



Blood Type A: Food, Beverage and Supplemental Lists from Eat Right 4 Your Type

Peter J. D'Adamo, Catherine Whitney

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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.

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From reader reviews:

Catherine Williams:

Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite publication and reading a guide. Beside you can solve your problem; you can add your knowledge by the e-book entitled Blood Type A: Food, Beverage and Supplemental Lists from Eat Right 4 Your Type. Try to make book Blood Type A: Food, Beverage and Supplemental Lists from Eat Right 4 Your Type as your good friend. It means that it can to get your friend when you really feel alone and beside that of course make you smarter than in the past. Yeah, it is very fortunated for you personally. The book makes you far more confidence because you can know almost everything by the book. So , let me make new experience and knowledge with this book.

Tony Valdez:

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Sarah Porter:

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Angel Sullivan:

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