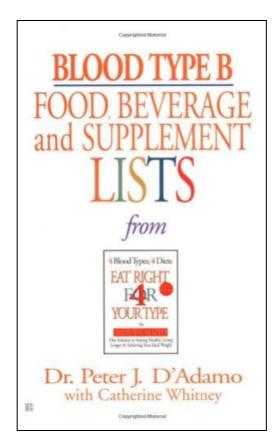
## Blood Type B: Food, Beverage : Food, Beverage and Supplement List (Paperback)



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## Reviews

The book is not difficult in read through better to recognize. It really is writter in straightforward terms instead of confusing. I am happy to inform you that this is actually the finest publication i actually have read in my individual daily life and may be he best book for possibly. (Valerie Heaney)

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Penguin Putnam Inc, United States, 2002. Paperback. Condition: New. Reissue. Language: English . Brand New Book. The Eat Right 4 (For) Your Type portable and personal guide that will help people with blood type B stay healthy and achieve their ideal weight. Different blood types mean different body chemistry. If your blood type is B, enjoy your best health with plenty of variation. Eat plenty of protein, and add a bit of dairy. 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. Inside you will find complete listings of what s right for Type B 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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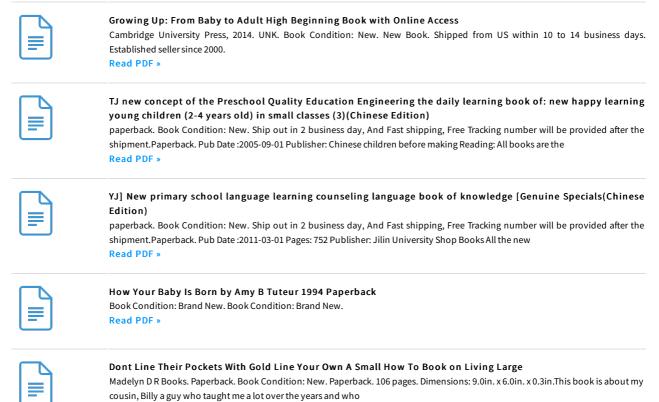
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