



# **Blood Type Diet [Second Edition]: Featuring Blood Type Recipes**

*Valerie Lewis*

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# Blood Type Diet [Second Edition]: Featuring Blood Type Recipes

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## **Blood Type Diet [Second Edition]: Featuring Blood Type Recipes** Valerie Lewis

Blood Type Diet [Second Edition] Featuring Blood Type Recipes ----- Now [Second Edition], with the following changes: \* New introduction \* New recipes \* Improved formatting and editing ----- A blood type diet is one in which you aim to eat the right foods for your type of blood. Four different blood types determine the blood type diet food list. The blood types diet covers type O, A, and AB. The thought is that blood types and diet plays a major role in the health of the person. Each blood type has specific foods that are allowed and not allowed for consumption. Peter D'Adamo who pioneered the diet plan bases the diet plan very much on the book and research. He fully believes that blood type and diet are directly related and we should consume foods or diets for blood types to match each person. This book has an information section explaining all about the blood type diets, the theory behind the thought and goes over the foods list.

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