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Blood Type O
Diet
 in a
NutShell

BloodtypeOliving.com

Green, Yellow and Red Light Foods				
Food	Calories	Protein	Carbohydrate	Fat
Almonds (1/2 cup)	160	6g	13g	14g
Apples (1 medium)	95	0.5g	25g	0.5g
Asparagus (1/2 cup)	20	2g	4g	0.2g
Avocado (1/2 cup)	160	2g	1g	15g
Bananas (1 medium)	105	1g	27g	0.5g
Broccoli (1/2 cup)	30	2g	6g	0.3g
Butter (1/2 cup)	1000	0g	0g	20g
Carrots (1/2 cup)	35	0.5g	7g	0.2g
Cauliflower (1/2 cup)	25	1g	5g	0.2g
Cheese (1/2 cup)	100	10g	1g	9g
Chicken (1/2 cup)	100	15g	0g	5g
Corn (1/2 cup)	100	3g	20g	2g
Cottage cheese (1/2 cup)	100	10g	1g	5g
Cucumber (1/2 cup)	20	0.5g	4g	0.1g
Eggs (1/2 cup)	100	10g	0g	5g
Fish (1/2 cup)	100	15g	0g	5g
Flour (1/2 cup)	100	3g	20g	2g
Fruit (1/2 cup)	100	0.5g	25g	0.5g
Grains (1/2 cup)	100	3g	20g	2g
Greens (1/2 cup)	20	2g	4g	0.2g
Herbs (1/2 cup)	20	0.5g	1g	0.1g
Legumes (1/2 cup)	100	10g	1g	5g
Nuts (1/2 cup)	160	6g	13g	14g
Oil (1/2 cup)	1000	0g	0g	20g
Pasta (1/2 cup)	100	3g	20g	2g
Peanut butter (1/2 cup)	1000	0g	0g	20g
Potatoes (1/2 cup)	100	3g	20g	2g
Protein (1/2 cup)	100	15g	0g	5g
Rice (1/2 cup)	100	3g	20g	2g
Salmon (1/2 cup)	100	15g	0g	5g
Soy (1/2 cup)	100	10g	1g	5g
Sugar (1/2 cup)	100	0g	20g	0g
Tomatoes (1/2 cup)	20	0.5g	4g	0.1g
Vegetables (1/2 cup)	20	2g	4g	0.2g
Wheat (1/2 cup)	100	3g	20g	2g
Yogurt (1/2 cup)	100	10g	1g	5g

Alkaline Foods		Neutral / Moderately Acidic Foods		Very Acidic Foods	
Vegetables	Summer squash	Vegetables	Oils & Fats	NOTE: ALL processed, pre-packaged, preserved, long-shelf life, refined, microwavable, takeaway, fast, dried, tinned, meat, dairy & frozen foods are ACIDIC – such as cakes, chips, burgers, tinned soup, granola bars, chocolate bars, pasta, ice cream & bread	
Artichokes	Sweet Potatoes	Artichoke	Sunflower Oil		
Asparagus (tips)	Swiss chard	Asparagus	Grasses & Sprouts All sprouts alkaline	Vegetables Pickled, Frozen & Canned Vegetables	
Bamboo Shoots	Tomatoes	Black Olives			
Broccoli	Turnips	Cauliflower	Fruits Acai Berry Apples Apricots Bananas Berries Cherries Coconuts Cranberries Currants Dates Figs Goji Berries Gooseberries Grapes Mangos Melons Muskmelons Nectarines Oranges Papayas Peaches Pears Pineapples Plums Pomegranates Prunes Raisins Raspberries Rhubarbs Strawberries Tangerines Tropical Fruits	Fruits Tinned, dried, sugared fruits	
Beetroots	Watercress	Mushrooms			
Bell Peppers	Wheat grass	Parsnips	Oils & Fats Avocado Oil Coconut Oil Flax Oil Hemp Seed Oil Olive Oil Safflower Oil Sesame Oil	Oils & Fats All Cooked, Processed or Fried Oils, Saturated Animal Fats, Hydrogenated & Trans Fats	
Brussels Sprouts	Wild Greens	Potato			
Cabbages	Dandelion Root	Pumpkins	Grasses & Sprouts All Sprouts Are Alkaline		
Carrots	Zucchini/Courgette	Spirulina			
Cauliflowers		Squash			
Celery	Fruits	Sweetcorn			
Chard	Avocados				
Chayote	Grapefruits				
Chicory	Lemons				
Chives	Limes				
Collard Greens	Tomatoes				
Cucumbers					
Dandelions					
Dills					
Dulce					
Eggplant					
Endives					
Garlic					
Green Beans					
Green Olives					
Green Peas					
Greens (leafy)					
Horseradishes					
Jerusalem					
Artichokes					
Kale					
Kelp					
Leeks					
Lettuces					
Mustard Greens					
Okra					
Onions					
Oyster plants					
Parsley					
Parsnips					
Peas (fresh)					
Peppers					
Radishes					
Rutabagas					
Sea Veggies					
Spinach					
Sprouts (all)					

Food	Allowed	Not Allowed
Almonds	Yes	No
Apples	Yes	No
Avocado	Yes	No
Bananas	Yes	No
Bell Peppers	Yes	No
Berries	Yes	No
Broccoli	Yes	No
Cauliflower	Yes	No
Cheese	Yes	No
Chicken	Yes	No
Citrus Fruits	Yes	No
Cooked Meats	Yes	No
Cucumbers	Yes	No
Eggs	Yes	No
Fatty Fish	Yes	No
Fennel	Yes	No
Garlic	Yes	No
Herbs	Yes	No
Leafy Greens	Yes	No
Lentils	Yes	No
Lemons	Yes	No
Limes	Yes	No
Mango	Yes	No
Melon	Yes	No
Mushrooms	Yes	No
Nuts	Yes	No
Onions	Yes	No
Oranges	Yes	No
Papaya	Yes	No
Parsnips	Yes	No
Peaches	Yes	No
Pears	Yes	No
Pineapple	Yes	No
Pumpkin	Yes	No
Raspberries	Yes	No
Rhubarb	Yes	No
Rice	Yes	No
Salmon	Yes	No
Sardines	Yes	No
Shrimp	Yes	No
Soybeans	Yes	No
Sweet Potatoes	Yes	No
Turkey	Yes	No
Vanilla	Yes	No
Vegetables	Yes	No
Wheat	No	Yes
Yeast	No	Yes

Blood type a positive diet plan pdf. Blood type o positive diet menu plan pdf. A positive blood type diet meal plan. Blood type a positive diet menu plan. What should i eat blood type a positive. Type o blood diet food list pdf. B positive blood type diet food list pdf.

