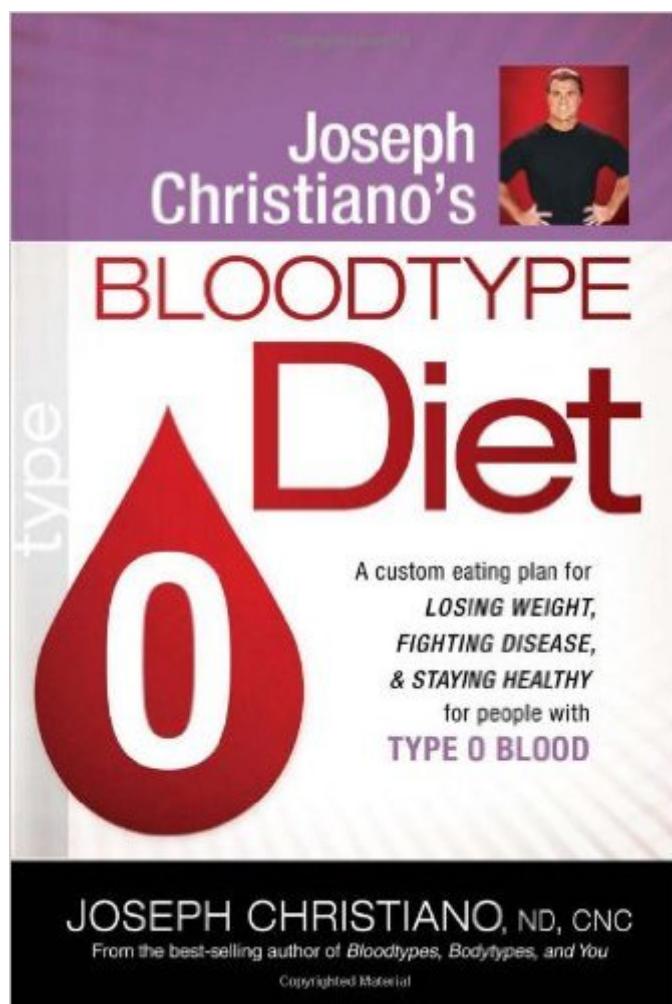


The book was found

Joseph Christiano's Bloodtype Diet O: A Custom Eating Plan For Losing Weight, Fighting Disease & Staying Healthy For People With Type O Blood



Synopsis

Having trouble losing weight? You might simply be eating the wrong foods for your blood type! Your blood type determines which foods are right for you and is pivotal to weight loss success. This is why different people can have such different results with the same diet. Which foods are right for you? This book makes it easy to put together meal plans for type O blood that include delicious, satisfying foods like roast beef, chicken teriyaki, French onion soup, and more with customized recommendations for: Meats, poultry, and seafood Oils and fats Dairy and eggs Breads, grains, and pastas Fruits, vegetables, and juices Spices and condiments Learn how to drop the pounds quickly when you eat the right foods for your type O blood.

Book Information

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Customer Reviews

I purchased this book after seeing Joseph Christiano on a T.V. talkshow. I was amazed that someone with type O blood would actually benefit from red meat. We hadn't had red meat in our diets for ten years when I purchased the book. Since, my husband and I both are type O I wanted to check this out. We have now started eating grass-fed red meat almost daily. Our blood work is better...unreal. We both have lost 15 pounds each, over several months. Joseph Christiano has developed diet and exercise programs for Miss America, Miss USA, and Mrs. America pageant winners. He has made me a winner with the upper-body fat. I would recommend this book to type O blood groups that are interested in losing weight around the middle. Meme "grateful granny"

The book is easy to read and well written. The Good Food lists are easy to find and not scattered all

over the book like Eat Right 4 your Blood Type.

I had heard of this idea before, but always dismissed it. My chiropractor brought it up again and I was happy to find this book cause it is based in a belief in God's creation. When I read it and looked at the list of foods to avoid, it was 100% right. All of the foods listed make me sick. It is a new way to look at food and very helpful.

This book was very good in explaining the whole reason behind eating for your blood type. Why it works and the mechanics or biology behind it. Also, I really appreciated the Christian perspective. Great receipes and easy to follow guidelines. I realized why I didn't like a lot of foods that are so called "good for you" or why certain foods would make me feel bad. I feel better eating for my blood type.

The information in this book enabled me to drop my cholesterol from over 300 to under 200 in 6 weeks! My doctors were amazed!

Excellent publication. Explain very well my reaction to certain foods after eating. I have shared publication with friends and family and they find it very helpfull as well

I found this book easy to read and very informative. Although I do not believe I need to follow all the diet recommendations all the time, it is a helpful guide. Plus I know that, if some food does not agree with me, I can look for it in this book to see if it fits in with what my diet should be.

Since eating according to my blood type I have more energy during the day plus body aches are less intense. Food recommendations are tasty too.

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