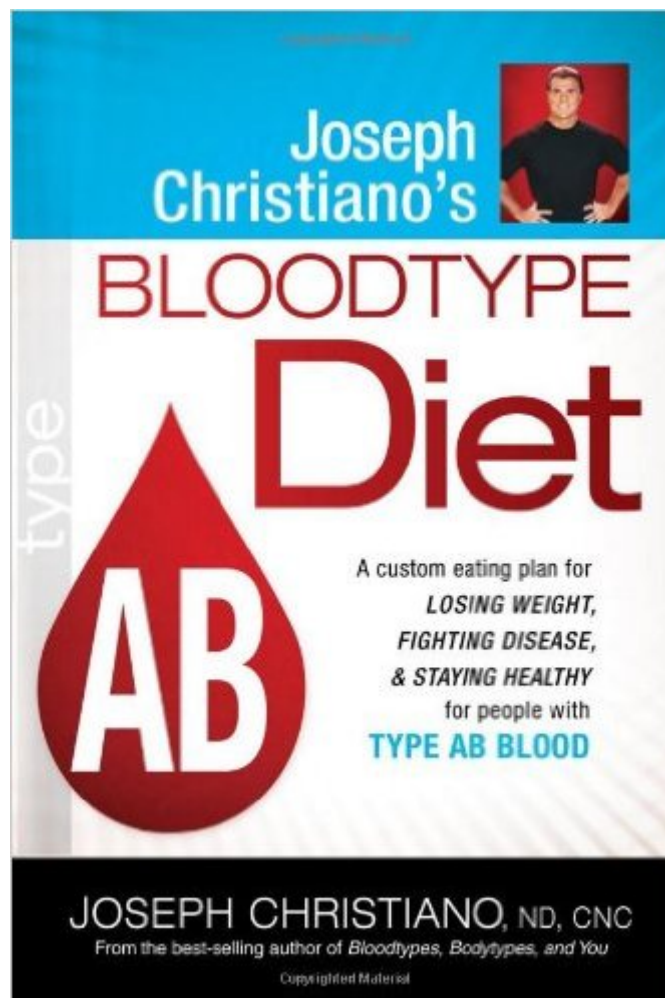


The book was found

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





Synopsis

Having trouble losing weight? You might simply be eating the wrong foods for your body! Â Your blood type determines how your body reacts to food and is pivotal to weight loss success. This is why different people can have such different results with the same diet. Â Which foods are right for you? This book makes it easy to put together meal plans for type AB blood that include delicious, satisfying foods like pancakes, pan-seared salmon in maple glaze, stuffed baked potato, 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 Â Learn how to drop the pounds quickly when you eat the right foods for your type AB blood.

Book Information

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Average Customer Review: 3.9 out of 5 starsÂ Â See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #247,170 in Books (See Top 100 in Books) #30 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #2664 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

I just browsed through this for twenty minutes the other night. Under foods to avoid and foods that are beneficial black beans were listed. Uh... bad editing? It also says my blood type should avoid beef. Then under a meal plan suggestion is a cheese burger. It also says to avoid avocados and salmon then lists them for meals. Crap editing if you ask me. I sent an email to Dr. Christiano himself. He actually replied - kudos to that. He claimed it was the publishing house and apologized for the 'typos.' He then said the inconsistencies are due to his 80/20 rule of sticking to the diet. So... I'm not convinced. I asked him for articles confirming legitimacy of the diet, we'll see what he says. I'm also very curious how this is tested and proved. The inconsistencies in the book left me feeling more skeptical....

It seems as though this book is intended to sell more stuff by this guy. It's a lot of faith based lecturing and references to other materials you have to pay for. Not a whole lot of content on the AB blood type physiology.

Easy to understand and makes a lot of sense. I understand more about how blood cells work within the different blood groups in helping the body to digest food.

This book will definitely help me with eliminating foods that are harmful to my system. Very easy to use and follow.

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