For many years I suspected that I had some type of thyroid problem based on my own research and symptoms such as dry skin, occasional fatigue, problems losing weight after having a baby, and thinning hair. Even with all those symptoms, I was never able to get answers from conventional tests that showed that my T3 and T4 thyroid hormones were within the normal range. Fortunately, I met an amazing doctor who specializes in hormones and endocrine problems and with extra blood analysis and a thyroid ultrasound, he was finally able to figure out what he was struggling with: Hashimoto's thyroiditis (an autoimmune condition in which the body creates antibodies against you), droids). Why Autoimmune Problems Start Many different disorders and diseases we experience are of an autoimmune nature. In fact, there are more than 100 autoimmune disorders!While hashimoto is common, so are celiac disease, Crohn's disease, inflammatory bowel disease (IBD), rheumatoid arthritis, and many more. Autoimmune disease occurs when the immune system mistakenly points at the body's cells as the enemy, resulting in damage. Not all autoimmune diseases have the same symptoms, but they all occur in the same way. The immune system is an intricate defensive network designed to destroy bacteria and viruses before they can damage the functioning of our cells. When the immune system crosses its wires and targets the proteins in your own body, rather than the foreign ones, the result is to attack the proteins, the autoimmune disease. Most autoimmune disorders do not cause immediate symptoms. Over time, as the damage is done slowly, the symptoms may build up. You may be genetically prone to certain autoimmune problems, and usually genetics may between 20 and 30% of your chances of getting an autoimmune disease. Other risk factors come from lifestyle, diet, environment in which you live, hormones, infections, and stress. You can't always control them, just like you can't control yours. But it can definitely influence your lifestyle, environment and diet. How an autoimmune diet works, the diet is especially useful to prevent and address autoimmune disease. You can eat to help reverse the gut with leakage, a condition in which the barrier function of the intestines does not act as it should. This can allow particles in your bloodstream, which can place your immunologic system on high alert. The autoimmune protocol is a dietary system that is designed to eliminate foods that worsen the leakage of leaks, interrupt the bacterial balance of the intestine, cause inflammation and disorder with its hormones. It is a modified paleo diet to support optimal intestinal health and help your body begin to heal. It is dense nutrient so that it can reconstruct nutrient stores, giving your body the construction blocks you need to recover your immunologic system in order. The 2017 investigation showed that this type of diet can help improve symptoms and inflammation in patients with Crohn's disease and ulcerative colitis. Even though the study was small, many functional medicine professionals swore through this diet with their autoimmune patients. Why some diets may not work for autoimmunity Once you have an autoimmune reaction, you may need to eliminate many food triggers to reduce inflammation? You may not have to eliminate them forever, but even without being allergic to food, some can be interposed in the cure process. The diet of the holes was designed in the theory that some foods could be eliminated and then gradually reintroduced over time. The AIP diet, or autoimmune protocol, was designed with the same thought in mind, specifically for autoimmune disease. While autoimmune diseases can not be cured, place in remission making changes that reduce the number of antibodies, the immune system is producing against its own body. Not all diets will work to support self-immunity. While many eliminate foods that could be triggers, diet plans like Keto, gluten free and even traditional Paleo don't focus in inflammation and intestinal health. The AIP diet was designed to help those with autoimmune problems. Many healthy foods are temporarily eliminated in an AIP diet. This doesn't mean they're not healthy, it just means they're working against you for now. These foods may include parasols (such as tomatoes, eggplants