * do not use longer than 3 weeks
- Osha root, 250 mg: 1 capsule, 2X daily * Osha is an endangered species
- Larch Arabinogalactan “ARA6”: 1 Tbsp. 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

- Multivitamin supplement, preferably ABO specific

NON-SECRETORS ADD:

- Elderberry concentrate “Proberry”: 1 tsp., 2X daily
- Codonopsis, 400 mg: 1 capsule 2X daily

INTESTINAL HEALTH PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Quercetin, 500 mg: 1 capsule with meals
- Black Currant seed oil capsules, 500 mg: 2-3 capsules daily
- Aloe Vera, 200 mg: 1 capsule with meals
- Jerusalem Artichoke powder, 750 mg: 1 capsule 2X daily
- Chicory powder, 400 mg: 1 capsule, 2X daily
- Burdock Root tea: 1-3 cups daily
- Ghee (clarified butter) 1 tsp, 2X daily
- ABO specific Lectin blocking formula “Deflect”: 1 capsule with meals 2-3X daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp., 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

BLOOD GROUP B

- Magnesium, 350 mg: 1 capsule, 2X daily
- Rice-derived tocotrienols, 50 mg: 1 capsule, daily
- Elecampane, 500 mg: 1 capsule with meals
- Chlorophyll liquid: 1 tsp, 2X daily
- Ghee (clarified butter) 1 tsp, 2X daily
- ABO specific Lectin blocking formula “Deflect”: 1 capsule with meals 2-3X daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp., 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

BLOOD GROUP AB

- Bovine Colostrum’s, 500 mg: 1-2 capsules, 2X daily
- Dandelion, 300 mg: 2X daily
- Standardized Chinese Garlic Extract, 400 mg: 1 capsule 2X daily
- Quercetin, 500 mg: 1 capsule with meals
- Ghee (clarified butter) 1 tsp, 2X daily
- ABO specific Lectin blocking formula “Deflect”: 1 capsule with meals 2-3X daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp., 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

BLOOD GROUP O

- L-Glutamine, 200mg: 1-2 capsules, 2X daily
- Bovine Colostrum's, 500 mg: 1-2 capsules, 2X daily
- NAG (N-acetyl-glucosamine), 200 mg: 1 capsule 2X daily
- Chicory powder, 400 mg: 1 capsule 2X daily
- Ghee (clarified butter) 1 tsp, 2X daily
- ABO specific Lectin blocking formula "Deflect": 1 capsule with meals 2-3X daily
- Larch Arabinogalactan "ARA6": 1 Tbsp., 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

NON-SECRETORS ADD:

- Caprylic acid, 350 mg: 1-2 capsules, 2x daily, between meals

LIVER SUPPORT PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- False Daisy, 300 mg: 1-2 capsules daily
- Artichoke extract, 160 mg standardized to contain 13-18% caffeoylquinic acids calculated as chlorogenic acid: 1 capsule, 2X daily
- L-Glutathione, 500 mg: 1 capsule, 2X daily
- Alpha Lipoic acid, 100 mg: 1 capsule, 2X daily

BLOOD GROUP B

- Beet leaf and root, 100 mg: 2 capsules, 2X daily
- Licorice root tea: 1 cup, 1-2X daily * can cause sodium and water retention and should be used with a potassium supplement or with a high-potassium diet
- Potassium Citrate, 99 mg: 1 capsule daily
- Curcumin, 95% Curcuminoids, 300-500 mg: 1 capsule, 1-2X daily
- Fenugreek, 500 mg, defatted seeds: 1-2 capsules, 2X daily
- L-Glutathione, 500 mg: 1 capsule, 2X daily

BLOOD GROUP AB

- Beet leaf and root, 100 mg: 2 capsules, 2X daily
- Milk Thistle extract, 175 mg: 2-3 capsules, daily
- Alpha Lipoic acid, 100 mg: 1 capsule, 2X daily
- Curcumin, 95% Curcuminoids, 300-500 mg: 1 capsule, 1-2X daily
- Thoroghwa/Bei-Chai-Hu, 500 mg: 1 capsule, 2X daily
- L-Glutathione, 500 mg: 1 capsule, 2X daily

