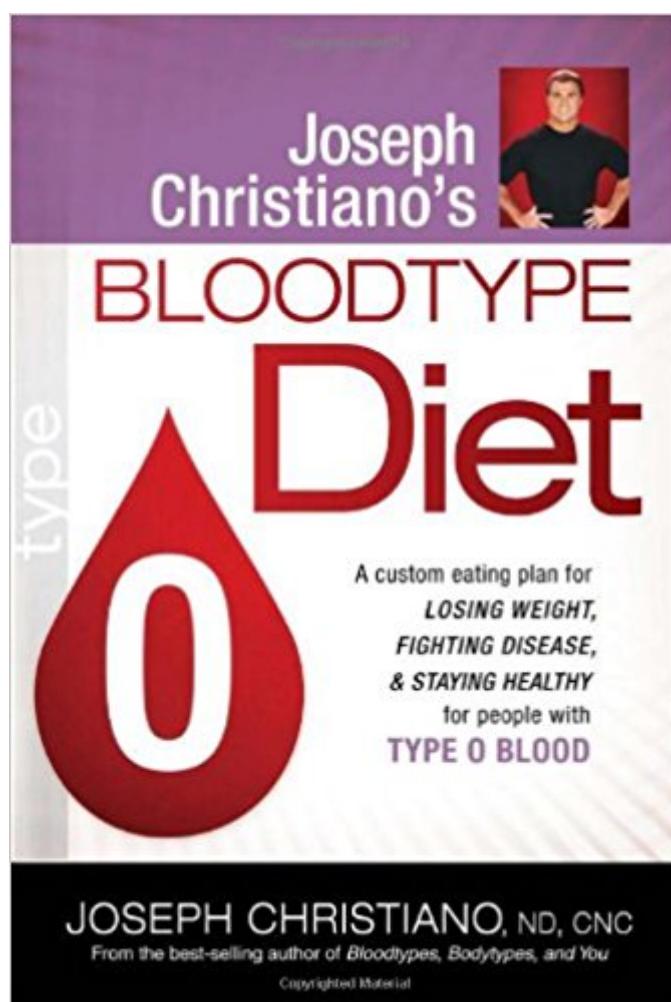


The book was found

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

Paperback: 192 pages

Publisher: Siloam; 1 edition (September 7, 2010)

Language: English

ISBN-10: 1599799626

ISBN-13: 978-1599799629

Product Dimensions: 5.6 x 0.5 x 8.2 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

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 must have for those with type O and O- blood type

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

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

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