and bell peppers), grains, eggs, seeds and nuts. My experience with the Paleo Autoimmune diet (AIP Diet) I have become a diet of autoimmune protocol after being diagnosed with Hashimoto in the hope of giving my immune system a little time to recover. I was hoping it would be beneficial, but I was excited about how fast it helped. In the first week, I saw my swelling disappear and had more energy. My thyroid nodule also felt significantly smaller. My skin even improved. Talk about progress! For two months, I followed the protocol strictly. I lost some of my stubborn weight and felt a lot better. It also helped me identify foods that didn't respond very well, but that I had not noticed before were problematic. The eggs were one thing I realized that I couldn't eat, which was confirmed by a blood test later. After a while more, I was able to reintroduce most of the food without problems and I felt constantly better. However, I had some bengalas (like not sleeping and emphasizing ending my book). You're just going to show what's linked to the stress and lifestyle that our autoimmune diseases really are! Sleep and stress are huge factors in general health and are especially important for those with any kind of health condition. The AIP diet is a great tool to work to recover from self-immunity, but you need the lifestyle to support the diet. Autoimmune Dietary Resources " How to Start The general idea of the autoimmune diet is that it is eliminatingpotentially inflammatory food, but the details are a little more difficult. Some sources consider foods to be OK fruits and sweet potatoes, while others do not. For reference, some some some that seem more useful to me are: Below you will find autoimmune friendly recipes. You can also download the full list of foods I used by clicking here (PDF). When you know the food and recipes to work with, it's easy to set up your own food plan, even if you're starting! What to Eat It may seem overwhelming, but this way of eating is actually relatively simple if a template is followed. My typical day in the autoimmune diet was: Breakfast: A mixture of cooked meat and vegetables, a cup of homemade bone broth, some fermented vegetables and supplements. Lunch: A huge salad with protein remains (meat, poultry or fish) and a small piece of fruit, a cup of bone broth, fermented water kéfir or kombucha and olives. Dinner: A leap with some type of protein (meat, disposses, seafood) with a lot of allowed vegetables and spices, night supplements, and at least 1 cup of healthy starch such as cooked winter pumpkin, pumpkin, etc. I also made a lot of pumpkins stuffed and soups. I rely heavily on large salads, sautes, and stews while on the autoimmune diet. When I started, it seemed like I couldn't eat anything and was depriving me of everything, but it's important to remember that many times the body has a deficiency of certain nutrients due to an autoimmune disease. During the 30-day restart, I focused on extensively nourishing my body with so many high-quality proteins, vegetables and healthy fats as I could consume. I may have been tired of my food choices sometimes, but I certainly never starved. I also focused on consuming tons of vegetables during this time, after talking to Dr. Terry Wahls and read his book, The Wahls Protocol. Dr. Wahls emphasizes the importance of eating at least 9 cups of vegetables a day, including 3 cups of green leaves, 3 cups of vegetables or fruits of vegetablesBright, and 3 cups of products that contain sulfur like onion, garlic, cauliflower or cabbage. Other things to support your AIP AIP meals plan It's very important for all aspects of health, and for me, it became even more important after I was diagnosed with an autoimmune disease. However, it is by no means the only factor: Personally, I found that these other things were equally important for my recovery: Sleep. It's my nemesis! I love staying up late and saving up in the dream so I can do more. My blood doesn't like this. I have found that when I sleep at least 8-8.5 hours a night, I see that my health markers improve (blood tests, fasting blood sugar, etc.). Here are some tips to improve your sleep (even as a mother!). Reduction of stress. It's also hard for me, but stress can have as much impact as diet on gut health and hormone levels. I discovered that even