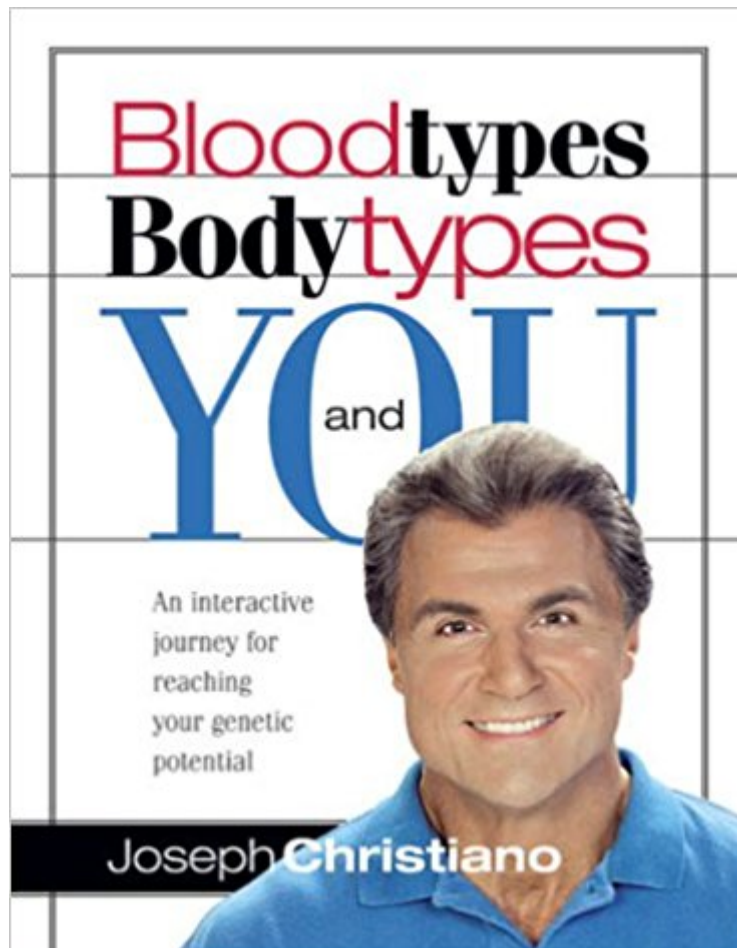




The book was found

Bloodtypes, Bodytypes And You



Synopsis

Reach your body's full potential! In this revolutionary book, world-renowned fitness and personal trainer Joseph Christiano uses breakthrough genetic studies to explain why "one-size-fits-all" diets and exercise routines can fail in spite of your consistent effort and will power. Your unique genetic code dictates just about everything in life--including not only the color of your hair and eyes, but your blood type as well. Your genetic foundation determines... * WHAT blood-type appropriate foods to eat to maintain your body's best health. * HOW to choose specific exercises that will maximize your body type's genetic potential. * WHY following the genetically developed strategies in this book will improve your health and add quality years to your life. If you are serious about finding a vibrant, healthy lifestyle high on performance and low on maintenance, begin your fitness journey today!

Book Information

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Customer Reviews

You'll find page after page of simple menu options and recipes for a full month of eating for your blood type, along with a clear and specific 90-day exercise program for each body type. Starting today, let "Bloodtypes, Bodytypes and YOU" help you make the most of your genetic potential. Experience more energy, more strength, more life than ever before!

Finally, a Weight-Loss Plan Designed Just for You! If you are frustrated with diets that don't work, world-renowned health and fitness coach Dr. Joe Christiano can help! In Bloodtypes, Bodytypes, and You, he offers his tested and proven weight-loss program based on the simple concept that

your blood type--O, A, B, or AB--determines your body's ability to absorb nutrients, fight off disease, and lose weight. Revised and expanded to address detoxification and healthy colon function, this tested and proven weight-loss plan gives you everything you need to lose the weight and keep it off for life. You will discover which foods you should eat and which you should avoid, how to exercise to maximize your body's potential, and much more, including...

