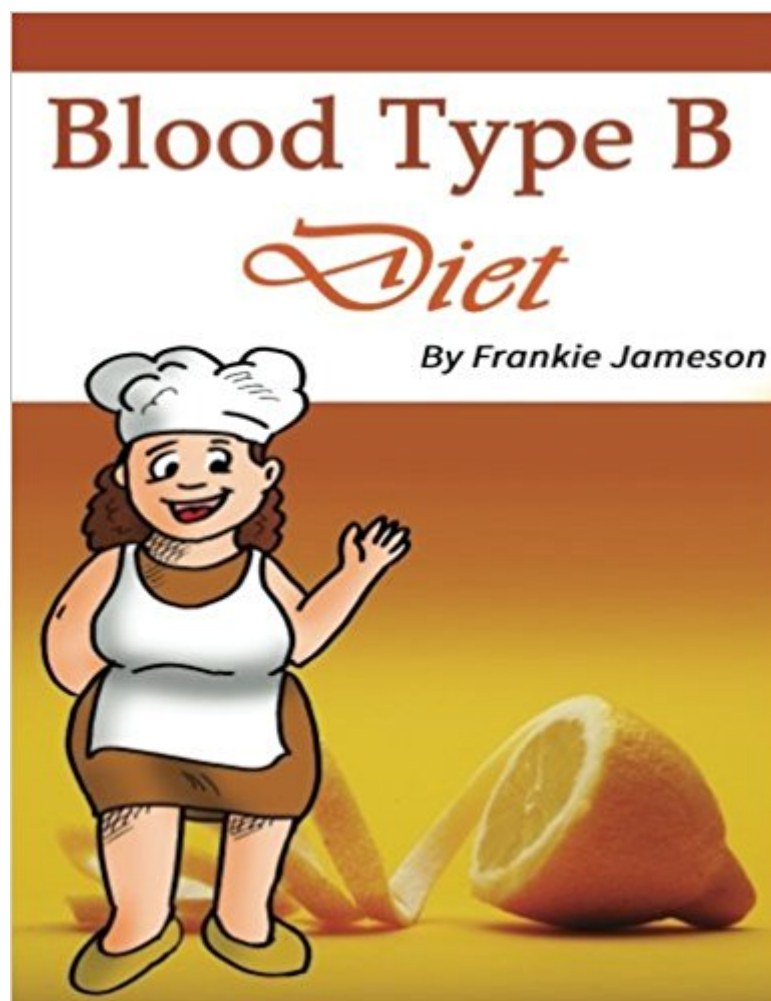




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Blood Type B Diet: The Right Food, Beverages, And Supplements For Your Blood Type



Synopsis

The best way to match your diet with your blood type! If you are a blood type B, then I have good news for you. Those who have this blood type, have ancestors who were nomadic travelers. Therefore, you might have a better tolerance with different types of food, have a strong immune system, and have more options. So what should you include in your diet? You will learn in this book, among others: Which foods to pile up on and which ones to avoid as much as possible. The higher significance of your blood type B and how to adjust nutrition, snacks, and supplements. Exercises that apply specifically to blood type B persons. Alternative food choices for desserts and sweets. How to schedule, plan, and carefully choose what and when you eat for better digestive purposes. Health tips and preparation ideas that can help you perfect your food and nutrients intake, specifically focusing on the blood type B characteristics. And much more! Curious yet? Then don't wait and start reading. I will see you in the first chapter!

Book Information

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Customer Reviews

Diet for my blood type. This book really is about a life style change. Everything I liked I wasn't supposed to be eating. So it has been an adjustment. I have been gradually fazing out things and hope to get to the point where I am fully on it, the plan. Good book to have.

I am very satisfied with my purchase of this book. Clearly it is worth more than what I paid. I gained important and beneficial information about my blood type and learned a lot of tips and healthy food suggestions for my blood type.

It might be a bit hard to completely change your eating habits but thus far really worth it. I find this book quite informative and I never thought I could come across with a diet book like this. Definitely worth it.

This book contains the right food and diet suitable for Blood type B. It defines the importance of our knowledge about the food we eat according to our blood type. I learned a lot from this book and I am pleased because the food I eat are some of the recipes included on this book.

Very interesting to learn so many things I didn't know about my specific blood type and to learn that some of my most favorite foods aren't "good" for me. Looking forward to trying this diet and see what differences it makes in my overall wellness. Thank you!

A great source of reliable information. Once you start thinking how your body asks for certain foods and others are intuitively not for you, the information in this book explains why and reinforces what you know about your body, helping you make better decisions about what is best for you. I know a lot of people will also find this helpful.

I was easily attracted when I first saw this book. I was not disappointed. The book is laced with good factual information. The diets are balanced and healthy. It works for me and my family. Definitely a must try for everyone.

Started reading this book and tried it for a few days. After a few days my energy increased, mentally and physically I felt so much better. I find it very effective for me and I can feel the difference ever since I started following this book.

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BLOOD TYPE DIET: EAT RIGHT FOR YOUR BLOOD TYPE FOOD AND SUPPLEMENTS FOR TYPE A
BLOOD TYPE DIET: EAT RIGHT FOR YOUR BLOOD TYPE FOOD AND SUPPLEMENTS FOR TYPE O
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