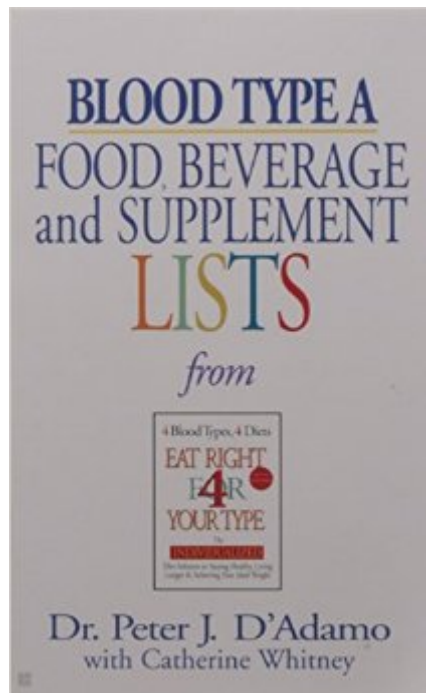


The book was found

Blood Type A: Food, Beverage And Supplemental Lists From Eat Right 4 Your Type



Synopsis

The Eat Right 4 (For) Your Type portable and personal blood type guide to staying healthy and achieving your ideal weight. Different blood types mean different body chemistry. If your blood type is A, enjoy your best health on a vegetarian diet. 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. You'll never have to be without Dr. D'Adamo's reassuring guidance again. Inside you will find complete listings of what's right for Type A 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

Mass Market Paperback: 94 pages

Publisher: Berkley Books; 1st edition (2002)

Language: English

ISBN-10: 0425183114

ISBN-13: 978-0425183113

Product Dimensions: 4.2 x 0.3 x 6.8 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (347 customer reviews)

Best Sellers Rank: #6,110 in Books (See Top 100 in Books) #3 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets](#) #97 in [Books > Health, Fitness & Dieting > Nutrition](#) #162 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

For those of you who have doubts about whether blood type should really be a reason for eating a certain way, I feel you. If you do, I strongly recommend that you take a good look at a few of the online breakdowns of the Blood Type diets online (likely very brief, doesn't include all the info of the book though) & see if: 1) some of the foods you favor are amongst the "Beneficial", & 2) while other people go crazy for a type of food (eg: seafood, mushrooms, pickles, etc.. anything!) are what you're not quite a fan of (or hate). After I checked this out was when lots of things suddenly started to make sense. I am Type A blood. This may sound a bit weird, but I tend to enjoy my foods a little blandly

(oatmeal w/ nothing to flavor, black iced/hot coffee w/o cream or sugar, etc) Lots of the time I will eat something without condiments or I ask for my salad w/ no dressing b/c dressing is just gross to me). This is in part, due to the way I grew up but also is mainly how I've responded to my reactions to moderate or even very small quantities of sugar, salt, or other things like spices & vinegar: I always got swollen the next day (eyes, fingers, puffy cheeks...etc..) But more than how I've grown to like how I eat now, I've never been a huge fan of certain foods (like the above mentioned) & while my friends all go crazy for lobster/crab/shrimp, sweet pastries, Korean bbq (all-you-can-eat-till-you-explode-quantities-of-meat), I typically felt whatever about eating them & then felt like crap the next day after eating that stuff. The list goes on about what kinds of foods make me swell up by the next day (which I didn't realize, was an allergic reaction to the foods I was eating--you should never swell up or react badly over something you ate if it's good for you) but I'd rather not.

[Download to continue reading...](#)

Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Blood Type A: Food, Beverage and Supplemental Lists from Eat Right 4 Your Type Blood Type O Food, Beverage and Supplemental Lists Blood Type B Food, Beverage and Supplemental Lists Blood Type A Food, Beverage and Supplemental Lists Blood Type AB Food, Beverage and Supplemental Lists Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Eat Right for Your Type Live Right for Your Type (4 blood types, 4 diets 4 blood types, 4 programs) Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Eat Right 4 Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type AB: 150+ Healthy Recipes For Your Blood Type Diet By Dr. Peter J. D'Adamo - Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet (1st Edition) (9.1.2013) Blood Type Diet: Revealed: A Healthy Way To Eat Right And Lose Weight Based On Your Blood Type Cardiovascular Disease: Fight it with the Blood Type Diet: The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library) Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes

That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type

[Dmca](#)