

# Download Blood Group Diet Eating Right For Your Blood Group 101

The O blood type is the earliest human blood group, dating back to between 50,000 BC and 25,000 BC. If you have the O blood type, your ancestors were hunters and gatherers, who thrived on a meat-based diet. High blood glucose, or high blood sugar, defines diabetes and increases the risk for developing chronic disease. So how does glucose get in your blood? And how can you measure (and master) your blood glucose levels? Check out this comprehensive guide. So why are these results novel? Two reasons. While short term studies of ketogenic diets given to patients with type 2 diabetes lasting a few weeks (Boden 2005) to a few months (Snel 2009, Lean 2017) have demonstrated dramatic improvements in HbA1c and glycemic control, none have sustained these benefits without weight regain and/or rising HbA1c values after 1 year. 10 ways to control high blood pressure without medication. By making these 10 lifestyle changes, you can lower your blood pressure and reduce your risk of heart disease.