



**Blood Type O Diet Recipes: Diet for Your Blood Type!: Including List of Best Meats & Foods to Eat and Avoid, 7 Day Breakfast, Lunch, Snack & Dinner Meal ... 31+ Recipes for Breakfast, Lunch & Dinner)**

*S.M. Morae*

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**Including List of Best Meats & Foods to Eat and Avoid, 7 Day Breakfast, Lunch, Snack & Dinner Meal Plan, Shopping List & 31+ Recipes for Breakfast, Lunch & Dinner**

The earliest human blood type is the O, which is the type of blood of the ancient hunter-gatherers.

Thus, the Type O diet should consist of more \_\_\_\_\_ and fewer \_\_\_\_\_, much like the ancestors eating habit.

The second key element in a Type O Diet is to limit the consumption of food that contains \_\_\_\_\_, a type of \_\_\_\_\_ that is incompatible with your blood antigen, which create a sticking or gluing-effect to the blood.

Incompatible with your blood, \_\_\_\_\_ will target an organ; agglutinate or have a gluing effect on the blood in that area, which, in effect, interfere in proper food digestion and metabolism, insulin production, and hormone imbalance.

Although there are many potential dangers caused by \_\_\_\_\_, you cannot completely avoid them since they are widely abundant and it will be quite hard to completely remove them from your diet. There are many classes of \_\_\_\_\_, and the key is to avoid the classes that are incompatible with your blood type.

The most famous class of \_\_\_\_\_ you may know of is \_\_\_\_\_, which is commonly found in \_\_\_\_\_. \_\_\_\_\_, particularly for Type Os cause substantial painful irritation and inflammation to the digestive system.

Thus, creating a nutritional diet that is specifically designed to your blood type will help you lose weight, avoid many infections and viruses, prevent the risk of developing life-threatening diseases, such as diabetes, cardiovascular disease, liver failure, and cancer, and decrease cell deterioration.

This book and the recipes insides was designed by type O's for type O's with those very goals in mind!

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