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Blood Type O Diet: Food, Nutrition, And Health Factors Of A Blood Type O Person

Blood Type O

Diet

By Frankie Jameson



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Synopsis

A scientific look at the blood type O diet like you have never seen before! With research, experiments, and medical experts backing up the theories with their results, this diet book gives a whole new perspective on the blood types and their connection to the nutritional substances they take. You will read, among others: About the Rh factor and how it influences those with a blood type O. Which foods to include, which exercises to perform, and how to manage levels of cortisol and catecholamines. Ulcers, thyroid issues, and other health concerns that are linked to the way you eat and live your life. Avoiding cholera, diabetes, malaria, and other blood-related diseases. Effective weight loss strategies, lifestyle tactics, and other useful health advice. A number of delicious, clean recipes you can try when you are determined to stick to a recommended diet and certain nutritional habits. Curious yet? Then don't wait and start reading, so you don't have to remain in the dark. Save yourself the misery of common mistakes and learn from what I have learned. I will see you in the first chapter!

Book Information

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Customer Reviews

Me and my partner really likes this eBook. I can always check it on my iPhone Kindle App so I can use it while grocery shopping, reviewing recipes or making shopping e-list. Since I am learning, this makes it easy. My partner and I check our Kindle books often to stay on course.

The perfect diet guide for my blood type. I like the meal suggestions and recommendations on this diet guide. I also learned a lot of recipes and natural food that is healthier and better for me and my family. I really like it!

This book reveals the information that you need to know. A comprehensive list of good, bad and neutral foods for O Type people following the Blood Type diet/eating plan. This is a great reference guide for O blood types who follow the blood type diet. Each food group is separated and the lists of food are extensive. I love all of it.

It is true that eating the right food for your blood type is a good way to be healthy. This small but most informative book is a must. The chapters are concise and well-presented. You can always rely on this book when shopping!

I was able to learn a lot of important and reliable information about my body and my blood type. Now I know why there are some food that I don't eat much and I try to stay away. This book has a lot of amazing recommendations for my blood type and I really like it.

This book is great. It allows me to take eating for my blood type to a whole new level! It is follow, and easy to read. I feel better since I eat the foods recorded in the book. Good book to have.

I am very much satisfied with my purchase. Great options and tasty meals with fresh and healthy ingredients for Blood Type O. Instructions are clear and easy to follow.

Good help for those who wants to know more about the food a blood type O should eat. It will surely help you be healthier and smarter on food choices.

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