

Blood Groups Types Explained

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When your practitioner tells you your "**blood type**", you are being given two pieces of information - your **Blood Group** and your **Rh Status**.

1. Your blood group will be A, B, AB, or O. If you have "A" "B" or "O" blood group, you have antibodies in your blood plasma that destroy some of the other blood groups. If you have group "A" blood, you cannot receive blood that is group "B" and vice versa. If you have "O" blood, your body will create antibodies to fight "A" or "B" blood. If you have group "AB" blood however, your body will not create antibodies for any of the other blood groups.
2. Your Rh status will be listed as negative (-) or positive (+). If you have Rh- blood, your body may form antibodies against Rh+ blood and destroy it. In order for this to happen, you must first be exposed to Rh+ blood (i.e., through a blood transfusion or carrying an Rh+ fetus). This can be a problem if you have antibodies against Rh+ blood and are pregnant with an Rh+ fetus. However, there is medication that can prevent this reaction from occurring if it is given immediately after you are exposed to Rh+ blood.

Blood type and Rh	How many people have it?

Does your Blood Type reveal your personality?

According to a Japanese institute that does research on blood types, there are certain personality traits that seem to match up with certain blood types. How do you rate?

Blood Group Type	About Personality
	You want to be a leader, and when you see something you want, you keep striving until you achieve your goal. You are a trend-setter, loyal, passionate, and self-confident. Your weaknesses include vanity and jealousy and a tendency to be too competitive.
	You like harmony, peace and organization. You work well with others, and are sensitive, patient and affectionate. Among your weaknesses are stubbornness and an inability to relax.
	You're a rugged individualist, who's straightforward and likes to do things your own way. Creative and flexible, you adapt easily to any situation. But your insistence on being independent can sometimes go too far and become a weakness.

Cool and controlled, you're generally well liked and always put people at ease You're a natural entertainer who's tactful and fair. But you're standoffish, blunt, and have difficulty making decisions.
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Blood Typing

The chart of blood groups from whom you can receive the blood is given below.