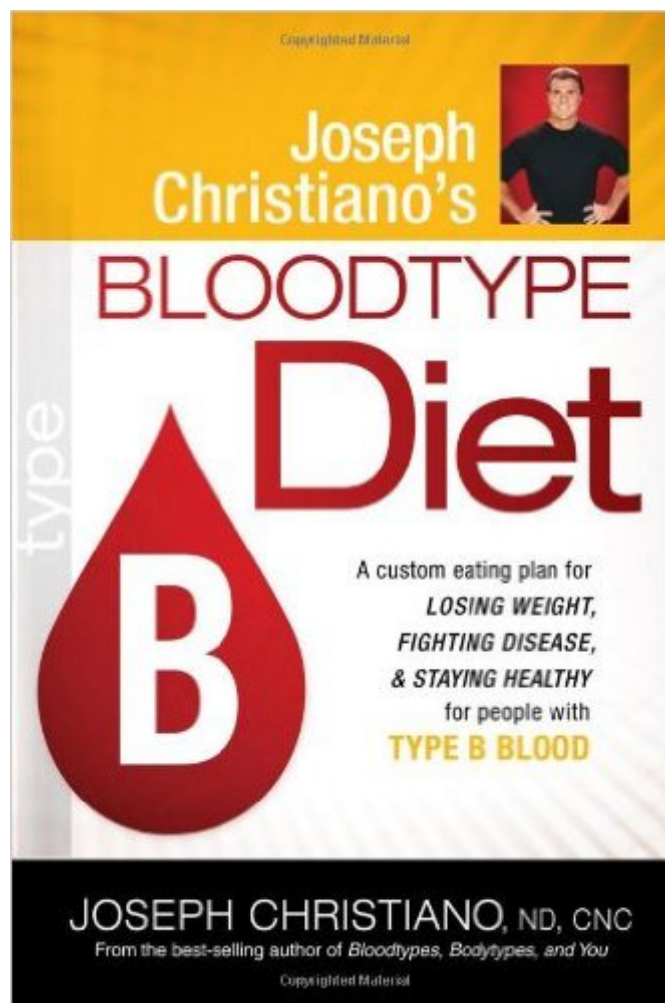


The book was found

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



Synopsis

Having trouble losing weight? You might simply be eating the wrong foods for your blood type! 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. Which foods are right for you? This book makes it easy to put together meal plans for type B blood that include delicious, satisfying foods like roasted lamb, chef salad, fresh strawberries with yogurt, 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 B blood.

Book Information

Paperback: 192 pages

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Best Sellers Rank: #389,280 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #3694 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

The premise of this series is an old idea from the 80's that each bloodtype has certain foods that it cannot digest efficiently. This inefficient metabolism means that the person puts on weight even if the food is considered a "healthy" food. I chose the Type B book. The author stuck to the topic and didn't introduce his website and supporting health items until the very last chapter which I appreciated. He explained his ideas clearly although definitely in male oriented examples but still, totally understandable to me. I was disappointed that he didn't have a chapter or even really a portion of a chapter on exercise but rather referred the reader to the main book. I liked that the books were available in individual bloodtype rather than having to buy a book that contained all of

them and end up being overwhelmed with extraneous information. I tried his ideas and do feel better. The recipes at the back were doable except for the smoothies which included his blood specific protein powder. His lists of beneficial foods, neutral foods, and avoid foods were easy to follow and could be photocopied for carrying in my purse. Disclosure of Material Connection: I received this book free from Strang Publishers as part of their book review bloggers program. I was not required to write a positive review. The opinions I have expressed are my own

I have been quite ill for almost 2 yrs. CFS, adrenal fatigue and hypothyroid. (I have seen every doctor known to man & tried everything they have told me) I know D'Adamo originally wrote this diet but Christiano's research over the last 12 yrs has really added a lot. Why do you need food allergy testing when it's already been done for you? Do yourself a favor and get this book. I have felt so much better in just two weeks!!! I also ordered his cleansing supplements (from his website) to go along with it. I'm striving for optimal health.

I didn't hear about eating according to blood type prior to seeing the author on "Your World with Creflo". I decided to purchase the book myself because I was intrigued. I couldn't put down. I felt I found a missing link. Furthermore, I am excited to implement what I've learned and look forward to seeing the results.

This book is an excellent source of information and explains on how our bodies function when food is involved. I have had terrible constipation problems for the past ten years and by following this book I am happy to say I am regular and not bloated anymore. It really is a life style change but to eat according to your blood type is amazing and I never knew I was eating the wrong foods, until now!!

Other than the view on evolution (which I feel would add to the conviction) the book is excellent with some excellent, practical recipes.

This book has been very beneficial in helping me lose weight! Thanks Mr. Christiano's for a wonderful book. Love it!

There were many things that I did not feel the explanation was sufficient. I have read his book on each Blood type there were too many similarities.

Some new tips. Stopped chicken years agodoing so got me off getting 3allergy shots every other week and no longer needed my 3 inhalers for asma

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