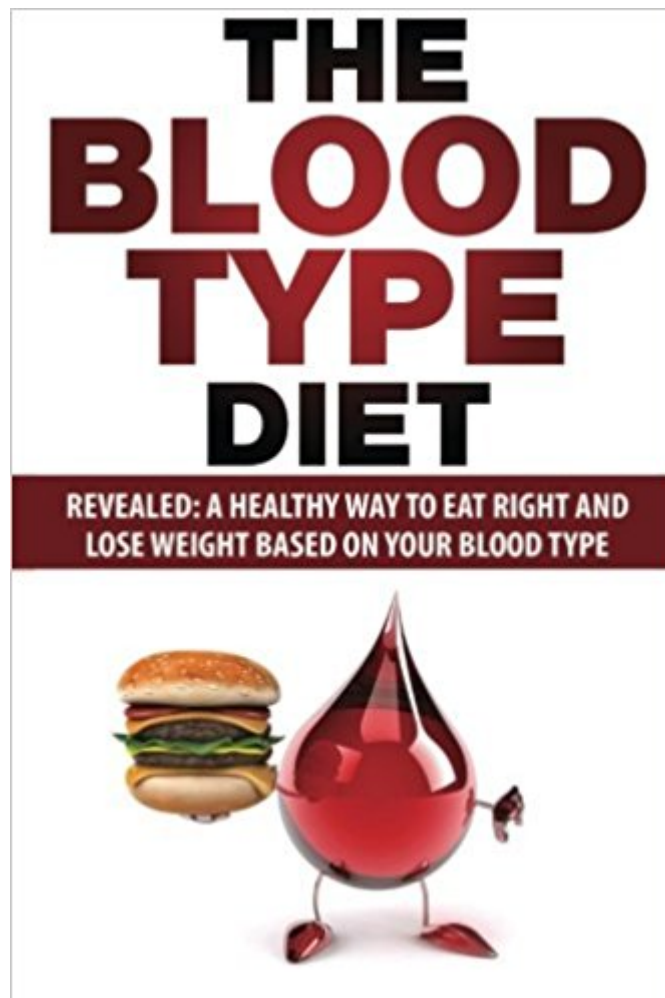




The book was found

Blood Type Diet: Revealed: A Healthy Way To Eat Right And Lose Weight Based On Your Blood Type



Synopsis

Are you struggling with weight loss?SPECIAL OFFER: OVER 50% DISCOUNTBUY TODAY FOR ONLY \$8.99!(regularly priced at \$18.99)This book contains proven steps and strategies on how to eat healthy and lose weight based on your blood type.If you are interested in discovering everything there is to know about the blood type weight loss program, this guide is the essential resource for you to read. It will teach you the healthy eating choices for losing weight, based on your blood type.Here Is A Preview Of What You'll Learn...The importance of the blood type for your healthWhat is the blood type weight loss programThe blood type A diet foodsThe blood type B diet foodsThe blood type O diet foodsThe blood type AB diet foodsHow to take advantage of your genetic inheritance and lose weightFoods you should avoid according to your blood typeMuch, much more!Get your copy right now and save over 50% off the regular price.Go to the top of the page and click the button on the right to order now for a limited time discount of only \$8.99!

Book Information

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Customer Reviews

The Blood Type Diet is very detailed as to how blood type can help you lose weight and how to eat right depending on which blood type you have. This book starts off by explaining how your blood type can help you understand you body due to scientist discovering blood type can determine if a person will be successful in losing weight. The author explains what foods you should each in great detail for each of the four different blood types. I never knew your blood type can indicate reactions to certain foods, chance of certain illnesses and especially stress.

Wow! I was impressed by the sheer amount of in-depth content found in this low priced book. Each of the 4 blood types is discussed in depth with special attention paid to why they vary from each other, what the pros and cons of each type are, and how to eat properly given your blood type. The whole basis of this diet is that each blood type breaks down foods differently and that we should play to our type's strengths and minimize its weaknesses. This is quite logical. I particularly enjoyed the medical jargon the author presented. There's plenty of it, and perhaps that is a flaw in the eyes of some. However, I was formally trained in this jargon and I find myself refreshingly at home with it. Pick up this book as an introduction or even if you're a nutrition aficionado!

The Blood Type Diet by David Dolore is indeed a must have tool guide for all readers. This helpful and informative guide is directed towards individuals' unique blood type to help them lose weight and eat right. I enjoyed reading this book. I was easily able to find my blood type and find food that were good for me and which ones were not good for me to have. These food were carefully researched in having the best benefits and help for my blood type. What is really cool is that I can share this book with anyone in my family and they too can find the best plan for their own blood type. Everyone in my family have different blood types and this book was helpful in letting us each find a guide that was perfectly suited for us all. After having read this book, I have been able to lose weight and to maintain a healthy weight now. I feel better and I have more energy than before. I highly recommend this incredible book to readers worldwide. This is a must read for all. Readers won't be disappointed that they read this book. A helpful guide like this one can also make for the perfect gift to your family, friends, and loved ones. Overall, I rate Blood Type Diet a five out of five stars.

Hey!! Nice and well written book.. I honestly never heard on these type of diet plan.. Well I learnt a lot of very interesting things in this book and it gave me totally new vision of weight loss and healthy eating! What is also very relevant is that it covers a large panel of blood types and gives precise advices on how to improve the way you eat for each of the blood types!In other words, I can say that this book is a modern way of approaching diet and I recommend it to everyone that want to take the next step in their nutrition challenges!

A fantastic book on the dating game and as it says how to be an alpha male, easy to read and reference, straight to the point absolutely fantastic, highly recommend it to anyone starting or even in the dating game at the moment. Great read thank you.

the book is simple and precise,easy to understand and gets to the point. it states it facts very well and detail. just find it is perfect for people who just wants the facts. great job.

This is just a very very small book, not super specific. Was expecting something with more in depth information.

It was very interesting to read about my blood type and learn what is good for my body. Someone recommened this book to me about a year ago and I'm just now getting around to reading it.

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Type A: 150+ Healthy Recipes For Your Blood Type Diet
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Type B: 150+ Healthy Recipes For Your Blood Type Diet
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