BLOOD GROUP O

- Milk Thistle extract, 175 mg: 2-3 capsules, daily
- Artichoke extract, 160 mg standardized to contain 13%-18% caffeoylquinic acids calculated as chlorogenic acid: 1-2 capsules, daily
- Phyllanthus, 500 mg: 1-2 capsules, daily
- L-Glutathione, 500 mg: 1 capsule, 2X daily

NON-SECRETORS ADD:

- Dandelion root, 200 mg: 1-2 capsules, 2X daily

MALE HEALTH PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Stinging Nettle root, "UDA Plus," 200 mg: 1-2 capsules, 2X daily
- Saw Palmetto extract, 50-100 mg of Saw Palmetto Berry extract, standardized to contain 85-95% fatty acids and sterols: 1-2 capsules, 2X daily
- False Unicorn Root tincture: 10-15 drops, 2X daily in warm water
- Pumpkin seeds, 1-3 handfuls, daily
- Zinc, 25 mg: 1 capsule, daily
- L-Alanine, 250 mg: 1 capsule, 2X daily
- L-Glycine, 250 mg: 1 capsule, 2X daily

BLOOD GROUP B

- Saw Palmetto extract, 50-100 mg of Saw Palmetto Berry extract, standardized to contain 85-95% fatty acids and sterols: 1-2 capsules, 2X daily
- L-Arginine, 250 mg: 1-2 capsules, 2X daily
- Peruvian Balsam bark, 50 mg: 1-2 capsules, daily
- Zinc, 25 mg: 1 capsule, daily
- L-Alanine, 250 mg: 1 capsule, 2X daily
- L-Glycine, 250 mg: 1 capsule, 2X daily

BLOOD GROUP AB

- Saw Palmetto extract, 50-100 mg of Saw Palmetto Berry extract, standardized to contain 85-95% fatty acids and sterols: 1-2 capsules, 2X daily
- L-Arginine, 250 mg: 1-2 capsules, 2X daily
- Lycopene extract, 3 mg: 1-2 capsules, daily
- Zinc, 25 mg: 1 capsule, daily
- L-Alanine, 250 mg: 1 capsule, 2X daily
- L-Glycine, 250 mg: 1 capsule, 2X daily

BLOOD GROUP O

- Stinging Nettle root, "UDA Plus," 200 mg: 1-2 capsules, 2X daily
- Pygeum extract, 50 mg: 1-2 capsules, daily
- False Daily, 100 mg: 1 capsule, 2X daily
- Man Vine tincture: 6-15 drops, 1-2X daily
- Pumpkin seeds, 1-3 handfuls, daily
- Zinc, 25 mg: 1 capsule, daily
- L-Alanine, 250 mg: 1 capsule, 2X daily

- L-Glycine, 250 mg: 1 capsule, 2X daily

MENOPAUSE SUPPORT PROTOCOLS

Use this protocol for 6 weeks

BLOOD GROUP A

- Black Cohosh, standardized to 2.5% triterpene glycosides: 1-2 capsules, 2X daily * do not use if you have high blood pressure or heart disease
- Squaw Vine tincture: 10 drops in warm water, 2X daily
- Soy isoflavones, 50 mg: 1 capsule daily
- Vitamin B-6 (Pyridoxine), 50 mg: daily
- Chamomile tea, 1-3 cups, daily
- Calcium, 1000 mg (preferably from sea plants, such as “Phytocal”)
- Vitamin D, 400 IU: daily (800 IU daily for non-secretors)
- General multivitamin, preferably ABO specific

BLOOD GROUP B

- Motherwort tincture: 10-15 drops in warm water, 2X daily
- Magnesium, 350 mg: 2 capsules 2X daily
- Methylcobalamine (“active B-12”), 400 mcg: 1 capsule before bed
- Dong Quai (Angelica Sinensis), 250 mg: 1-2 capsules, daily
- Calcium, 1000 mg (preferably from sea plants, such as “Phytocal”)
- Vitamin D, 400 IU: daily (800 IU daily for non-secretors)
- General multivitamin, preferably ABO specific

