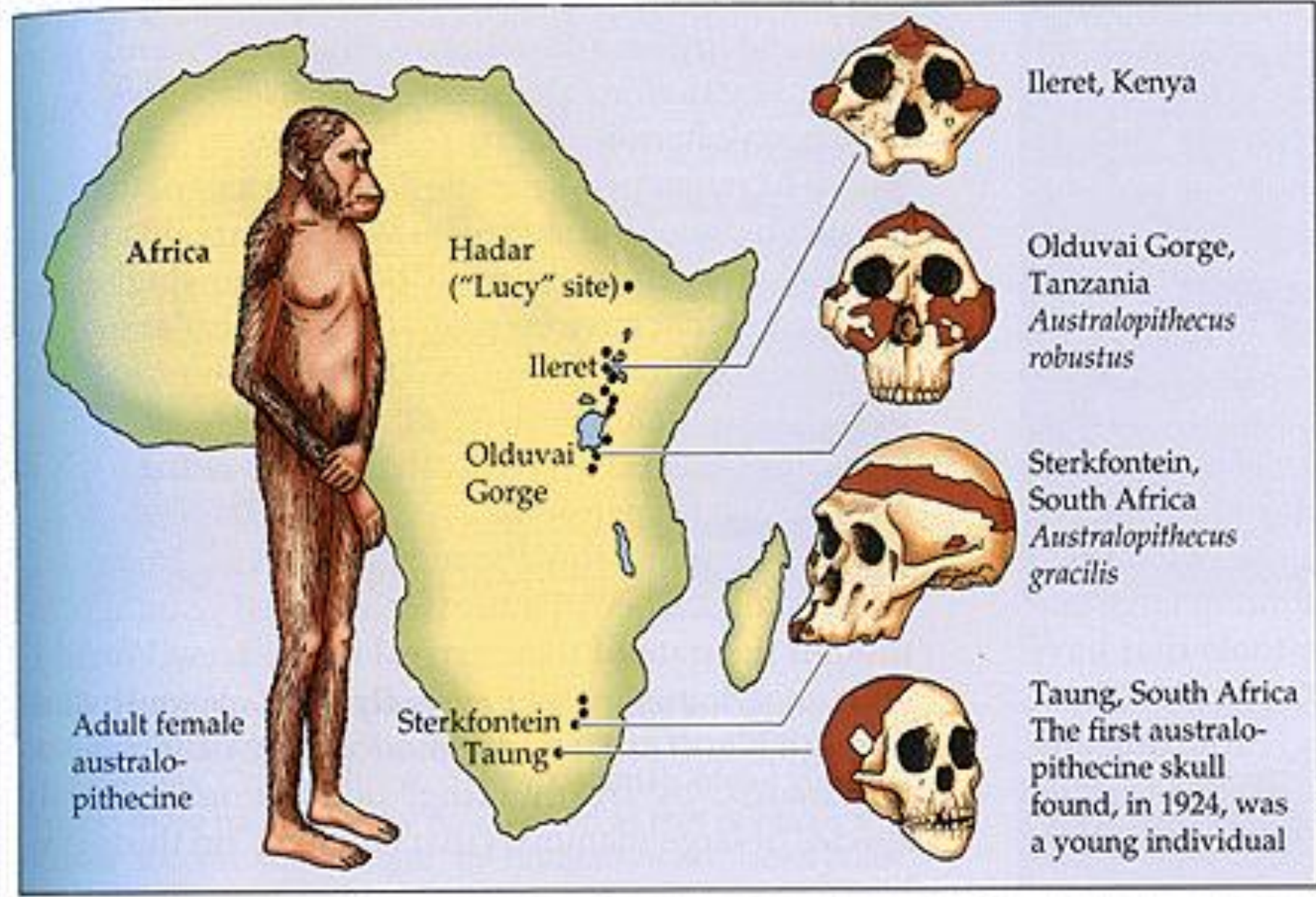


Winter
The Essential Healing From Our Ancestors DNA

Class 3

First
Humankind -
Lucy



SUDAN

THE CRADLE OF CIVILIZATION

Afar

Amhara

Benishangul
Gumuz

Dire Dawa

Addis
Ababa ●

SOMALIA

Gambella

Oromiya

ETHIOPIA

Snnp

Somali



Neanderthal's EATING habits

- They had a crude eating habit of meat, wild plants, grubs, and scavenged leftovers from kill of predatory animals.
- They had infections, parasites, worms, flukes and infectious microorganisms found in Africa.
- The creation of the oldest blood type in the world O.
- Their immunity was strong in some cases and weak in other cases.



