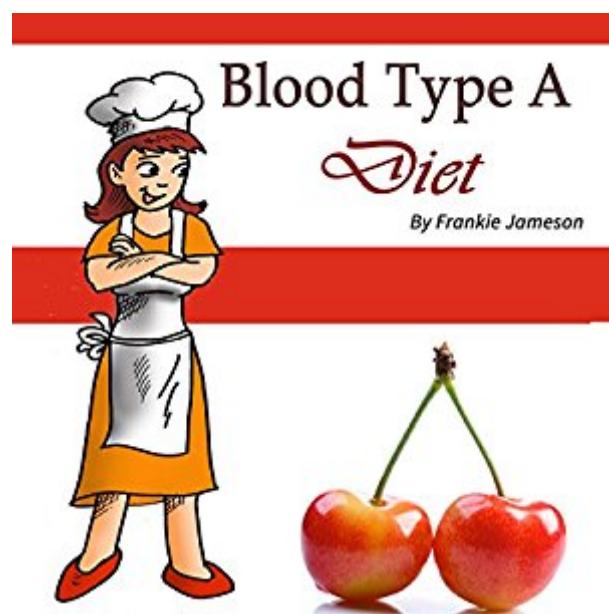


The book was found

Blood Type A Diet: Create Your Healthy Diet Plan The Type-A Way



Synopsis

Learn which foods go along with your blood type. Those who have blood type A, are believed to be more creative, good listeners, and sensitive to their environment. A light, natural diet can be a life-changing factor of improving your health and increasing your happiness and physical well-being. Based on research, in this audiobook, you will find: Which foods to avoid, which foods to add to your diet, and which ones to moderate. How certain fruits, vegetables, and grains go along with a blood type A diet. Strategies to apply to your healthy lifestyle. More about nutrients, vitamins, and other important things all these foods contain. Health risks of a blood type A person and how to solve problems in a specific way. And much, more! Curious yet? Then don't wait and start listening, so you don't have to remain in the dark. Save yourself the misery of common mistakes and learn from what I have learned. I will see you in the first chapter!

Book Information

Audible Audio Edition

Listening Length: 1 hour and 4 minutes

Program Type: Audiobook

Version: Unabridged

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ASIN: B074G61LF1

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Customer Reviews

After reading this book, I keep referring to it over and over. Once you start thinking how your body asks for certain foods and others are intuitively not for you, the information in this book explains why and reinforces what you know about your body, helping you make better decisions about what is best for you and your blood type.

I find this book very much helpful. I started the Blood Type Diet and had no idea what meals to prepare or what to add to my grocery list. This book was a life saver. It provides very easy to make and delicious recipes with everyday items that are easily obtained at very affordable prices. Great

book indeed.

This is great guide for people who has Type A blood types. This is an awesome venue for those looking to improve their overall health specific for their individual needs. It is true that health is wealth, and understanding the benefits of this book will not only help you lose weight, but also live a healthier life.

I like this book very much. The cookbook gives so many variations of ways to prepare the type A foods. It is creative and easy to do. There is excellent information about the type A foods prior to the recipes. Good source of information.

Great guide. I find this book to be very informative. It seems to cover all the foods that we can eat and those we should avoid. It makes sense when you realize how you've been eating and what foods make you feel not so good.

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