



# **Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol)**

*Rosalie Young*

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## Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Rosalie Young

Have you ever thought that your diet can play a great role in your lifestyle?

Maybe you've heard it before, maybe not, but there is one thing you should know for sure. Whatever you eat falls on your health and, implicitly, marks your life. Of course, it can adjust your health by improving it, or it can cause great damage. You are the one who is holding the key.

If you want to feel good, to be healthy and regain that glow you once had, this is the right book for you. If you don't know your blood type, stop wasting precious time, rush to your doctor, get tested and start improving your life right away.

### Inside this book you will learn:

- How and what you should eat
- The powerful bond that connects blood and food
- The characteristics for type O
- 10 recipes suitable for type O
- The characteristics for type A
- 10 recipes suitable for type A
- The characteristics of type B
- 10 recipes suitable for type B
- The characteristics for type AB
- 5 recipes suitable for type AB

Once you understand the great importance of embracing a healthier eating habit, you will be determined to improve your life day by day without letting anything keep you from reaching that target.

Do not wait any longer and take control over your life. Learn how you can adapt your blood type to a series of tasty and easy-to-cook recipes.

Choose a healthy life for you and your family. Download this book and let it change your life.

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