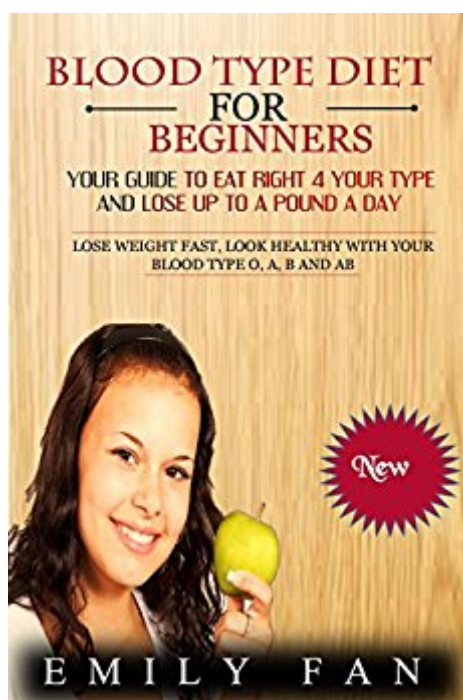


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# **BLOOD TYPE DIET FOR BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day: Lose Weight Fast, Look Healthy With Your Blood Type O, A, B And AB**



## Synopsis

**BLOOD TYPE DIET FOR BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day** UPDATED WITH BONUS SHOPPING LIST FOR OTHER FOODS. ALSO UPDATED WITH OTHER FOODS TO EAT FOR EACH BLOOD TYPE

The secret to rapid weight loss has been unlocked with this book which features Blood type diet, blood type diet O, A, B and AB, a guide for your meal plan in any Blood type diet cookbook, clear explanation for blood type diet

Adamo to eating right for your type, and gives you further instruction for any blood type diet book which you will read. This book is loaded with information for all blood types. In this Book, you will discover that The Blood Type Diet is one of the rapid ways to lose weight fast and look thin and healthy. The reason why you are not losing weight after being on several diets is that of your blood type. Unless you begin to eat Right for your blood type, you might not lose weight. The blood type diet was originated by Naturopath Dr. Peter D'Adamo. The Blood type diet Dr. Peter D'Adamo is based on eating according to your blood type for rapid weight loss and good health. There are certain foods that when a particular person eats, because of the presence of antigens or lectins, the body reacts to the food. This happens when you eat food that does not belong to your blood type. A person who is supposed to be on Blood Type B Diet but he goes on and eat foods that belong to another blood type may not metabolize the food well, and weight gain will result. Beyond that, some of the blood types respond to antigens contained in food in a harmful way that is the reason why eating according to your type is important. Your blood type holds the keys to weight loss, long life and the process of slowing down aging. The benefits which you will derive from being on this diet is the prevention of diseases, stress, weight loss, health, and vitality. However, the many things that you will discover inside this Blood Type Diet book include:

- The history of the blood type diet
- How to lose weight with blood type O, A, B, AB.
- Exercise tips for your particular blood type.
- Shopping tips for blood Type, O, A, B and AB.
- How to eat blood type diet on a little budget.
- Shopping List for all blood types.
- List of foods to eat and avoid for all blood types.
- Powerful strategies for losing up to a pound a day in your diet.
- The problem of the diet and the ways to overcome them.
- How to begin the blood diet lifestyle.
- Your Rh or Rhesus factor and how it affects your weight loss.
- How to determine your Rh or Rhesus factor without a medical test.
- How to read product labels to buy food items for your blood type.

The blood type Diet whether it is blood type diet O, A, B, and AB or any of the blood types has been behind the success stories of the weight loss of many in the world. Eat right for your type not because you want to lose weight but because it is healthy to do so. All these benefits are yours.

## Book Information

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## Customer Reviews

I wanted some information before buying the Blood type Diet book and this book provided just that. Having shopping list and lists of foods to avoid is really helpful. Also, I now know what type of exercises I should be doing. I was so off base on that aspect!!! I recommend this book to anyone who wants to feel better.

Excellent book.

Emily Fan talked about the different blood types from O, A, AB and B. I liked the fact that she mentions types of exercise that is beneficial according to the individuals blood type. Furthermore, she mentions RH Factors and how to lose weight with the foods your eating according to your blood type. I have been struggling with weight lose, until I realize as a O- Genotype AA, I am mostly suppose to eat proteins and vegetables and stay away from wheat products. I am happy to have found this book that really enabled me to eat healthier and lose weight faster. I have read other

medical and scientific books about blood types but this one has more information including information about O negative. Furthermore, I give it a four star, I would have given it a five star but the cover doesn't go with the information being presented. I recommend this book highly, for anyone seeking a better way of eating for their blood type.

This book is more like a pamphlet in my opinion. It's very short and pretty much summarizes other blood type books that are out there. Most of the information I've already heard about several times over, except for the exercises. I'm B+ and apparently that's why high impact has never worked on me. At all. Apparently I need low impact, low intensity and resistance training. I can't wait to see if it works for me.

I would recommend for those who have tried other diets and have failed in up keeping with it. I particularly liked the fact that selecting organic foods is encouraged because processed foods in the united states is causing unprecedented levels of morbid conditions that's making many individuals sick.

Didn't care for it You might like it But it was too much for me I'm too old to try this

This book give me further understanding on how ones blood type has to do with the kind of food we should eat and also relating to fast metabolism and resulting to losing weight. This book was very helpful to me because I have had constant failures of losing weight in the past but this book englightened in how to be more success in my diet by going by my blood type, in what food to consume in my body. This is book is very informative and useful.

All of this info you can Google. Too many spelling and grammatical errors. It was free so I can't complain

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BLOOD TYPE DIET : Eat recipes according to blood type (blood diet, blood type diet o, blood type diet b, blood type cookbook, blood type a diet, blood type a cookbook, blood type ab, blood type book)  
BLOOD TYPE DIET FOR BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day: Lose Weight Fast, Look Healthy With Your Blood Type O, A, B And AB Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes

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