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Wholistic Dermatology™  
*Treating the body as a whole*



## MOST Damaging Foods to Avoid for Your Blood Type

### Type O

Wheat  
Corn  
Kidney beans  
Navy beans  
Lentils  
Peanuts  
Potatoes

### Type A

Kidney beans  
Lima beans  
Potatoes  
Cabbage  
Eggplant  
Bananas  
Tomatoes

### Type B

Chicken  
Corn  
Buckwheat  
Lentils  
Peanuts  
Sesame seeds  
Tomatoes

### Type AB

Chicken  
Certain whitefish  
Corn  
Buckwheat  
Lima Beans  
Kidney beans  
Sesame seeds

Get the book **Live Right for Your Blood type** and read your blood type chapter (takes 30 min.)  
available in every language.

Get the App - **Blood Type Diet (Eat Right for Your Blood Type)**.

Follow religiously for 6 weeks and notice how you feel (skin, sleep, digestion, emotions, joints etc.)