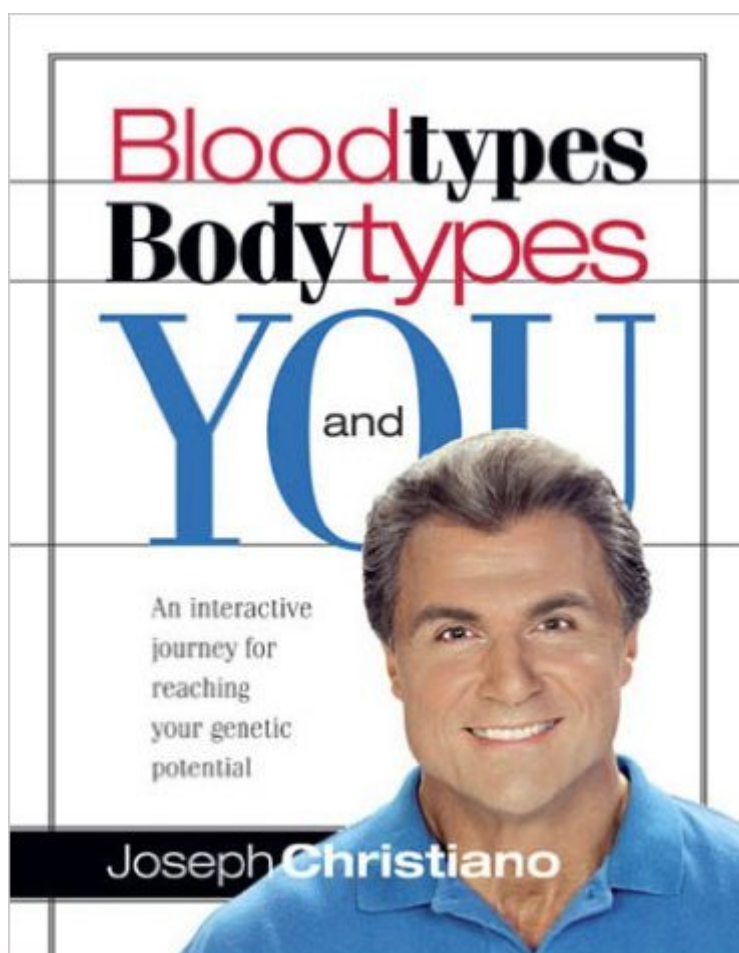


The book was found

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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Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (230 customer reviews)

Best Sellers Rank: #192,698 in Books (See Top 100 in Books) #29 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #2235 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #2911 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Forget everything you thought you knew about "doing the right thing for your body" and read this book. I have struggled with digestive disorders and food battles for the past 20 years. I dreaded eating meals because I never knew how I was going to feel afterwards. (bloated, headache, hungry, sleepy) I thought I was eating healthy with shredded wheat for breakfast and fresh baked pumpernickel/cucumber sandwiches for lunch... the "list of foods to avoid" section of my blood type was invaluable. Two days after eating from my beneficial food list and avoiding the "avoid list", which included shredded wheat and pumpernickel bread! I dropped five pounds, no bloating, nausea and my energy level has soared. if you are having a struggle with nutrition, weight or food issues... you'll

be pleased with the contents of this book.

I have been overweight (about 50 pounds) since the birth of my two sons. I have tried everything! Some things worked but I would always gain it all back and then some....that was Until I found this book! It is not a strict diet but instead a lifestyle change. It is so much easier than a diet and is something you can do for life and not feel like you are sacrificing. You eat the foods that "go" with your blood type and don't eat the foods that don't! It is that simple. AND the "Don't Eat" food list is very small compared to what you CAN eat. It is fabulous. I have been on it for two weeks and have lost 8+ pounds! GOTTA GET IT! ***UPDATE*** been on it for a month now and have lost 15 pounds and feel fabulous! It will clear up any bowel problems you have (diarrhea, constipation, gas, bloating) which is a huge plus.

I must tell you that at first I was very skeptical about the premise of the book--That a person's genetic characteristics, namely, blood type, could play a role in what foods one should eat and which foods should be avoided. But, I took the author's advice and put the diet to the test. The book outlines very nicely (based on an individual's blood type) which foods are beneficial to each blood type, which foods are neutral and which foods are to be avoided by each blood type. As I took the advice, the results were incredible. This thing works and works fast! I felt better than I have in years. I guess it's because my blood sugar levels stabilized. My blood pressure also improved as a result of the advice in this book. With ZERO exercise, although the book points out the importance of exercise, and gives great answers for how to best exercise based on your body's shape, I didn't work exercise due to my schedule at the time I started the plan. I LOST 10 pounds in two weeks! Incredible. I would highly recommend this book to any one who is not feeling their best or doesn't have the energy they should have. It will change lives. You will feel great and be much more healthy when you listen to Joseph Christiano, you may even live longer!

GREAT! GREAT! GREAT! I have been one of those people who has tried and read every diet plan from soups to nuts but this book is in a league of its own. I felt defeated and thought there was no hope for me to lose those extra 10 pounds by dieting until I started eating by my blood type. One of the best parts about this book is it has soooo many varieties of food for my blood type all laid out. The family meal planning works great because my husband is an O blood and I am an A. Finally I am not wasting my time exercising because now I know what my body type is and am following the 90-day program in the book. This book is like my own personally customized nutrition and exercise

manual.

I could not believe the difference eating for your bloodtype (mine's O) made! I was very sceptical, at first, so I only switched my breakfast - from "healthy" oatmeal every morning, to two scrambled eggs. Within only one week on only that change, I had lost four pounds!!! This is only my second week and I'm starting to change my lunches, now. I can hardly wait to see the results!

I ordered BLOOD TYPE BODY TYPES and YOU a year ago in March. As a result of this lifestyle change, I have lost 50 lbs. After this dramatic change, my family members, co-workers, and friends began to ask me what did I do? I told them about the book. Unfortunately, they think that it is a diet. I explain to them that it is a LIFESTYLE change not a diet. I can definitely say that I no longer feel sluggish or bloated. Being of an O type I found that the wheat, whey and yeast were contributor to my sudden sinus/allergies. In the beginning it seemed as if there was nothing appealing to the beneficial group. Now it is easy and appetizing. By incorporating exercise according to my body shape, I have achieved the hour-glass shape and a leaner look. I prayed for a change for the rest of my life and God provided it to me. BLOOD TYPES BODY TYPES and YOU was the answer to my prayers.

I got this book as a gift from my father, who has been successfully utilizing the principles of the book. The information about foods that were good for my blood type just made sense! I know that my body responds a certain way to certain kinds of foods, and this book helped me see why. It also provided the motivation I needed to start thinking healthy instead of just wishing it! I recommend this book to people who aren't looking for another fad diet, but who want to understand their bodies uniqueness and begin to eat and exercise accordingly.

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