



Blood Group Diet: Eating Right for Your Blood Group 101 (Paperback)

By Cathy Wilson

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Blood Group Diet: Eating Right for Your Blood Group 101 by Cathy Wilson introduces aspects of the evolutionary blood type diet and benefits to your health. Digging beneath the surface to the meat and potatoes of your good health, Wilson opens your mind to simple lifestyle and nutrition changes that may just keep your ticker tock-ing a little bit longer. Giving you the tools to utilize this expert information, while showing you how to implement. . . . Blood Types Explained Better Food Choices For Your Blood Type Blood Type and Cancers . . . are just a nibble of the wealth of pro-active information uncovered. This book inspires you to want to take charge of your great health. Actions speak louder than words and Blood Group Diet: Eating Right For Your Blood Group 101 takes action.



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