

THE NOMAD

- Balanced
- Strong Immune system
- Tolerant digestive system
- Most flexible dietary choices
- Responds best to stress with creativity
- Requires a balance between physical and mental activity to stay lean and sharp

FOODS THAT ENCOURAGE WEIGHT GAIN

- Corn inhibits insulin efficiency; hampers metabolic rate; causes hypoglycaemia
- Lentils inhibits nutrient uptake; hampers metabolic rate; causes hypoglycaemia
- Peanuts hampers metabolic rate; causes hypoglycaemia; inhibit liver function
- Sesame seeds hampers metabolic rate; causes hypoglycaemia
- Wheat slows the digestive and metabolic processes; causes food to be stored as fat, not burned as energy; impairs insulin efficiency;

FOODS THAT ENCOURAGE WEIGHT LOSS

- Green vegetables Aids efficient metabolism
- Meat Aids efficient metabolism
- Eggs/ low fat dairy Aids efficient metabolism
- Liver Aids efficient metabolism
- Licorice tea Counters hypoglycaemia

EXTRAS

- Must fine tune an already balanced diet, improve insulin efficiency, strengthen viral immunity, improve brain clarity and focus
- Fortunately the diet is rich in Vitamin A, B, C, E, Calcium and Iron
- Magnesium supplementation helps B's metabolize Carbohydrate more efficiently
- Licorice can be useful to help hypoglycemia symptoms
- Digestive enzymes may be taken with meal if you are not used to proteins
- Adaptogenic herbs like Siberian ginseng and Ginkgo may be helpful to increase concentration and memory retention
- Lecithin helps with immune function
- You do best with aerobic exercises that involve others, like group hiking, cycling or other less aggressive martial arts, tennis and aerobics classes are good
- 3 days a week or more physical intense activity & 2 days of relaxation exercises work best

FOOD TABLES FOR TYPE B

BENEFICIAL BENEFICIAL NEUTRAL NEUTRAL AVOID AVOID

Lamb Mutton	Rabbit Venison	Beef Beef, ground Buffalo Liver	Pheasant Turkey Veal	Bacon Chicken Cornish hens Duck Goose	Ham Heart Partridge Pork Quail
Cod Flounder Grouper Haddock Hake Halibut Mackerel Monkfish Ocean Perch	Pickeral Pike Porgy Salmon Sardine Sea trout Sole Sturgeon	Abalone Albacore tuna Bluefish Carp Catfish Herring Rainbow trout Red snapper Snailfish scallop	Shark Silver perch Snapper Squid Swordfish Tilefish White perch Yellow perch	Anchovy Barracuda Beluga Clam Crab Crayfish Eel Lobster lox	Mussels Octopus Oysters Sea bass Shrimp Snail Striped bass Yellow tail
Cottage cheese Farmers cheese Feta Goat cheese Goat mlk kefir	Mozzarella Ricotta Skim Yogurt Yogurt with fruit Yogurt, frozen	Brie Butter Buttermilk Camembert Casein Cheddar Colby Cream cheese Edam Gouda gruyere	Jarlsberg Monteray jack Munster Parmesan Provolone Sherbet Soy cheese Soy milk Swiss Whey Whole milk	American Blue cheese	Ice cream Gouda
Olive oil		Cod liver Oil	Flaxseed oil	Corn oil Canola oil Cottonseed oil Peanut oil	Safflower Oil Sesame oil Sunflower oil
		Almonds Almond butter Brazil nuts Chestnuts	Litchi Macadamia Pecans walnuts	Cashews Filberts Pine Pistacchio Peanut butter	Poppy seeds Sesame butter Sesame seeds Sunflower seeds Sunflower butter
Kidney beans Lima beans	Navy beans Red soy beans	Broad beans Canneloni beans Copper beans Fava beans Green beans Northern	Snap beans String beans Tamarind beans White beans Green peas Pea pods	Aduki beans Black beans Garbanzo beans Pinto beans	Lentils- all types Black eyed beans

		beans Red beans			
Millet Oatbran oatmeal	Rice, puffed Rice bran spelt	Cream of rice Farina	Granola Grape nuts	Amaranth Barley Buckwheat Cornflakes Cornmeal Cream of wheat kamut	Kasha Rye Seven grain Shredded wheat Wheta bran Wheta germ
Essene bread	Ezekiel bread	Gluten free bread Oat bran muffins	Spelt bread Soy flour bread	Bagels, wheat Corn muffins Durum wheat Multigrain bread 100% Rye bread	Ryvita Rye crisp White bread Wheat bran muffin
Oat flour	Rice flour	Graham Spelt flour White flour Semolina pasta Spinach pasta	Quinoa Basmati rice Brown rice White rice	Buckwheat Cous cous Barley flour Bulgar flour Durum wheat flour Gluten flour	Rye flour Wh. Wheat flour Soba noodles Wild rice
Beets Beet leaves Cabbage, Chinese Cabbage,- all Carrots Cauliflower Collard greens Eggplant Kale Lima beans	Mushroom, shitake Mustard greens Parsley Parsnips Peppers-all Potatoes, sweet Sprouts, brussel Yams, all types	Arugula Asparagus Bamboo shoots Bok choy Celery Chervil Chicory Cucumber Dandelion Dill endive fennel Garlic Ginger Horseradish Leek Lettuce Mushroom ,domestic	Okra Onions, all Potatoes, red & white Raddichio Scallion Seaweed Snow peas Spinach Sprouts, alfalfa Squash, all types Swiss chard Turnips Water chestnuts Watercress zucchini	Artichoke Avocado Corn, white Olives- all	Pumpkin Radishes Sprouts, mung & radish Tempeh tofu
Bananas Cranberries Grapes, all	Papaya Pineapple Plums, dark Plums, green Plums, red	Apples Apricots Blackberries Blueberries Boysenberries Cherries Currants, black & red Dates Elderberries Figs, dried	Limes Loganberries Mangoes Melons-all Nectarines Oranges Peaches Pears Plantains Prunes Raisons	Coconut Pomegranates.	Prickly pear Rhubarb starfruit

		Grapefruit Guava kiwi	Raspberries Strawberries tangerines		
Cabbage Cranberry Grape JUICES	Papaya Pineapple	Apple Apricot Carrot Celery Cucumber grapefruit	Orange Prune Vegetable juicing	tomato	
Cayenne Curry ginger	Horseradish parsley	Agar Anise Arrowroot Basil Bay leaf Bergamont Brown rice syrup Capers Cardamom Carob Chervil Chives Chocolate Clove Coriander Cumin Dill Garlic Honey Kelp Marjoram Miso molasses	Mustard Nutmeg Paprika Peppercorn Pepper, red flake Peppermint Rice syrup Rosemary Saffron Sage Salt Soy sauce Spearmint Sugar Tarragon Thyme Turmeric Vanilla Vinegar-all wintergreen	Allspice Almond extract Barley malt Cinnamon cornstarch	Corn syrup Gelatin, plain Pepper, black Pepper, white tapioca
		Apple butter Jam & jelly (from acceptable fruits) Mayonnaise Mustard Pickles, dill	Pickles, sour Pickles, sweet Relish Salad dressing Worcestershire sauce	ketchup	
Green tea		Beer Coffee, decaf Coffee, regular Tea, black decaf	Tea, black reg. Wine, red Wine, white	Liquor, distilled Seltzer water Soda club	Soda, cola