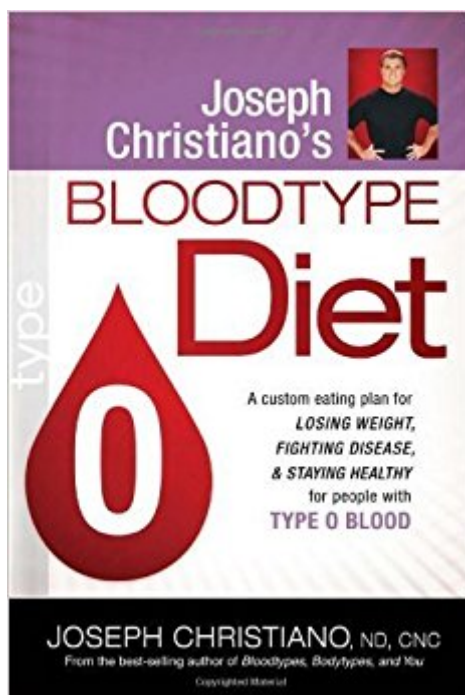


The book was found

Joseph Christiano's Bloodtype Diet O: A Custom Eating Plan For Losing Weight, Fighting Disease & Staying Healthy For People With Type O Blood By Joseph Christiano (2010-09-07)



Book Information

Paperback

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Average Customer Review: 3.8 out of 5 stars 44 customer reviews

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Customer Reviews

A whole new way of looking at weight reduction. A new and beneficial lifestyle. For me, this book is a godsend. Bloating Gone! Gas Gone! Excess weight GOING!

I've suffered with digestive problems all my life. I never realized what we eat can either kill us or heal us. I'm very thankful I know now what to eat & what to avoid. The knowledge I've gained from this book has made my eating choices much simpler. Highly recommend.

I loved all of the information in this book. Have already ordered another copy plus the "O" type diet also. Everyone should own their own copy.

Very good read. Excellent info to know and guidelines for diet and health according to Dr. Christiano's studies that blood type plays a key role..who knew? Now I do!! Glad I picked this up in the kindle version. Would recommend!!

I have a lot of digestive problems and I'm also Hypoglycemic so I need to watch what I eat to feel good and be healthy. I am following the diet in this book for type As and have had good results. I love his Pick-A-Meal options, I can plan my meals and snacks around the menu ideas. I have recently added alkaline water to my diet and I feel so much better. If you are a Type A this book is a must for good health.

I had looked at this Material many times over and wish now I had made the purchase long ago. There is so much information regarding Blood Type, how it works, how our food in-take affects it and so on. Don't hesitate, if you're looking at this Material, make the purchase. Its an easy read, not over-your-head Medical Jargon. A complete list of Beneficial, Neutral, and Avoid Foods. All of which

can be purchased at most Grocers. What I mean is its everyday Foods, however Aldi doesn't carry Greens in their Vegetable Bins, but Schnucks does. So the bigger Grocer or maybe even Farmers Market will have an Adzuki Bean where others will not. There are also Recipes, as well as Meal Ideas (suggestions). I feel like nothing has been left out and after just beginning I can tell you that I not only feel great but recently had my BP checked and it is normal where it had run high. This isn't a Diet Plan, but rather what you do already-eat. This Material points out which Foods are beneficial for Type A's and that's what we should be ingesting. It also lists the Avoid Foods to help Type A's eliminate them from our Diet-our everyday Routine.

thank you very good book

great book, lots of info, helped me lose weight and eat better

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