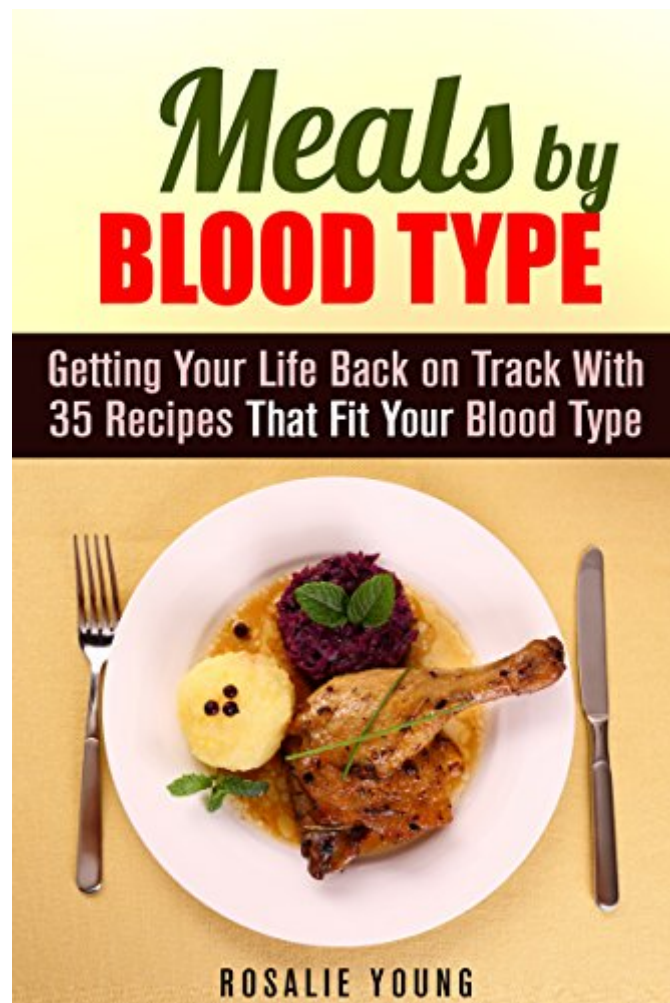


The book was found

Meals By Blood Type: Getting Your Life Back On Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol)



Synopsis

Have you ever thought that your diet can play a great role in your lifestyle? Maybe you've heard it before, maybe not, but there is one thing you should know for sure. Whatever you eat falls on your health and, implicitly, marks your life. Of course, it can adjust your health by improving it, or it can cause great damage. You are the one who is holding the key. If you want to feel good, to be healthy and regain that glow you once had, this is the right book for you. If you don't know your blood type, stop wasting precious time, rush to your doctor, get tested and start improving your life right away. Inside this book you will learn:

- How and what you should eat
- The powerful bond that connects blood and food
- The characteristics for type O
- 10 recipes suitable for type O
- The characteristics for type A
- 10 recipes suitable for type A
- The characteristics of type B
- 10 recipes suitable for type B
- The characteristics for type AB
- 5 recipes suitable for type AB

Once you understand the great importance of embracing a healthier eating habit, you will be determined to improve your life day by day without letting anything keep you from reaching that target. Do not wait any longer and take control over your life. Learn how you can adapt your blood type to a series of tasty and easy-to-cook recipes. Choose a healthy life for you and your family. Download this book and let it change your life.

Book Information

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Customer Reviews

Diet plays a major role to stay healthy and strong. What ever I eat reflects on my overall lifestyle. But i never considered that diet can also be followed according to my blood type. The concept seemed new and I found it very interesting. Having read the book I came to know about Some of the interesting facts and few vulnerabilities of my blood type. The recipes were very simple and i have tried lemon jerky. I enjoyed its tangy and peppery taste. I am determined to follow the diet to see the results my self.

I know some of my blood type diet because I have a friend taught me about blood type diets. I am looking for more recipes that suit my blood type and I my research came up to this book. This book discusses about the relationship between blood and food. I learned different delicious recipes for my blood type. I also learned the habit of eating healthy. Knowing all this is a good knowledge to start healthy living. I saw one problem in this book and that is low number of recipes per blood type but I totally like this book.

Iâ™ve heard few times about this type of diet, itâ™s getting quite popular nowadays and has many follows. It was interesting to learn the list of foods and dishes I can eat with benefits for my health and weight control. It makes sense and Iâ™ve included several dishes into my diet. Worth knowing and trying!

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