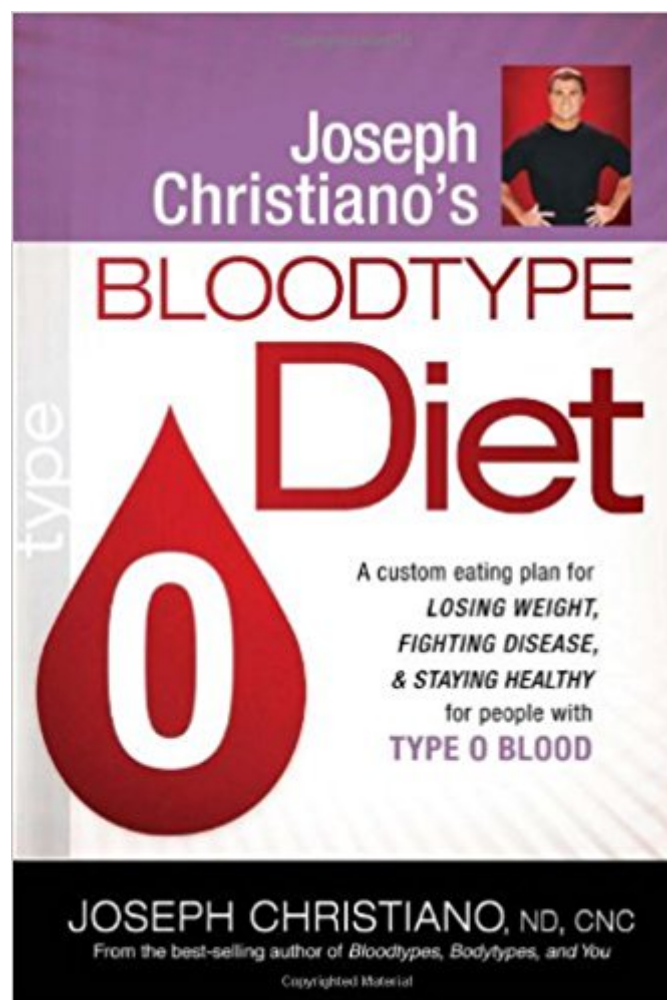




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Joseph Christiano's Bloodtype Diet O: A Custom Eating Plan For Losing Weight, Fighting Disease & Staying Healthy For People With Type O Blood





Synopsis

Having trouble losing weight? You might simply be eating the wrong foods for your blood type! Your blood type determines which foods are right for you 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 O blood that include delicious, satisfying foods like roast beef, chicken teriyaki, French onion soup, 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 O blood.

Book Information

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Average Customer Review: 4.2 out of 5 stars 65 customer reviews

Best Sellers Rank: #91,847 in Books (See Top 100 in Books) #16 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets](#) #1152 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

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.

I purchased this book after seeing Joseph Christiano on a T.V. talkshow. I was amazed that

someone with type O blood would actually benefit from red meat. We hadn't had red meat in our diets for ten years when I purchased the book. Since, my husband and I both are type O I wanted to check this out. We have now started eating grass-fed red meat almost daily. Our blood work is better...unreal. We both have lost 15 pounds each, over several months. Joseph Christiano has developed diet and exercise programs for Miss America, Miss USA, and Mrs. America pageant winners. He has made me a winner with the upper-body fat. I would recommend this book to type O blood groups that are interested in losing weight around the middle. Meme "grateful granny"

The information in this book enabled me to drop my cholesterol from over 300 to under 200 in 6 weeks! My doctors were amazed!

Since eating according to my blood type I have more energy during the day plus body aches are less intense. Food recommendations are tasty too.

It explains how blood type determines certain genetic factors innately determining certain sensitivities that positively and negatively affect each of us. This book goes into more detail about the O blood type.

Very helpful and informative. I could tell the difference in my energy level within 7-10 days. I'm excited to take this on as a lifestyle change.

Great book, arrived promptly A wealth of information A must have for those with type O and O- blood type

The original is better. The religious content doesn't improve it's usefulness at all.

Quite informative. Felt a difference immediately! Bloating disappeared and visible difference (stomach) with weight loss.

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Joseph Christiano's Bloodtype Diet O: A Custom Eating Plan for Losing Weight, Fighting Disease & Staying Healthy for People with Type O Blood by Joseph Christiano (2010-09-07) BLOOD TYPE DIET : Eat recipes according to blood type (blood diet, blood type diet o, blood type diet b, blood type cookbook, blood type a diet, blood type a cookbook, blood type ab, blood type book) 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 AB: A Custom Eating Plan for Losing Weight, Fighting Disease & Staying Healthy for People with Type AB 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 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) Type 2 Diabetes: The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure, Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] 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) 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 Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type BLOOD TYPE DIET FOR BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day: Lose Weight Fast, Look Healthy With Your Blood Type O, A, B And AB DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Blood Type Diet: A Guide For Eating Based On Your Blood Type, The Key to successful healthy weight loss Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73) 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: 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) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight

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