Why Blood Types are Important?

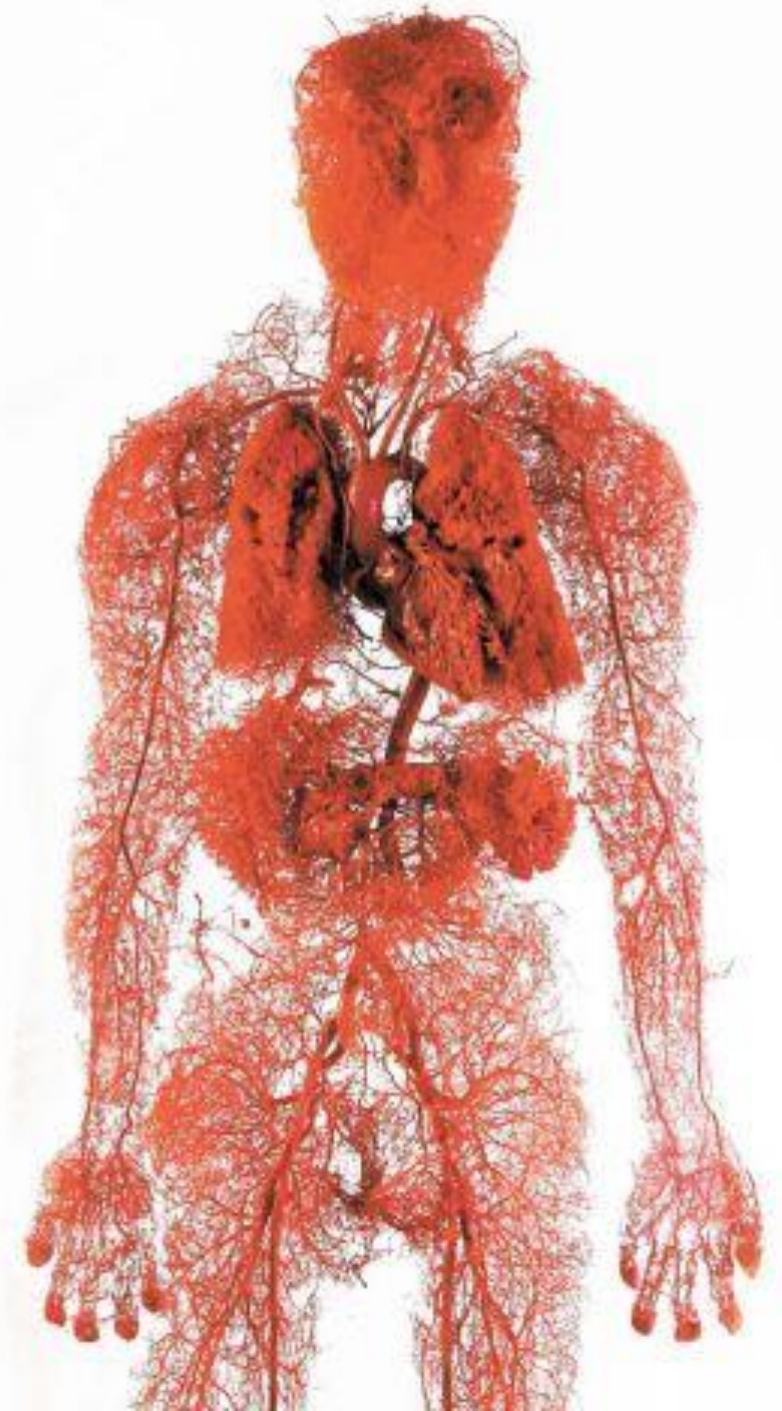
- Your blood is the foundation of your life.
- It is the fuel that promotes health, sickness, or death.
- Blood is the source of your body's nourishment.
- Blood is the carrier of your DNA and the fingerprint linking you to your ancestors, eating habits, and behaviors.
- Blood is the determinate factor in your body's composition, constitution, and size.
- Your blood is the most powerful element of your body.

Blood Types O, A, B, or AB

- Type O – is the oldest
- Type A – evolved during the Agrarian society
- Type B – evolved as people migrated north to colder and harsher climates. From Africa to Europe, Asia, the Americas
- Type AB – developed due to the intermingling of people in different blood groups.

