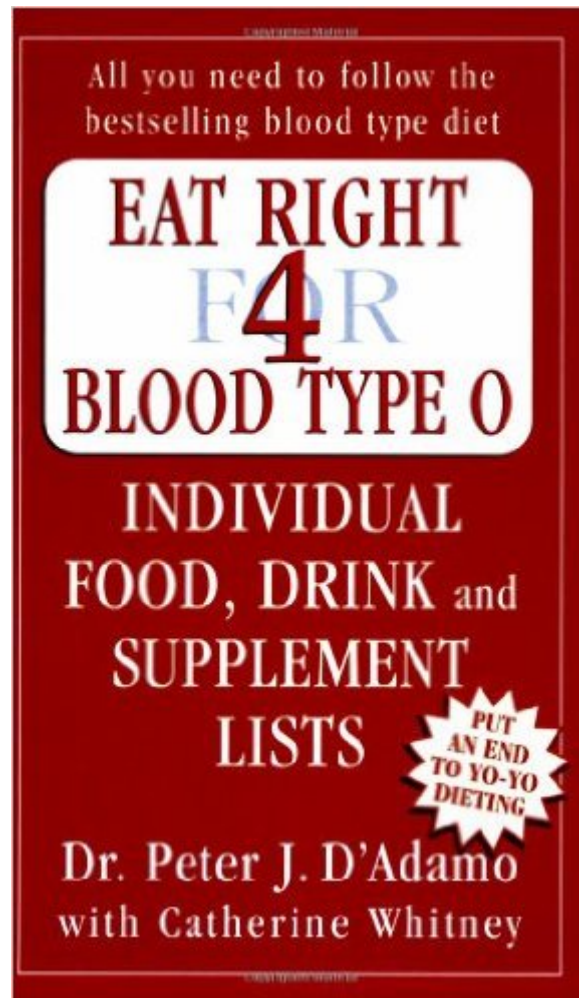


The book was found

Eat Right For Blood Type O



Synopsis

"The Eat Right 4 Your Type" portable and personal blood type guide to staying healthy and achieving your ideal weight. Different blood types mean different body chemistries. For blood type O, the best diet is high protein and low carbohydrate. This is a handy guide to take to the supermarket, restaurants and even on holiday to avoid putting on those extra pounds or feeling unwell from eating the wrong thing. Inside are complete listings of what's right for type O in all of the main food, drink and supplement categories.

Book Information

Paperback: 112 pages

Publisher: Penguin Books, Limited (UK) (September 4, 2003)

Language: English

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ISBN-13: 978-0141014784

Product Dimensions: 4.4 x 0.2 x 7.1 inches

Shipping Weight: 2.1 ounces

Average Customer Review: 3.9 out of 5 stars Â Â See all reviews Â (17 customer reviews)

Best Sellers Rank: #339,738 in Books (See Top 100 in Books) #34 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets

Customer Reviews

This supplement book is very good when thinking of choices that are more beneficial to your blood type. The greatest drawback that I would see from this book and the other books tailored to a specific blood type is the radical change involved in overall lifestyle. My opinion is that food is a great part of our lifestyle. The idea of changing it significantly is powerful. What I have realized is that although it is actual work to stick to a regimen in my eating, I enjoy the time that I can spend preparing my foods and the greater understanding that I have with my body. This book has helped me understand my body in regards to what to AVOID. I still sulk sometimes knowing that it doesn't help my body to have dairy products, but the idea of getting even closer to how my body behaves and reacts is incredible.

It's not a fad diet, it's a life change that really works. I first came across this book 16 years ago and I tried it for about 6 months in which time it changed my weight and health. Now I have returned to it again and after just a short time working with the book eating the beneficial and neutral foods on my

list I can say that I feel very healthy and happy.

I wish I knew that this was the old edition. I looked through it and its not too different but I use the new one more so.

I love the book, it has been so useful to reduce weight without stop eating, I took this book as a life stile and my health has improved a great deal.I recommend it to every body!

This book is an awesome reference to have to get the background and the straight truth about what you are researching.

Like the A-Type Kindle version, it was poorly copied, with no spelling or grammar checks and the version is definitely not suited for Kindle.

The way it looked on here was like it was a whole different book. I already have one of these books...I surely don't need 2 of them. I waited to long to send it back.....Also it took a long time to get here....

Very informative book

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