



Eat Right for Blood Type a

Peter J. D'Adamo

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"The Eat Right 4 Your Type" portable and personal blood type guide to staying healthy and achieving your ideal weight. Different blood types mean different body chemistries. For blood type A, the best diet is vegetarian. This is a handy guide to take to the supermarket, restaurants and even on holiday to avoid putting on those extra pounds or feeling unwell from eating the wrong thing. Inside are complete listings of what's right for type A in all of the main food, drink and supplement categories.

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