The Type B Lifestyle Rx is a combination of dietary, behavioural, and environmental therapies to help improve quality of life:

- **Fatigue Fighters**: avoid the red flags, especially chicken, corn, buckwheat, peanuts, soy beans, lentils, potatoes and tomatoes.
- **Visualization**: is a powerful technique which Type Bs are gifted to have. Establish a meditation ritual and use visualization to relax as well as for empowerment, seeing yourself being successful at obtaining your goals.
- **As the non-conformist**, Type Bs are advised to find creative and healthy ways to express themselves, reaching outside of the "box".
- **In order to stimulate the brain and keep the mind sharp**, Type Bs benefit from puzzles, crossword puzzles, quizzes and brain teasers.
- **Rise to your place as a successful and engaging natural-born networker** and go to town with setting up new groups or participating in community activities that give you a meaningful connection to a group.
- **To ensure your nervous system is supported and to prevent sleep disturbances**, strive to get eight hours or more of sleep; every hour before midnight is equal to two hours after, so aim for 10 p.m. "lights out".
- **If you are not used to eating dairy products**, introduce them gradually after you have been on the Type B diet for several weeks; best to begin with cultured dairy products like yogurt and kefir.
- **Vegetarian Bs make changes to incorporate meat and fish proteins into their diet** taking very limited amounts of beneficial meat at first and then slowly introducing neutral meats such as beef or liver.
- **Build long-term anti-viral resistance** with exotic mushrooms such as: shitake, maitake, cordyceps, and reishi mushrooms. They contain compounds which improve immunity, regulate metabolism and aid neuron transmission.
- **Exercise at least 45 minutes each day**, 4 days a week. Plan 1-2 days of Hatha yoga or T’ai Chi for stress reduction and 2-3 days of moderate aerobic activity.
- **Type Bs do well with team sports and activities** such as hiking, cycling, tennis and martial arts.