BLOOD GROUP AB

- Black Cohosh, standardized to 2.5% triterpene glycosides: 1-2 capsules, 2X daily * do not use if you have high blood pressure or heart disease
- Vitamin B-6 (pyridoxine), 50 mg: daily
- Methylcobalamine (“active B-12”), 400 mcg: 1 capsule before bed
- Sage tea: 1-2 cups, daily
- Calcium, 1000 mg (preferably from sea plants, such as “Phytocal”)
- Vitamin D, 400 IU: daily (800 IU daily for non-secretors)
- General multivitamin, preferably ABO specific

BLOOD GROUP O

- Chaste Berry (Vitex agnus-castus), 400 mg standardized: 1 capsule, 2X daily
- Horsetail, 500 mg: 1 capsule, 2X daily
- Manganese, 10 mg: 1 capsule, daily
- Vervain tea: 1-2 cups, daily
- Calcium, 1000 mg (preferably from sea plants, such as “Phytocal”)

- Vitamin D, 400 IU: daily (800 IU daily for non-secretors)
- General multivitamin, preferably ABO specific

NON-SECRETORS ADD:

- Vitamin A 10,000 IU: 1 capsule, daily
- Boron, 1 mg: 1 capsule, daily

METABOLIC ENHANCEMENT PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Gotu Kola, 100 mg: 1-2 capsules, 2X daily * do not use if you are pregnant
- Triphala, 500 mg: 1 capsule, 2X daily
- L-Tyrosine, 250 mg: 1-2 capsules, 2X daily
- Lectin-blocking formula ("Deflect") specific for ABO group: 2 capsules with meals
- Green tea: 1-3 cups, daily

BLOOD GROUP B

- Watermelon seed, 300 mg: 1-2 capsules, 2X daily
- Ginger root, 500 mg: 1-2 capsules with meals
- Fenugreek, 500 mg, defatted seeds: 1-2 capsules, 2X daily
- Lectin-blocking formula ("Deflect") specific for ABO group: 2 capsules with meals
- Green tea: 1-3 cups, daily

BLOOD GROUP AB

- L-Cysteine, 500 mg: 1 capsule, 2X daily
- Triphala, 500 mg: 1 capsule, 2X daily
- Lectin-blocking formula ("Deflect") specific for ABO group: 2 capsules with meals
- Green tea: 1-3 cups, daily

BLOOD GROUP O

- Bladderwrack, 200 mg: 1 capsule, 2X daily
- Dandelion, 250 mg: 1 capsule, 2X daily
- Guggul Gum, standardized for 25 mg guggulsterones of types E & Z: 1 capsule, 1-2X daily
- Lectin-blocking formula ("Deflect") specific for ABO group: 2 capsules with meals
- Green tea: 1-3 cups, daily

NERVE HEALTH PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Methylcobalamine (“ active B-12”), 400 mcg: 1 capsule before bed
- Choline bitartrate, 500 mg: 1-2 capsules, daily
- DHA, 100 mg: 1 capsule, 2X daily
- Vinpocetin, 25 mg: 1 capsule, 2X daily
- Wild Oat extract, 250 mg: 1-2 capsules daily

BLOOD GROUP B

- NADH (Nicotinamide adenine dinucleotide), 50 mg: 1 tablet, 2X daily
- DHA, 100 mg: 1 capsule, 2X daily
- Inositol, 250 mg: 1-2 capsules, daily
- Blessed Thistle, 250 mg: 1-2 capsules, daily
- Wild Oat extract, 250 mg: 1-2 capsules daily

BLOOD GROUP AB

- DHA, 100 mg: 1 capsule, 2X daily
- Choline Bitartrate, 500 mg: 1-2 capsules, daily
- Vinpocetin, 25 mg: 1 capsule, 2X daily
- L-glutamine, 250 mg: 1 capsule, 2X daily
- Wild Oat extract, 250 mg: 1-2 capsules daily

