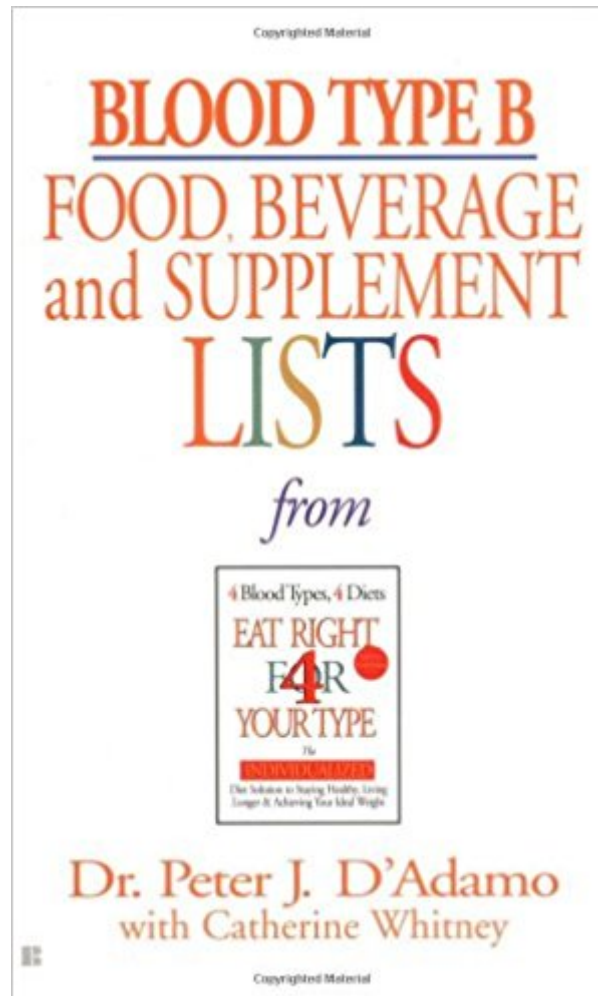




The book was found

Blood Type B Food, Beverage And Supplement Lists



Synopsis

The Eat Right 4 (For) Your Type portable and personal guide that will help people with blood type B stay healthy and achieve their ideal weight. Different blood types mean different body chemistry. If your blood type is B, enjoy your best health with plenty of variation. Eat plenty of protein, and add a bit of dairy. Carry this guide with you to the grocery store, restaurants, even on vacation to avoid putting on those extra pounds, or getting sick from eating the wrong thing. Inside you will find complete listings of what's right for Type B in the following categories: meats, poultry, and seafood oils and fats dairy and eggs nuts, seeds, beans, and legumes breads, grains, and pastas fruits, vegetables, and juices spices and condiments herbal teas and other beverages special supplements drug interactions resources and support Refer to this book while shopping, dining, or cooking and soon, you will be on your way to developing a prescription plan that's right for your type.

Book Information

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Customer Reviews

Dr. Peter J. D'Adamo is an internationally-acclaimed naturopathic physician, researcher, and lecturer, as well as the author of the New York Times best-selling Eat Right 4 Your Type book series. His extensive research and clinical testing of the connections between blood type, health, and disease has garnered world-wide recognition and led to

groundbreaking work on many illnesses. The world-famous immunologist, Dr. Gerhard Uhlenbruck of the University of Cologne, Germany, has called Dr. D'Adamo "one of the most creative scientists in the Western world." Catherine Whitney is the coauthor of numerous bestselling books on health and wellness.

Exactly what I was looking for, this is compact, light weight, and will fit in most ladies' purse. 6 3/4 X 4 1/4 X 1/4, the book lists categories of food (meats, seafood, eggs and dairy, oils and fats, nuts and seeds, beans and legumes, grains, breads, and pasta, fruits, juices and fluids, spices, condiments, herbs and herbal teas, miscellaneous beverages. There are also supplement advisories and medical strategies. Of course, the book begins with basic info about type B blood and the blood type connection. Within each section of food types, you will find: categories of highly beneficial, neutral, and avoid foods. There is even an ancestry breakdown. The medical section takes a condition (e.g. cramps/gas) and tells you what to supplement with. There are suggested reading materials and reference info in the back.

This is a great list of foods that are highly beneficial, neutral to your blood type, or foods that should be avoided altogether. A great compilation of foods and beverages that make shopping for your blood type diet much easier.

The jury is still out on whether this actually works for me. I lost 5 lbs. within the first couple weeks but then weight loss stalled. I'm only trying to lose 20 more but at 55+ it's not an easy feat apparently. I'm pretty strictly following it; eliminating just about EVERYTHING I was eating previously and NO alcohol. I was hoping for better results but I'm still going to give it some time. The book does explain in detail why the author believes in this diet. One note, I'm a Type B blood type, and I do believe that eliminating the chicken from my diet has made a substantial difference in eliminating inflammation. My feet and ankles (sprain & fasciitis) don't hurt anymore. For me, it's enough to keep me intrigued and willing to stay with it for a least regarding chicken.

I am starting this change today. Very interesting and it makes so much sense. I eat healthy but still have a problem with my weight. It appears I am eating all the wrong foods. About to change some things up and see how it goes.

I started following the recommended diet for my blood type immediately upon receiving this book.

After the first week I noticed that I am not breaking out in a rash after eating. The book is very detailed and is small enough to fit into your purse or carry with you when grocery shopping. I especially like that the book offers an explanation for why certain foods are prohibited. I highly recommend this book!

This is good info for a balanced perspective on blood type preferences, but not accurate for certain unhealthy foods; such as all white products (rice, bread, potatoes etc) Butter is a better alternative than margarine for health, and this book says all butter & coconut products are a no-no for AB+, (another alternative for butter), so reader must follow what really works for them and not restrict foods based totally on this info.

This book was very informative. It is definitely eye-opening and provides insight into one's blood chemistry and how various foods can prove to be beneficial or detrimental

just okay. should have downloaded instead

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