

ABO Blood Types and BFA Clinical Outcomes



ABO Blood Types and Clinical Outcomes

These clinical observations are solely based on my experience using BFA on my patients. In 2018 I was invited to teach BFA to the Havasupai Indian tribe in Parker Arizona. It was there I was introduced to this idea that your ABO blood type might have a connection to BFA outcomes.

Over the years I have been invited back to teach at Havasupai Indian reservation three more times. In August of 2022 I was again invited back to Parker, Arizona along with teaching at there other medical facility in Peach Springs, Arizona.

At first, I didn't think much of the concept that ABO blood types could play a roll in BFA clinical outcomes. After some thought I decided to try an experiment. I wanted to determine when BFA failed on my patients was there one prevalent ABO blood type that I obsecrated?

After 4 years and over 500 patients in the following ABO blood types A+, A-, B+, B-, O+, and O-. I would like to share my finds. At the present time I have seen at lest 500 patients in the ABO blood types AB+ and AB-. When I do, I will update my findings. Results start on page 12.

Before I present my findings, I want to share with you some clinical studies on the roll ABO blood types play on pain perception and other medical conditions. These articles are solely based on medical studies and clinical trials. My findings and these articles are not in anyway related to the blood-type diet hypothesis. Though I did see one clinical trial that did look at this hypothesis. The study results and conclusions are provided below.

Results

Adherence to the Type-A diet was associated with lower BMI, waist circumference, blood pressure, serum cholesterol, triglycerides, insulin, HOMA-IR and HOMA-Beta ($P < 0.05$). Adherence to the Type-AB diet was also associated with lower levels of these biomarkers ($P < 0.05$), except for BMI and waist circumference. Adherence to the Type-O diet was associated with lower triglycerides ($P < 0.0001$). Matching the 'Blood-Type' diets with the corresponding blood group did not change the effect size of any of these associations. No significant association was found for the Type-B diet.

Conclusions

Adherence to certain 'Blood-Type' diets is associated with favorable effects on some cardiometabolic risk factors, but these associations were independent of an individual's ABO genotype, so the findings do not support the 'Blood-Type' diet hypothesis. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3893150/#:~:text=Background,outcomes%20has%20not%20been%20examined>.

Association Between ABO Blood Types and Pain Perception

Results: Thirty-seven healthy volunteers, distributed in the four blood type groups, completed the study. Participants with blood type B scored the highest-pressure pain thresholds at the examined craniofacial muscles, while participants with blood type AB tended to score the lowest. Furthermore, participants with blood type AB displayed the highest elevation in pressure pain thresholds after cold pressor test.

Conclusions: Participants with blood type B displayed the lowest mechanical pain sensitivity and the blood type AB group exhibited the strongest conditioned pain modulation effect. These findings emphasize the necessity of considering ABO blood types in future pain research

<https://pubmed.ncbi.nlm.nih.gov/29363387/>

Pressure Threshold and Tolerance, Core Stability in Young Healthy Individuals

Results: Result showed that both core stability and pain tolerance had significant difference and association among different blood groups ($p > 0.05$). Also, blood group O had the least mechanical sensitivity as it had the highest pain tolerance (mean \pm SD = 56.48 ± 37.39) after CPT test. Also, B+ has the good core stability as compared with means (mean \pm SD = 48.50 ± 27.44) of other blood groups.

Conclusion: Study concluded that there was significance association among different ABO blood groups and pain tolerance in healthy young Indian individuals which showed evidence that blood groups can be incorporated in physical therapy assessment and management.

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<https://journaljpri.com/index.php/JPRI/article/view/35714>

Can Your Blood Type Affect Your Memory?

<https://www.aan.com/PressRoom/Home/PressRelease/1306>

People with blood type AB may be more likely to develop memory loss in later years than people with other blood types, according to a study published in the September 10, 2014, online issue of Neurology®, the medical journal of the American Academy of Neurology.

Blood Type O Linked to Fertility Problems

<https://www.webmd.com/infertility-and-reproduction/news/20101025/blood-type-o-linked-fertility-problems>

Researchers say having type O blood can affect a woman's chances of getting pregnant. Scientists from Yale University and the Albert Einstein College of Medicine have produced a study that finds patients with type O blood were at double the risk of diminished ovarian (egg) reserve than women of other blood types

How Does Hair Growth Change with Blood Group?

<https://medcraveonline.com/OAJS/OAJS-03-00131.pdf>

Conclusion It was concluded from recent study that maximum hair growth occurs in O+ blood group and minimum hair growth occurs in B+ Blood group

Frequency of ABO Blood Types in the UK and US

Blood Type	UK Frequency	USA Frequency	USA How Many Have It
O positive:	35%	37.4%	1 person in 3
O negative:	13%	6.6%	1 person in 15
A positive:	30%	35.7%	1 person in 3
A negative:	8%	6.3%	1 person in 16
B positive:	8%	8.5%	1 person in 12
B negative:	2%	1.5%	1 person in 67
AB positive:	2%	3.4%	1 person in 29
AB negative:	1%	.6%	1 person in 167

<https://www.blood.co.uk/why-give-blood/blood-types/>

<https://stanfordbloodcenter.org/donate-blood/blood-donation-facts/blood-types/>

ABO Blood Type Facts and Figures

O- is one of the rarest blood types — only 13% in the UK and 6.6% in the US populations have type O- is a universal donor, meaning anyone can receive type O- blood products. Its ideal for whole blood or double red blood cell donor. Your blood type is constantly needed, so please come in and donate as frequently as possible