BLOOD GROUP O

- Methylcobalamine (“active B-12”), 400 mcg: 1 capsule before bed
- Blessed Thistle, 250 mg: 1-2 capsules, daily
- NADH (Nicotinamide adenine dinucleotide), 50 mg: 1 tablet, 2X daily
- Phosphatidylserine, 100 mg: 2 capsules daily
- Wild Oat extract, 250 mg: 1-2 capsules daily

PULMONARY SUPPORT PROTOCOLS

Use this protocol for 6 weeks

BLOOD GROUP A

- Quercetin, 500 mg: 1 capsule with meals
- Horseradish, fresh: ½ to 1 tsp, 2X daily
- Gokharu/Caltrop (Tribulus Terrestris), 150 mg: 1 capsule, daily
- MSM (Methylsulfonylmethane), 500 mg: 1-2 capsules, 2X daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp., 2X daily in juice or water
- Zinc, 15 mg: daily
- Vitamin C, 250 mg: 1 capsule, 2X daily

BLOOD GROUP B

- N-acetyl-cysteine, 500 mg: 1 capsule, 2X daily
- Thyme tincture: 5-10 drops, 2X daily
- Ginger, 1.5% essential oils: 1-2 capsules, 2X daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp., 2X daily in juice or water
- Zinc, 15 mg: daily
- Vitamin C, 250 mg: 1 capsule, 2X daily

BLOOD GROUP AB

- Quercetin, 500 mg: 1 capsule with meals 2-3X daily
- Ginger, 1.5% essential oils: 1-2 capsules, 2X daily
- Horehound tincture: 7-10 drops, daily
- MSM (Methylsulfonylmethane), 500 mg: 1-2 capsules, 2X daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp., 2X daily in juice or water
- Zinc, 15 mg: daily
- Vitamin C, 250 mg: 1 capsule, 2X daily

BLOOD GROUP O

- N-acetyl-cysteine, 500 mg: 1 capsule, 2X daily
- Noni Fruit extract, 250 mg: 1-2 capsules daily
- Mullein tea: 1-2 cups daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp., 2X daily in juice or water
- Zinc, 15 mg: daily
- Vitamin C, 250 mg: 1 capsule, 2X daily

NON-SECRETORS ADD:

- Vitamin A, 10,000 IU: 1 capsule daily
- Co Enzyme Q10: 3 mg, 2X daily with meals, 1-2X daily

SINUS HEALTH PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Stone Root, 200 mg: 1-2 capsules, 2X daily
- Stinging Nettle leaf, 500 mg: 1-2 capsules, 2X daily between meals
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Neti Pots the natural way to keep you sinus passages clear and healthy
- Yerba Santa tincture: 10-15 drops, 2X daily in warm water
- Anise essential oil: added to a nebulizer or vaporizer

BLOOD GROUP B

- Magnolia Flower, 50 mg: 1-2 capsules, 2X daily
- Wild Indigo tincture: 3-7 drops, 2X daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Neti Pots the natural way to keep you sinus passages clear and healthy
- Yerba Santa tincture: 10-15 drops, 2X daily in warm water
- Anise essential oil: added to a nebulizer or vaporizer

BLOOD GROUP AB

- Stone Root, 200 mg: 1-2 capsules, 2X daily
- Stinging Nettle leaf, 500 mg: 1-2 capsules, 2X daily between meals
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Neti Pots the natural way to keep you sinus passages clear and healthy
- Yerba Santa tincture: 10-15 drops, 2X daily in warm water
- Anise essential oil: added to a nebulizer or vaporizer

BLOOD GROUP O

- Stinging Nettle leaf, 500 mg: 1-2 capsules, 2X daily between meals
- MSM (Methylsulfonylmethane), 500 mg: 1-2 capsules, 2X daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Neti Pots the natural way to keep you sinus passages clear and healthy
- Yerba Santa tincture: 10-15 drops, 2X daily in warm water
- Anise essential oil: added to a nebulizer or vaporizer