with a good diet, I started to notice symptoms coming back while I was under the stress of finishing my book. Use these ways to control stress and calm the body. Supplements. I hesitated to include this part because if diet, stress and sleep are not under control, this will not help at all! I found certain supplements helped tremendously once I had optimized other factors. I personally take WP-Thyroid Thyroid (under the care of my doctor), Betaine HCL with protein meals, 5-MTHF and Methyl-B12, probiotics, fermented cod liver oil, cortisol support, Omega-3s, vitamin D (and sunshine every day for the corn) ±an), Magnesium, L-Glutamine, Gelatin and Vitamin C. I highly recommend seeing a good functional medicine doctor and finding out what you need personally before taking any supplement. Smooth movement. You don't have to exercise vigorously, and it's actually probably difficult when you're just starting out, but a little gentle exercise a few times a week can help with joint stiffness, digestion, and overall mood. A walk A little yoga or even a soft bathtual can help your body a lot to recover. Gratitude. You can not be healthy without healthy thoughts. (Ask me how I know.) Try to keep a gratitude journal to come back to enter enter Relieve stress and make peace with your body. I do not miss! Feeding the autoimmune diet This diet is difficult. It is also pregnancy. Sometimes the best things in life require some work and negation of oneself. The elimination phase is temporary and gives a window to your own body and what you need for optimal health. Do not let it cause you extra. Do not let this keep you awake at night. Try focusing on nourishing and loving your body and providing it with the construction blocks that you need to operate optimally. If you can, encourage a friend or family member to be on the trip with you for support. The initial phase is only 30 days. Below I have included some resources that will make planning and go through those days a lot more easy than it was for me! I have included my favorite autoimmune diet recipes (with some modifications), a list of food, and the best food tips that I used to have success in this elimination diet. The success that I experienced as a result he did everything more than worth it. Starting autoimmune diet recipes There are some basic principles that are beneficial for all when it comes to health (such as avoiding processed sugar, oils and grains), but the rest is really a matter of personalization. That is why the 30 day reboot is so beneficial. It gives your body a temporary rest of potentially inflammatory foods and then allows you to re-enter them later to determine what works best for you. These are the recipes I used by going through my own 30-day reboot. If you have your own recipes and want to check if they are friendly with the autoimmune diet, you can download this pdf food list guide. Autoimmune diet recipes You may not be able to eat all the food you are accustomed, but you are still in a delicious food plan. Avocado, coconut milk, ghee and meat make this diet rich in healthy fats, and you will also get many other nutritious foods such as green leaf vegetables, sweet potatoes, pumpkins, berries and andMain Recipes: Main Food Recipes: Meat and Cabbage Stir Fry Recipe (omit any seed-based spices or dairy dressings) Liver and Onions with bacon (omit pepper and use coconut oil or bacon fat instead of butter) Winter stuffing Squash Boats for Kids (Pepper, use coconut oil instead of butter, omit parmesan, eggs, pecans and sour cream) Pumpkin stuffed (omit pepper, eggs, pepper and dairy toppings) Meat and Pumpkin Stir Fry (use coconut oil instead of butter) Butter, skip pepper flakes/red pepper, and dairy) Meat and broccoli Stir Fry (use coconut oil or animal fat instead of butter, skip arrowroot and sesame seeds) Simple Chuck Roast Recipe (skip pepper) Ground Beef Jerky (omit pepper and optional spices) Apple Chicken Bacon (omit barbecue sauce and add additional approved spices if desired) Greek Albums (Omit meat meal (Omit almond flour, eggs, pepper and sauce. Serve over cucumber slices and salad instead) Bacon Chicken Bites (omit mustard and pepper) Chicken Apple Stir Fry (use coconut oil or animal fat instead of butter), omit pepper) Chicken Squash Stir Fry (use coconut oil and omit pepper and optional spices) Parsnip