- Links to online questionnaires for customized eating and fitness plans
- More than 100 blood-type-specific recipes to maximize your weight loss
- Grocery lists and meal planners for you and your family (no matter what combination of blood types you have)
- Fat-burning meal-replacement snacks
- Body-redefining exercise demonstrations for specific body types

Begin your journey to great health today, and experience how it feels to achieve the results you have always wanted! --This text refers to the Paperback edition.

I like the setup of *Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet* a lot more. In 'Eat Right 4 Your Type', you're first introduced to the different blood types and their significance, followed by four sections - one for each blood type. In 'Blood Types, Body Types And You', there's a long introduction about... teaching you how to follow the author's dietary guidelines and motivating you along the way? This is coming from a guy who says that if we don't have three bowel movements a day, we're not healthy. In the middle of the book, there is a tiny section on which foods each blood type should eat and which to avoid, and a paragraph of writing dedicated to each type. Nothing in-depth about each blood type at all. Outside of that, there are a ton of recipes. Without the recipes and motivation, content which you can find for free online, the book would be a few pages long. And thanks to Dr. Adamo, you can find which foods are compatible for which blood type on his online database - that is free. I picked this up to learn something new related to blood types. In the end, it was a waste of time and money.

I have been quite ill for almost 2 yrs. CFS, adrenal fatigue and hypothyroid. (I have seen every doctor known to man & tried everything they have told me) I know D'Adamo originally wrote this diet but Christiano's research over the last 12 yrs has really added a lot. Why do you need food allergy testing when it's already been done for you? Do yourself a favor and get this book. I have felt so much better in just two weeks!!! I also ordered his cleansing supplements (from his website) to go along with it. I'm striving for optimal health.

I've seen this book months ago but didn't purchase. I thought to myself another false losing weight

book to add to my collection. This book allowed me to read the free sample and also i was watching a new show call "Life with Creflo" senior pastor/founder of world changers church intl. I just received it and i am on chapter two. This is what I am preparing to do on 9/1/2015 I will start this body transformation. I am really all over this book. Jumping chapters looking at the recipes and strength training, so I I recommend you buy your blood type only if that's what you're looking for but i ended up with the main book (mothership) and bought my blood type too. I will get back to this review after my 28 day jump start. If you don't want to do a lot of reading stick with just your blood type but if you want the original structure buy the(mothership) bloodtype bodytype so I recommend both.

The book that Mr. Christianos blood type data comes from is more to my liking. It is D'Adamo's "Eat Right 4 Your Type". Problem is that both books have conterdictions in there "OK" and "Avoid" food lists. Such as Apples are good for type "O" but apple juice is not !. Also Peppercorns are good for type O, but avoid black and white pepper ? Do a search to see what black and white pepper is made from.

I've tried the diet recommended for my blood type and it's virtually impossible for me to eat. The only meat that I can personally stomach for my type (AB-) is turkey. I hate fish and gamey meat. I cannot live on a diet of nothing but turkey because I don't even like it that much! This might work, but it's WAY too restrictive for me.

This book changed my life. The foods that I thought were good for me no longer produced weight loss as I aged. Now I know why. Joseph explains why your blood type needs certain food and the benefits that follow. If you are ready for a complete change with a positive attitude you will lose weight and repair your body internally. I have dropped a pant size and my midriff is slimming to what it once looked like. I am getting my sexy back!Geri Cruz

Combines the best of what Dr. Henry Bieler, M.D. talks about in his book, Food is Your Best Medicine, in which he gives no recipes because, as he says, "One man's meat is another man's poison. This book comes very close to giving a person the perfect diet FOR YOUR BLOOD TYPE; and also which exercises work best for your body type.

I was a little disappointed that this book did not explain why the certain foods I am not supposed to eat, affects me negatively. It just refers a person to read his previous books for that information.

Since Mr. Christiano pretty much got all his information from Dr. D'Adamo, I went and bought his book Eat Right For your Type, and in it, there are explanations as to why I cannot eat certain foods for my type.

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