NON-SECRETORS ADD:

- Vitamin A, 10,000 IU: 1 capsule, daily

- Elderberry concentrate, “Proberry”: 1 tsp, 2X daily

SKIN HEALTH PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Pantethine, 500 mg: 1 capsule, 2X daily
- Burdock Root tea: 1-3 cups, daily
- Vitamin A, 10,000 IU: 1 capsule, daily
- Holy Basil leaf extract, 50 mg: 1-2 capsules, 2X daily
- Topical treatment with Witch-hazel as needed
- Topical treatment with Marigold juice (*Calendula officinales*) as needed
- Zinc, 15 mg: 1 capsule, 2X daily
- Niacinamide crème (4%): apply topically, 2X daily

BLOOD GROUP B

- OPCs (Oligomeric Proanthocyanidins), 100 mg: 1 capsule daily
- Pantothenic acid (Vitamin B-5), 500 mg: 2X daily
- Sarsaparilla, 250 mg: 1-2 capsules daily
- Topical treatment with Witch-hazel as needed
- Topical treatment with Marigold juice (*Calendula officinales*) as needed
- Zinc, 15 mg: 1 capsule, 2X daily
- Niacinamide crème (4%): apply topically, 2X daily

BLOOD GROUP AB

- OPCs (Oligomeric Proanthocyanidins), 100 mg: 1 capsule daily
- Vitamin A, 10,000 IU: 1 capsule, daily
- Red Clover tincture: 5 drops, 1-2X daily
- Topical treatment with Witch-hazel as needed
- Topical treatment with Marigold juice (*Calendula officinales*) as needed
- Zinc, 15 mg: 1 capsule, 2X daily
- Niacinamide crème (4%): apply topically, 2X daily

BLOOD GROUP O

- Pantothenic acid (vitamin B-5), 500 mg: 2X daily
- Vitamin A, 10,000 IU: 1 capsule, daily
- Biotin, 2 mg: 2 capsules, daily
- Topical treatment with Witch-hazel as needed
- Topical treatment with Marigold juice (*Calendula officinales*) as needed
- Zinc, 15 mg: 1 capsule, 2X daily
- Niacinamide crème (4%): apply topically, 2X daily

NON-SECRETORS ADD:

- Probiotic supplement, preferably ABO specific
- Tea Tree oil lotion (5%): apply topically, 2X daily

STOMACH HEALTH PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Old Man's Beard (Usnea barbata) tincture: 7-10 drops in warm water before meals
- Gentian tincture: 5 drops in warm water before meals
- Natrum Carbonicum 6c (homeopathic cell salt): 2-3 tablets between meals
- Ginger Root, 200 mg: 1 capsule before meals

BLOOD GROUP B

- Marshmallow, 250 mg: 1 capsule with meals 1-2X daily
- Cabbage powder, 400 mg: 1 capsule with meals, 1-2X daily
- Fenugreek, 500 mg defatted seeds: 1 capsule, 2X daily
- L-Glycine, 250 mg: 1 capsule 2X daily
- Ginger Root, 200 mg: 1 capsule before meals

BLOOD GROUP AB

- Slippery Elm, 250 mg: 1 capsule, 2X daily
- Parsley leaf, 400 mg: 1-2 capsules, 2X daily
- DGL Licorice, 150 mg: capsules or chewable tablets: 1 before meals * DGL licorice has no side effects
- Ginger Root, 200 mg: 1 capsule before meals

BLOOD GROUP O

- Bladderwrack, 100 mg: 1-2 capsules with meals, 2-3X daily
- DGL Licorice, 150 mg capsules or chewable tablets: 1 before meals * DGL licorice has no side effects
- American Cranesbill (Geranium maculatum), 250 mg: 1 capsule with meals, 1-2X daily
- L-Glycine, 250 mg: 1 capsule, 2X daily
- Ginger Root, 200 mg: 1 capsule before meals