Shrimp Lo Mein (om Pepper and green beans) Morocco Stir Fry (omit cumin and pepper) Chicken Carbonara (omit parmesan and cream and use coconut oil) coconut or animal fat instead of butter) Slow Cooker Roasted Chicken (use coconut oil or bacon fat instead of butter) Stuffing (omit pepper and topp Chips Crunchy Kale Chips Roasted Brussels Sprouts (omit pepper) Apple-filled sausage (omit pepper) Apple Pork Chops (omit pepper, use coconut oil instead of butter) Bacon Lime Sweet Potato Salad (omit pepper and flakes) red pepper) Maple Tarragon Carrots (reduce honey in and skip the pepper) Roasted cabbage slices (skip the pepper and any seed-based spices) Prosciutto Wrapped Asparagus (skip the pepper) Mashed Colliflower (skip the dairy products and pepper) Chips (skip the pepper) Acelga Wrapped Salm (use coconut oil or coconut oil or olive oil instead of more, omit omit omit Cucumber Onion Salad (Pepper and Stevia) Carrot Ginger Soup (Omit Current and Pepper) Snake Recipes: Staying on a diet can be tricky, and having easy AIP snacks on hand really helps! Here are a few that keep me going: Tips for Success on an AIP Diet Cooking 100% of your food from scratch from a limited list of foods can be quite overwhelming. I use this meal planning app to help myself, and also make sure that I have a stockpile of approved food pre-cooked in the freezer during the 30-day diet. Most Daily Harvest shakes are autoimmune, and there are also many Good Cuisine meals. I use both for emergency snacks and meals to keep me from slipping off the track. My health is worth the extra expense, and like I said, amenities like these keep me from spending money eating meals out of the plan. This article was medically reviewed by Madiha Saeed, MD, a board-certified family physician and Dr. Scott Soerries, MD, Family Physician and Medical Director of SteadyMD. As always, this is not a personal medical advice and we recommend that you talk to your doctor. Have you ever tried the autoimmune diet? Do you have prescriptions for autoimmune diet? Please, buy them downstairs! Sources: American Autoimmune Related Diseases Association. (n.d.). List of diseases. Smith, D. A., " Germolec, D. R. (1999). Introduction to immunology and autoimmunity. Environmental health perspectives, 107 Suppl 5 (Suppl 5), 661-665. Konjeti, G. G., Kim, N., Lewis, J. D., Groven, S., Chandrasekaran, A., Grandhe, S., Diamant, C., Singh, E., Oliveira, G., Wang, X., Molparia, B., "Torkamani, A. (2017). Efficacy of the Autoimmune Protocol Diet for inflammatory bowel disease. Inflammatory bowel diseases, 23 (11), 2054-2060. Do it with me! Let me down what your struggle is and the results that you have Here, we'll learn all about the blood type diet: B. RELATED: Be Your Healthiest With the B Blood Type Diet. History of B Blood Type. In order to fully understand why certain foods should be avoided or eaten on the B positive blood type diet or the B negative blood type diet, it's helpful to understand how this blood type evolved. Jul 31, 2020 · Type O-positive blood is the most common type, meaning you have O blood with an Rh factor. Note that D'Adamo's blood type diet only ... Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet® Solution [D'Adamo, Dr. Peter J., Whitney, Catherine] on Amazon.com. *FREE* shipping on qualifying offers. Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet® Solution The Blood Type Diet's proactive mix of lifestyle strategies, hormonal equalizers, gentle exercise and specialized dietary guidelines will maximize your overall health; decrease your natural risk factors for cancer, diabetes and cardiovascular disease. Here, we'll learn all about the blood type diet: B. RELATED: Be Your Healthiest With the B Blood Type Diet. History of B Blood Type. In order to fully understand why certain foods should be avoided or eaten on the B positive blood type diet or the B negative blood type diet, it's helpful to understand how this blood type evolved. Sep 02, 2020 · The DASH diet is rich in potassium, magnesium, calcium, and fiber; and has a low content of sodium (salt) and saturated fat.Adding more of these nutrients improve the electrolyte balance in the body, allowing it to excrete an excess fluid that contributes to high blood pressure.These nutrients also promote relaxation of the blood vessels, reducing blood