O+ is one of the most common and, consequently, most transfused blood types — 35 % in the UK and 37.4% in the US populations have type O+. O+ can give blood products to all Rh+ types (A+, B+, O+ and AB+) and receive all O types. Its ideal for whole blood or double red blood cell donor

ABO Blood Type Facts and Figures

AB- Is the rarest blood type — only 1% in the UK and 0.6% in the US populations have type AB-. AB- is a universal plasma donor, meaning anyone can receive AB- plasma is ideal for whole blood, double red blood cell or plasma donor

AB+ Is one of the rarest blood types — only 2% in the UK and 3.4% in the US populations have type AB+ Is a universal recipient, meaning you can receive blood products of any blood type is a universal plasma donor, meaning anyone with any blood type can receive your plasma Is an ideal whole blood or plasma donor

ABO Blood Type Facts and Figures

B- Is one of the rarest blood types — only 2% of the UK and 1.5% in the US population have type B-. B- can give blood products to all B and AB types and receive types O- and B- are an ideal whole blood, double red blood cell or apheresis platelet donors

B+ Is one of the rarest blood types — only 8% of the UK and 8.5% in the US populations have type B+. B+ can give blood products to types B+ and AB+ and receive all B and O types are an ideal whole blood, double red blood cell or apheresis platelet donors

ABO Blood Type Facts and Figures

A- is one of the rarest blood types — only 8% of the UK and 6.3% of the US populations have type A-. A- can give blood products to all A and AB types and receive types A- and O- are ideal for whole blood, double red blood cell or apheresis platelet donors.

A+ is one of the most common and, consequently, most transfused blood types — 30% of the UK and 35.7% of the US population have type A+. A+ can give blood products to types A+ and AB+ and receive all A and O types are ideal whole blood, double red blood cell or apheresis platelet donors.

My Clinical Observations of BFA on ABO Blood Types

The way my patients responded with the following ABO blood types to BFA

O + blood type patients are sensitive to BFA treatments. These patients struggle to keep ASP needles or ear seeds in place for more than a day or two when addressing their pain pathology. BFA works, but these patients find needles and seeds too strong of a stimulate when treating MSK pain when left in the ear for more than a few hours. Less Invasive stimulation such as light therapy and weak TENS are advised when treating these patients for any pain conditions.

However, these patients tolerate ASP needles and forms of stimulation well when treating psycho/emotional conditions. I use no more than 4 ASP needles in each ear when treating these patients for psycho/emotional conditions.

O - blood type patients are not as sensitive to BFA. They tolerate both ASP needles and ear seeds well. These patients experienced rapid pain relief with BFA. Along with pain relief they also benefited emotionally from the BFA treatment. Advanced BFA techniques are a good fit with these patients as well. In many cases my patients with O- blood would notice instantaneously improvements to their overall well being.

My Clinical Observations of BFA on ABO Blood Types

The way my patients responded with the following ABO blood types to BFA

A + blood type patients experience excellent pain relief from BFA treatments. These patients will often experience a psycho/emotional benefits though as strong as patients with A- blood types. They tolerate both ASP and ear seeds very well.

A - blood type patients are more likely to have an emotional release and a positive mental effect in my clinical experience. These patients experience miraculous pain relief with BFA. They tolerate both ASP and ear seeds very well. Applying psycho emotional techniques and auricular points to treat the emotional root with these patients is highly encouraged. My patients with A – blood responded promptly to BFA treatments.

My Clinical Observations of BFA on ABO Blood Types

The way my patients responded with the following ABO blood types to BFA

B + blood type patients experience exceptional pain relief with BFA. In my clinical experience these patients have the best clinical outcomes of all ABO blood types. They tolerate both ASP needles and ear seeds well. A 2017 clinical trial reported that patients with blood type B displayed the lowest mechanical pain sensitivity.

B - blood type patients experience remarkable pain relief with BFA. These patients tolerate both ASP needles and ear seeds well. B type blood is known as the “nomad blood”. It been reported that it clears nitric oxide out of their system faster than any other type. This allows you to calm down more rapidly especially when stressed.

My Clinical Observations of BFA on ABO Blood Types

The way my patients responded with the following ABO blood types to BFA

AB +, only 3.4% or 1 person in 29 people in the US have this ABO blood type. At this time, I have not seen a minimum of 500 patients with this blood type. When I reach my threshold of 500 BFA treatment I will update my finds and report my clinical observations.

AB -, only .6% or 1 person in 167 people in the US have this ABO blood type. At this time, I treated less then 100 patients with this ABO blood type. At this time, I have not seen a minimum of 500 patients with this blood type. When I reach my threshold of 500 BFA treatment I will update my finds and report my clinical observations.

As of October 2022, I have treated (with BFA) 398 patients in my clinic with AB+ blood
One early observation I have seen is that these patients do experience considerable psycho/emotional benefits to with both BFA and auriculotherapy treatments

Clinical Observations Summery

B + and B - blood type patients experience exceptional pain relief (the best in my observation) with BFA

A + and A - blood type patients experience excellent pain relief from BFA treatments. These patients often experience considerable psycho/emotional benefits to with both BFA and auriculotherapy treatments.

O + blood type patients are sensitive to BFA treatments/needles in their ears. These patients struggle to keep ASP needles or ear seeds in place for more then a day or two when addressing their pain pathology. However, these patients tolerate ASP needles and stimulation well (for 3 to 7 days) when treating psycho/emotional conditions. BFA works, but these patients find needles and seeds to strong of a stimulate when left in their ear for more then a few hours. Less Invasive stimulation such as light therapy and weak TENS are advised when treating these patients for any pain conditions.

O - blood type patients are not as sensitive to BFA. They tolerate both ASP needles and ear seeds well. These patients experienced rapid pain relief with BFA