



# **Eat Right For Your Blood Type: Understand What To Eat According To Your Blood Type, The diet solution to staying healthy and achieving your ideal weight**

*Irene de Masi*

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# **Eat Right For Your Blood Type: Understand What To Eat According To Your Blood Type, The diet solution to staying healthy and achieving your ideal weight**

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**Eat Right For Your Blood Type: Understand What To Eat According To Your Blood Type, The diet solution to staying healthy and achieving your ideal weight** Irene de Masi

Eat Right For Your Type provides a clear, simple life plan that anyone can follow and suggests the easiest ways to determine your blood type and diet for your blood type. Here is a breakthrough book that will change the way we eat and live.

Your blood type reflects body biochemistry. It is the key that unlocks the mysteries of disease, weight loss, fitness, diet and emotional strength. It determines your susceptibility to lose weight and illness, the foods you should eat, and ways to avoid the most troubling health problems.

That there's a blood-type profile for almost every aspect of our lives, This book reveals how you can live a better life and will give you individualized prescriptions according to blood type to Achieve your weight loss goals.

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**Kerry Diaz:**

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**Eunice Buckley:**

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**John Coffin:**

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