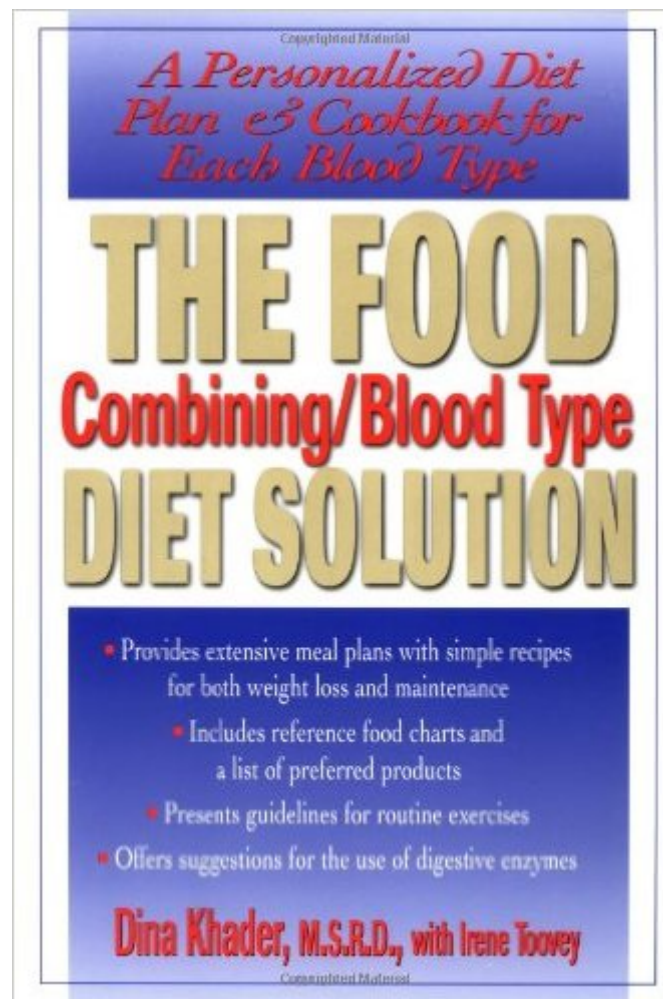


The book was found

The Food Combining/Blood Type Diet Solution: A Personalized Diet Plan And Cookbook For Each Blood Type



Synopsis

Explains how developing an individualized nutrition plan based on blood type, along with food-combining principles, can help individuals lose weight while maximizing health benefits, in a guide that also features simple recipes for weight loss and maintenance, extensive meal plans, reference food c

Book Information

Paperback: 172 pages

Publisher: McGraw-Hill Education; 1 edition (March 1, 2000)

Language: English

ISBN-10: 0658001728

ISBN-13: 978-0658001727

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 3.9 out of 5 starsÂ Â See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #1,317,639 in Books (See Top 100 in Books) #85 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #490 inÂ Books > Medical Books > Allied Health Professions > Diet Therapy #2799 inÂ Books > Science & Math > Biological Sciences > Anatomy

Customer Reviews

Dina Khader's first published book is a long-awaited gem. Her earlier work crafting the recipes for Peter D'Adamo's now-classic "Eat Right 4 Your Type" has evolved as her experience and precision have grown. This work is a must read for those desiring a comfortable change to their diets with radically effective results. Khader's delicious recipes and compelling writing will satisfy the most doubtful critic. Following her suggestions, I have greatly improved my circulation and lost several minor ailments. This contribution to the field of nutrition literature is an important launching point for an increasingly important voice in the field. Read this book, apply its lessons and feel good again.

The strong points of this book are the concept of blood type and diet, and the nutritious recipes. Whether one is trying to lose or maintain weight, or simply choosing their foods more carefully because they are health conscious, the book is beneficial. This book, like Dr. Peter D'Adamo's "Eat Right" series is based on the concept of eating right for your blood type. The downside of the book is that I found some parts contradictory and the book just did not come together as anticipated. The

reader may be confused by some of the combination of foods. Overall, it is a book worth reading because the concept of blood type and diet is sound; however, my preference on the topic of blood type and diet is still Dr. D'Adamo's books ("Eat Right 4 Your Blood Type, Cook Right 4 Your Blood Type and Live Right 4 Your Blood Type") they are all absolutely superb and highly recommended.

I was diagnosed with Systemic Lupus in 1988. The only solution for my problems was to take antibiotics, steroids and Quinine (sp?) for the skin rash. All of these drugs caused other problems and never made me feel better. In 1999, I began the blood type diet and today I am healthier than I have ever been. I have energy, I never take prescription drugs and I exercise everyday. I take supplements, follow the diet and do acupuncture to keep my system strong and healthy. The people who don't follow the diet continue to be ill and progressively get worse. Many have died...and that is unnecessary. If you have Lupus and are looking for answers TRY this book. What can it hurt? You have probably tried everything else with limited success.

The principals behind this diet have long been proven with the work of Dr. D'Adamo and others. For the first time, however, a series of recipes have been collected that allows the serious "foodie" to enjoy gourmet meals that are properly combined and delicious. I highly recommend the book.

After much anticipation this book was finally published. The premise of the book is very good. Unfortunately it was also disappointing. Although the authors want us to properly combine foods some menus listed incompatible foods at the same meal. For instance grains and proteins. I know the blood type diet approach works because I have been following the principles outlined in D'Adamo's book "Eat Right 4 Your Type" since January 2000 and not only lost 15 lbs but feel much better with arthritic pains gone and have much more energy. I do not understand the previous reviewer stating she has lost weight since the book just came on the market in the past week or so. Unfortunately I cannot recommend this book as I would like. It is not user friendly.

I have tried lots of different diets. Some have been partially successful, some not. This diet, on the other hand, is fantastic. I lost all the weight I wanted to in a relatively short amount of time and it was totally effortless as well! Not only did I lose the weight I wanted to, but I also lost many of the allergies I had as well. Reenie Toovey is brilliant. This diet is a must for anyone who is serious about addressing their health.

I was very excited to find this book as it combined the two approaches to eating that I find supportive. However, while the author shows charts and diagrams that explain food combining, the recipes and meal plans she provides are far from following food combining guidelines. I was dumbfounded by this inconsistency. While writing that food combining's basic tenant is to avoid mixing protein and carbohydrates, the suggested breakfast is an egg and toast! The references for food combining are excellent but the practical day to day advice for implementing a food-combined/blood-typed diet should be avoided.

This book was very informative about eating for the blood type. It makes sense that all people are not the same and so all food will not be the same for one's blood type. Very clear instructions and easy to understand.

[Download to continue reading...](#)

Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) The Food Combining/Blood Type Diet Solution: A Personalized Diet Plan and Cookbook for Each Blood Type Eat Right 4 Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type AB: 150+ Healthy Recipes For Your Blood Type Diet By Dr. Peter J. D'Adamo - Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet (1st Edition) (9.1.2013) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to

Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Lower Your Blood Sugar For Diabetes: An Essential Treatment Guide For Diabetes(Beginners Guide to Reverse Type 2 Diabetes,insulin Resistance,Inflammation) ... blood sugar diet,the blood sugar solution,) ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1)

[Dmca](#)