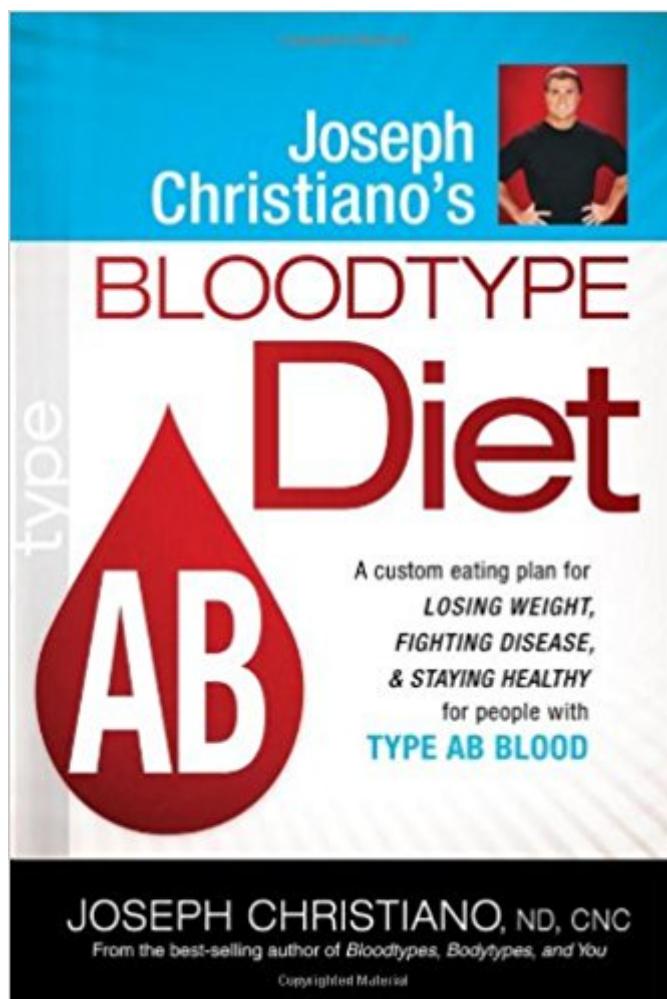


The book was found

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! 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. 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 Learn how to drop the pounds quickly when you eat the right foods for your type AB blood.

Book Information

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Customer Reviews

Joseph Christiano, ND, CNC, a naturopathic doctor and certified nutritional counselor, has spent forty years developing individualized diet and exercise programs for Hollywood celebrities. Trainer of Miss America, Miss USA and Mrs. America pageant winners, Joseph is a former Mr. Florida and award-winner in the Mr. America bodybuilding championships. Often seen on television promoting health and wellness to millions, Christiano has authored several books including *Bloodtypes*, *Bodytypes*, and *You, Never Go Back*, and *My Body, God's Temple*. As founder of Dump the Junk America, Dr. Joe has developed a nationwide campaign for helping kids with obesity and related illnesses and poor academics.

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.

Great Resource

Nice

Just glancing the book lets me feel this will be an interesting endeavor.

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....

Very helpful information so far!

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

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.

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