The Mysteries of Your Blood Type

Everyone has one of four blood types: A, B, AB, or O.

Fascinatingly, your blood type can determine what diseases you are more likely to get in your life—let’s explore!

What’s the Rheumatoid Factor?

We say that a person’s blood type is either positive or negative, but what does that mean? This is referring to the rheumatoid, or Rh factor, which is a tiny group that is present in the blood cells of people with positive blood. The two types do not play nicely together. If a person gets blood from a donor with a different Rh status, their body will mount an immune attack against the donated blood.

What’s Your Type?

It has been scientifically proven that certain blood types are more likely to get certain diseases but are protected against others.

Find your blood type and learn about it!

Though there are some differences between the non-O blood types, they are all more likely to get cancers and blood clots. These blood clots can lead to heart attacks and cardiovascular disease.

These blood types are protective against stomach infections from the bacteria Helicobacter pylori.

This infection can lead to stomach ulcers, bleeds and even stomach cancer.

AB blood type is determined by small markers on the surface of the red blood cells called antigens. These are determined based on your genetics.

Based on an original article by Alexandra Maurer in BU Well Volume 1
http://digitalcommons.butler.edu/buwell/

Dr. O’Adamo’s Eat Right 4 Your Blood Type diet focuses a lot on a substance called lectin. He suggests that eating that makes your blood “hypercoaguable” or sticky. Lectin is found in food like grains and beans. This diet suggests that people with Type O blood avoid lectin-containing foods, but that people with other blood types can process these foods more easily.