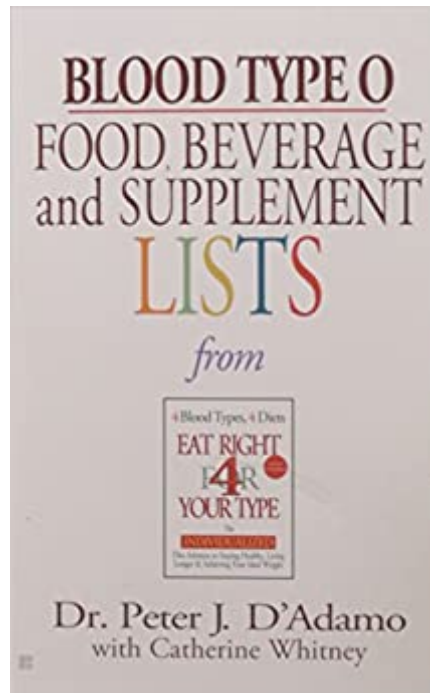




The book was found

Blood Type O Food, Beverage And Supplement Lists



Synopsis

The Eat Right 4 (For) Your Type portable and personal guide that will help people with blood type O stay healthy and achieve their ideal weight. Different blood types mean different body chemistry. If your blood type is O, enjoy your best health on a high protein, low carbohydrate diet, and make sure you get plenty of red meat. Carry this guide with you to the grocery store, restaurants, even on vacation to avoid putting on those extra pounds, or getting sick from eating the wrong thing. Inside you will find complete listings of what's right for Type O in the following categories: meats, poultry, and seafood oils and fats dairy and eggs nuts, seeds, beans, and legumes breads, grains, and pastas fruits, vegetables, and juices spices and condiments herbal teas and other beverages special supplements drug interactions resources and support Refer to this book while shopping, dining, or cooking and soon, you will be on your way to developing a prescription plan that's right for your type.

Book Information

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Customer Reviews

Dr. Peter J. D'Adamo is an internationally-acclaimed naturopathic physician, researcher, and lecturer, as well as the author of the New York Times best-selling Eat Right 4 Your Type book series. His extensive research and clinical testing of the connections between blood type, health, and disease has garnered world-wide recognition and led to

groundbreaking work on many illnesses. The world-famous immunologist, Dr. Gerhard Uhlenbruck of the University of Cologne, Germany, has called Dr. D'Adamo "one of the most creative scientists in the Western world." Catherine Whitney is the coauthor of numerous bestselling books on health and wellness.

Great carry along book so when I shop or eat out, I can refer to it - perfect size for reference and fits perfectly in my purse.

I am very pleased with this book and recommend it to others. Something everyone should look at. Thank you!

Glad I got this, I have learned so much and have altered some things in my diet as well as my supplements!

Very good book for us (o-types blood) beginning to change our diet. This book will provide different lists that breaks down food that is beneficial for you or not beneficial for you.

Great reference for food groups for type O. Recommend by my Naturopathic Doctor.

It is really nice just to carry this with you, its so small and compact. I really enjoy this book.

I didn't realize when I bought this it's the list for his first book, which I feel misses the mark. His second book tightens the food lists down quite a bit more and one of these from that book would be so very useful.

enjoying reading how i am supposed to be eating.

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