pressure. Jan 03, 2020 · According to proponents of the diet, people with blood type O should eat and avoid certain foods. . It is worth noting again that there is little reliable evidence to ... The Blood Type Diet also fails to address other conditions such as heart disease, high blood pressure, or cholesterol. Any needed weight loss is sure to ... Although the blood type A diet is not a weight loss plan, losing weight is a beneficial side effect of the diet. As mentioned, people on the blood type A diet will thrive on a vegetarian diet. In other words, if you eat a lot of meat, you will lose weight and achieve greater energy levels once most meat is removed from the diet. Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet® Solution [D'Adamo, Dr. Peter J., Whitney, Catherine] on Amazon.com. *FREE* shipping on qualifying offers. Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet® Solution Dec 12, 2018 · The Blood Type diet is criticized by most health experts, including Mayo Clinic nutritionist Katherine Zeratsky, who says the plan is not based on scientific evidence and encourages followers to eliminate nutritious foods from their diet. Talk to your doctor before starting the Blood type diet. Dec 07, 2018 · Types of Foods to Avoid for B Positive Blood Type. Not all blood types are the same. There are four types of blood, A, B, AB and O, and the presence or absence of certain antigens is what determines your blood type, according to the American Red Cross. Based on these differences, Dr. Peter D'Adamo created the Blood ... AB positive: People with this rare blood type (3.4%) can receive blood or plasma of any type. They're known as universal recipients. AB negative: This is the rarest blood type -- only 0.6% of ... Mar 25, 2020 · Type AB positive people have personality traits affected by the genetic mutation of combining blood types A and B. Although type AB may enjoy being around other people and are friendly and open, there is a deep seated feeling of mistrust and an overall feeling of alienation, according to naturopathic physician Dr. Peter J. D'Adamo on his official website. Unlike the diet advice given to type-A and type-O people on the blood type diet plan, type-B people are allowed dairy products in moderation, including cow's milk, eggs, buttermilk and cheeses such as cheddar, Swiss, Monterey jack and Brie. Dec 30, 2021 · The blood type diet proposes the theory that if you eat the foods that your ancestors with the same blood type ate, you would be healthier. He states that people with blood type B originated from the tribes of the Himalayan Highlands and the B positive blood type diet plan needs to be more variable. B Positive Blood Type Diet. If you have blood ... Jun 21, 2019 · The A positive blood type is actually the second most common blood type. This blood type is present in 1 out of 3 individuals. This means approximately 35.7% of the population has an A positive blood. However, not all of the ethnic groups share the same proportions of A positive blood types. This blood type is present in about 33% in Caucasians ... Jun 21, 2019 · A Negative Blood Type (A-) 1. Rare Blood Type. It is very important to maintain sufficient supply of this blood type for it is rare. The A negative blood type is only present in about 1 out of 16 individuals. This means a few number with approximately 6.6% of ... O Negative Blood Type Diet. Here is an article explaining the O negative blood type diet. It is based on the book, 'Eat Right 4 Your Type' by Dr. James D'Adamo, who was a pioneer in seeking out the blueprint, which he used to determine the differences between every person's specific dietary needs based on their blood type. Dec 07, 2018 · Types of Foods to Avoid for B Positive Blood Type. Not all blood types are the same. There are four types of blood, A, B, AB and O, and the presence or absence of certain antigens is what determines your blood type, according to the American Red Cross. Based on these differences, Dr. Peter D'Adamo created the Blood ... Jun 05, 2021 · People with type O blood should avoid drinking the following, according to the diet plan: beer, coffee. Should O Negative donate blood? The American Red Cross has a significant need for type O negative blood donors to donate blood for patients.

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