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Blood Type Diet: A Guide For Eating Based On Your Blood Type, The Key To Successful Healthy Weight Loss



Gloria de Anza



Synopsis

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. Blood Type Diet, 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. Blood Type Diet also shows a clear, simple life plan that everyone can follow and provides many easiest ways to determine your blood type to lose weight and diet for your blood type. Here is a breakthrough book that will change the way we eat and live. (The Diet, Weight loss, Healthy Weight loss, Blood Type Diet, The Blood Type Diet, The Fast Diet, Lose weight fast)

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Customer Reviews

This is one of the most awful books I have ever bought. It feels like it was written by someone who doesn't speak English. Broken English, poor grammar, etc. Could barely read it or make sense of it.

I only paid 99 cents for it and I still feel like I wasted my money! Don't bother to purchase.

what language was this originally written in? translator did a very poor job. nearly unreadable

The grammar and/or typos were so bad that I had trouble understanding the point that the author was trying to get across.

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