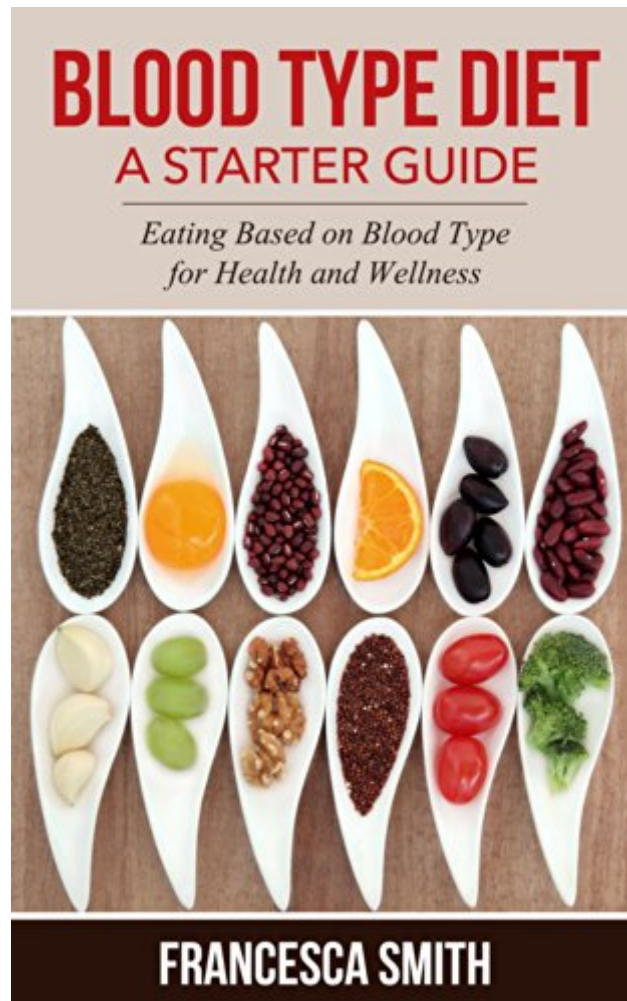


The book was found

Blood Type Diet: A Starter Guide: Eating Based On Blood Type For Health And Wellness



Synopsis

A lot of diets have come to the fore attesting that they can help someone to achieve their goal whether it is to lose weight or to get back on track with their health and wellness plans. One of the more effective methods that is popular today is the blood type diet. *Blood Type Diet: A Starter Guide* • explains how important it is to know what your blood type is and how to plan effectively to eat meals based on that blood type.

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Customer Reviews

This book skimmed the research that another researcher duly researched . Like a copy cat with only partial information . So disappointed. Like she read the original researchers book and then wrote a very poor book report on it.

If you are interested in this approach read the primary book which has same info with better explanations.

Much prefer the original author's work

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