



## Eat Right for Blood Type B: Individual Food, Drink and Supplement Lists

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By Peter J. D'Adamo

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Eat Right for Blood Type B: Individual Food, Drink and Supplement Lists, Peter J. D'Adamo, "The Eat Right 4 Your Type" is a portable and personal blood type guide to staying healthy and achieving your ideal weight. It's science! Different blood types mean different body chemistries. Eating foods that your blood type can process easily can help you lose weight and ward off illness - as well as giving you bags of energy. Based on your genetic make-up, "Eat Right 4 Your Blood Type" means eating foods that are compatible with your individual chemistry. If your blood type is B, then you will enjoy your best health on a varied diet, including plenty of protein and a bit of dairy too. Carry this handy checklist with you wherever you go, so you can make the right food choices in the supermarket, while eating out or on holiday. Inside are complete listings of what's right for Type B in all of the main food, drink and supplement categories, so you can avoid putting on those extra pounds or feeling unwell from eating the wrong thing. Soon you'll be on your way to...



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