Type O – 40,000 BC Cro-Magnon


- Need heavy protein – meat
- Hunters of wild game
- Hydrochloric stomach acid
- Strong Immune system





Agrarian Society – A Blood type -25,000 - 15,000 BC

- This blood type developed after the migration from African to Asia and the Middle East (northern African).
- This began the agriculture society.
- They were farmers, and their eating habits changed to more vegetables, fruits, and grains instead of meats, which changed the blood and physical characteristics of the people.
- The blood type O matured into Type A because of the changes in people's eating habits, which increased their digestion and immunity.
- Type A spread to India – Russia and Europe



Type B – 10,000 – 15,000 B.C.

- Type B was found in the Himalaya due to climate change.
- First appeared India, China, and eastern Europe, Japan, and Mongolia.
- Caucasians have the highest frequency of Type B Blood.

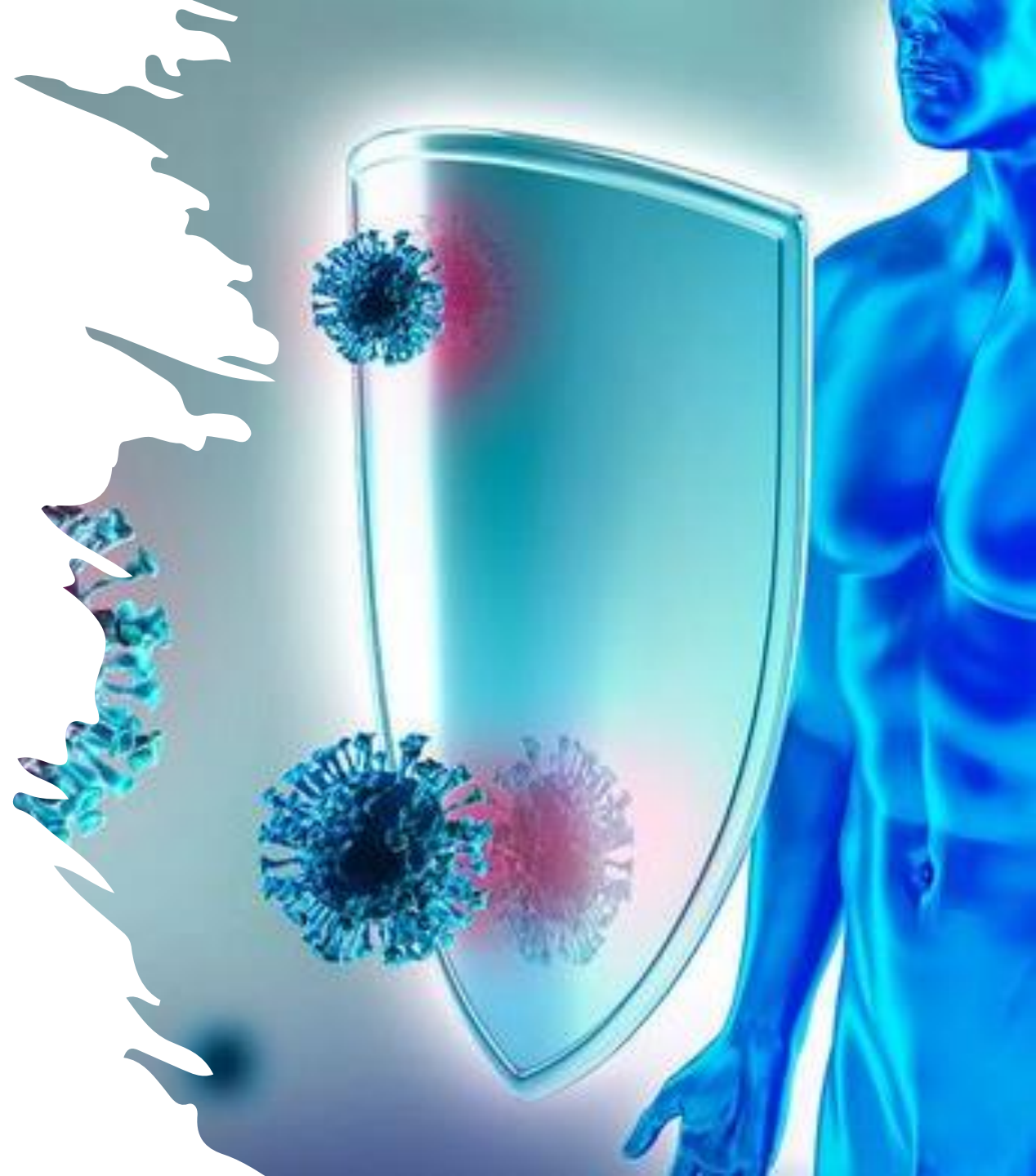
Type AB – 10,000 Years ago

- Type AB was found in the Roman Empire due to the intermingling of type A and B people.
- Their immune system has antibodies that are prone to disharmonies like autoimmune syndromes.



