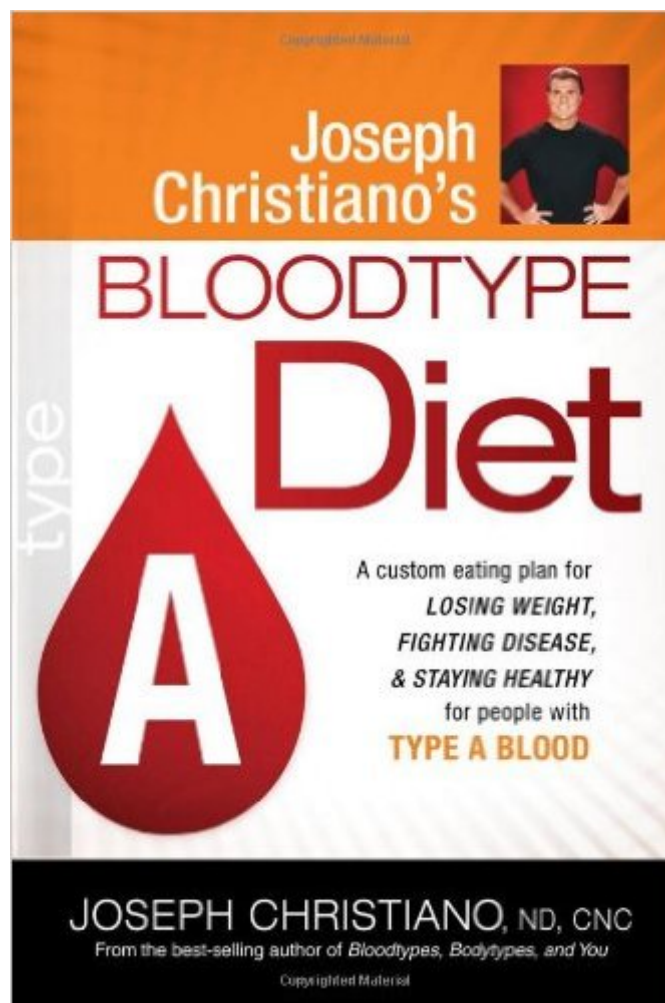


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# Joseph Christiano's Bloodtype Diet A: A Custom Eating Plan For Losing Weight, Fighting Disease & Staying Healthy For People With Type A Blood



## Synopsis

Having trouble losing weight? You might simply be eating the wrong foods for your blood type!Â Â  
Â 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. Â Which foods are right for you? This book makes it easy to put together meal plans for type A blood that include delicious, satisfying foods like cheese omelets, roasted Cornish hen, delicious fruit smoothies, 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 A blood.

## Book Information

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Average Customer Review: 3.8 out of 5 starsÂ Â See all reviewsÂ (41 customer reviews)

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## Customer Reviews

I have a lot of digestive problems and I'm also Hypoglycemic so I need to watch what I eat to feel good and be healthy. I am following the diet in this book for type As and have had good results. I love his Pick-A-Meal options, I can plan my meals and snacks around the menu ideas. I have recently added alkaline water to my diet and I feel so much better. If you are a Type A this book is a must for good health.

I read the book on my porch in the morning. It gave lists of what foods should be avoided for my blood type - then I got to the section on receipts for Type A+. They included food that the author said not to eat earlier in the book. As I continued - I realized this was not a single contradiction and the book is now resting atop my wood pile where I will get a small amount of return in the form of

BTU's when it gets burned. Generally foods cannot be indicated and contraindicated at the same time. Perhaps the concept of eating for blood type has some merit - but not the way it is organized in this book.

Ok, I have NEVER, EVER 'dieted' in my life. I do NOT believe in them! That said- this is the only reasonable/logical book out there. Think about it- we all have different blood types. Blood has proteins, and those proteins are what break down and carry the nutrients from our food through our bodies. Why would an A type carry the same stuff the same way as a B type, etc? I tried just a FEW of the changes recommended; ate less red meat and potatoes (nothing else, just that)- and noticed an IMMEDIATE improvement in my tummy/biological functioning! (In other words, I was less gassy, pooped better, had less upset stomachs and less reflux issues.) Which is what I was hoping to 'fix'. I do think not ALL of it will work for everyone; you may have to tweak it for other medical/lifestyle issues, but if you take the gist and follow the 'concept', this WILL work to make you feel better overall.

I was truly disappointed with this book. I have read a stack of other books on this subject, by a number of authors. It seemed to me that this book had regurgitated the contents and general information from other books/sources. It didn't tell me anything new or interesting, the content seemed vague and watered down, and was not scientific at all (I am more interested in this). I think that there are much better choices out there on this subject.

I had looked at this Material many times over and wish now I had made the purchase long ago. There is so much information regarding Blood Type, how it works, how our food in-take affects it and so on. Don't hesitate, if you're looking at this Material, make the purchase. It's an easy read, not over-your-head Medical Jargon. A complete list of Beneficial, Neutral, and Avoid Foods. All of which can be purchased at most Grocers. What I mean is its everyday Foods, however Aldi doesn't carry Greens in their Vegetable Bins, but Schnucks does. So the bigger Grocer or maybe even Farmers Market will have an Adzuki Bean where others will not. There are also Recipes, as well as Meal Ideas (suggestions). I feel like nothing has been left out and after just beginning I can tell you that I not only feel great but recently had my BP checked and it is normal where it had run high. This isn't a Diet Plan, but rather what you do already-eat. This Material points out which Foods are beneficial for Type A's and that's what we should be ingesting. It also lists the Avoid Foods to help Type A's eliminate them from our Diet-our everyday Routine.

It amazed me that when I looked at the avoid list for Type A blood, there were many of the foods that I was eating which usually caused me digestive distress. I have been researching the idea behind the blood type way of eating and it makes a lot of sense. I have already started incorporating the eating plan for Type A by eliminating dairy foods. I have found switching to Soy or Almond milks with vanilla flavoring has been a good choice. I have suffered with constipation problems all my life and I am not sure if the changes I have made caused the change, but since I am eating differently, my whole system has been functioning better. I have also incorporated tofu into my diet. I made tofu burgers and my husband actually liked them. This book is a great read and the eating plan worth trying. We only have one body, so taking care of it gives you both quality and possibly quantity of life.

While the information in the book is good and the meal plans seem reasonable, the recipes are wildly inconsistent. For example, every salad dressing recipe makes 1 cup even if you use 2 cups or even a 1/4 cup of ingredients. I've made several things and it's really just a crap shoot if it turns out. If it's recipes you are looking for, I would look elsewhere. If all you want is a list of foods to avoid and general information, this one is a good pick.

Very good read. Excellent info to know and guidelines for diet and health according to Dr. Christiano's studies that blood type plays a key role..who knew? Now I do!! Glad I picked this up in the kindle version. Would recommend!!

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