NON-SECRETORS ADD:

- ABO specific Lectin-blocking formula ("Deflect"): 1 capsule with meals, 2-3X daily
- Probiotic supplement, preferably ABO specific

URINARY TRACT HEALTH PROTOCOLS

Use this protocol for 4 weeks

BLOOD GROUP A

- Cranberry capsules, 500 mg: 1-2 capsules, 2X daily
- Bearberry (Arctostaphylos uva-ursi), 150-250 mg: 1-2 capsules, 2X daily
- Corn Silk, 150 mg: 1 capsule, daily
- Old Man's Beard (Usnea barbata) tincture: 7-10 drops in warm water before meals
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Probiotic supplement, preferably ABO specific

BLOOD GROUP B

- Cranberry capsules, 500 mg: 1-2 capsules, 2X daily
- Buchu herb concentrate, 250 mg: 1-2 capsules, 2X daily
- Bearberry (Arctostaphylos uva-ursi), 150-250 mg: 1-2 capsules, 2X daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Probiotic supplement, preferably ABO specific

BLOOD GROUP AB

- Cranberry capsules, 500 mg: 1-2 capsules, 2X daily
- Chickweed tea: 1-2 cups, daily
- Parsley leaf, 400 mg: 1-2 capsules, 2X daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Probiotic supplement, preferably ABO specific

BLOOD GROUP O

- Bromelain (Pineapple enzyme), 500 mg: 1-2 capsules, 2X daily
- Bearberry (Arctostaphylos uva-ursi), 150-250 mg: 1-2 capsules, 2X daily
- Horsetail, 500 mg: 1 capsule, 2X daily
- Vitamin C, 250 mg: 1 capsule, 2X daily
- Probiotic supplement, preferably ABO specific

NON-SECRETORS ADD:

- Vitamin A, 10,000 IU: 1 capsule, daily
- ABO specific Lectin-blocking formula ("Deflect"): 1 capsule with meals 2-3X daily

YEAST/FUNGUS RESISTANCE PROTOCOLS

Use this protocol for 6 weeks

BLOOD GROUP A

- Stinging Nettle root, “UDA Plus”: 1-2 capsules, 2X daily
- Elecampane, 500 mg: 1 capsule with meals 1-2X daily
- Caprylic acid, 350 mg: 1-2 capsules, 2X daily between meals
- Betaine HCL, 250 mg: 1 capsule with large meals
- Oregon Grape, 250-500 mg: 1-2 capsules, 2X daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp. 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

BLOOD GROUP B

- Oregano tincture: 4-7 drops, 2X daily
- Thyme tincture: 5-10 drops, 2X daily
- Coriander seeds tincture: 2-3 drops, 2X daily
- Rosemary (Rosmarinus officinales)
- Olive oil: 1 Tbsp. 2X daily between meals
- Larch Arabinogalactan “ARA6”: 1 Tbsp. 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

BLOOD GROUP AB

- Thyme tincture: 5-10 drops, 2X daily
- Elecampane, 500 mg: 1 capsule with meals 1-2X daily
- Slippery Elm, 400 mg: 2-3 capsules with meals 1-2X daily
- Olive oil: 1 Tbsp. 2X daily between meals
- Betaine HCL, 250 mg: 1 capsule with large meals
- Larch Arabinogalactan “ARA6”: 1 Tbsp. 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

BLOOD GROUP O

- Caprylic acid, 350 mg: 1-2 capsules, 2X daily between meals
- Clove fruit, 50 mg: 1 capsule, daily
- Standardized Chinese Garlic Extract, 400 mg: 1 capsule, 2X daily
- Stinging Nettle root, “UDA Plus”: 1-2 capsules, 2X daily
- Bladderwrack, “Fucus Plus”: 1 capsule with meals, 2-3X daily
- Larch Arabinogalactan “ARA6”: 1 Tbsp. 2X daily in juice or water
- Probiotic supplement, preferably ABO specific

NON-SECRETOR ADD:

- Zinc, 15 mg: daily