Immunity -

- Latin – immunis: to defend self – and non-self (distortion).
- This is the way the body determines what is the body and what is foreign to the body.
- Antigens - Any substance that causes the body to make an immune response against that substance. Antigens include toxins, chemicals, bacteria, viruses, or other substances.
- Substances that come from outside the body.
- Most powerful Antigen in the body is the ones that determine your blood type.



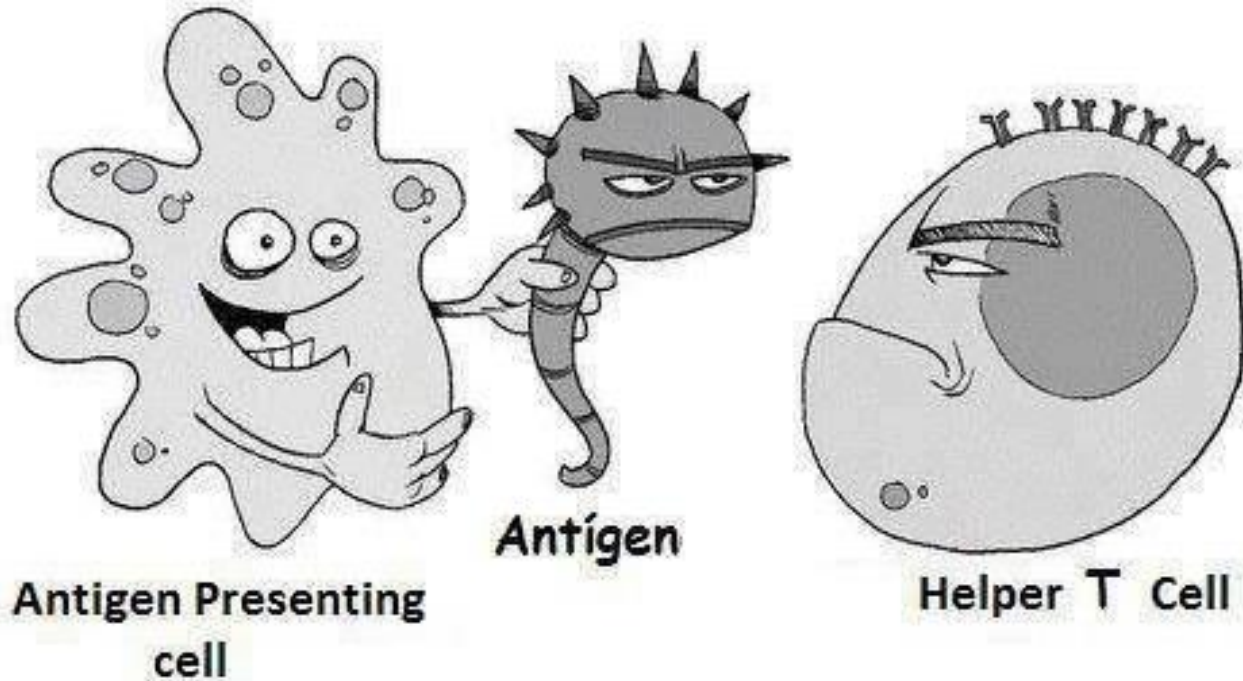
A microscopic view of several red blood cells, showing their characteristic biconcave disc shape and reddish color. The cells are arranged in a cluster, with some in the foreground and others blurred in the background.

Antigens

- Your blood type is named from an antigen that governs its characteristics.

	Cell Antigen	
• Type A	A	O fucose & N-acetyl-galactosamine
• Type B	B	O fucose & D-galactosamine
• Type AB	AB	O fucose, N-acetyl-galactosamine and galactosamine
• D-		
• Type O	none	

Antigens Create Antibodies (immunity)



- Antibodies, are special specialized chemicals manufactured by the immune system cells designed to attack that antigen.
- Antibodies – when a foreign substance enters your blood, it create an antibody to that antigen.
- Aggulttination is when an antibody attaches to a viral antigen, parasites, and bacteria making them sticky and clumping up for the easy disposal from the body.

Dr. Karl Landstriner

- Discovered that blood types produce antibodies to other blood types
- Type A – carries anti-B antibodies. Type B would be rejected by type A
- Type B – carries anti A antibodies. Type A would be rejected by type B.
- Type AB – carries no antibodies. It would accept both blood types, however, it would be rejected by both A and B antibodies.
- Type O – carries all the blood type antigens and would be rejected by all blood types.

