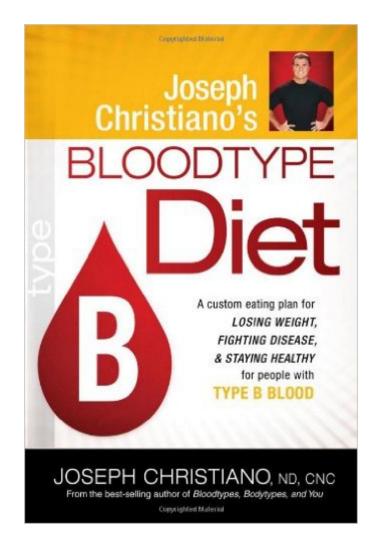
The book was found

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





Synopsis

Book Information

Paperback: 192 pages Publisher: Siloam (September 7, 2010) Language: English ISBN-10: 1599799995 ISBN-13: 978-1599799995 Product Dimensions: 5.5 x 0.5 x 8.2 inches Shipping Weight: 9.1 ounces (View shipping rates and policies) Average Customer Review: 4.1 out of 5 stars Â See all reviews (30 customer reviews) 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!!!! 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 explaination was sufficient. I have read his book on each Blood type there were too many similarties.

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

Download to continue reading...

Joseph Christiano's Bloodtype Diet O: A Custom Eating Plan for Losing Weight, Fighting Disease & Staying Healthy for People with Type O Blood Joseph Christiano's Bloodtype Diet A: A Custom Eating Plan for Losing Weight, Fighting Disease & Staying Healthy for People with Type A Blood Joseph Christiano's Bloodtype Diet B: A Custom Eating Plan for Losing Weight, Fighting Disease & Staying Healthy for People with Type B Blood Joseph Christiano's Bloodtype Diet AB: A Custom Eating Plan for Losing Weight, Fighting Disease & Staying Healthy for People with Type AB Blood 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.) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating) Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Blood Type Diet: A Guide For Eating Based On Your Blood Type, The Key to successful healthy weight loss 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) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet, diabetes, reverse type 2, atkins) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and

Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) 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) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet)

<u>Dmca</u>