



## Blood Types, Body Types and You: Why Your Unique Genetic Code Is the Key to Losing Weight for Life

By Joseph Christiano

Siloam Press. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.9in. x 7.0in. x 1.0in. Why do some diets produce life-changing results for some people but not for others? World-renowned health and fitness coach Dr. Joe Christiano updates his tested and proven weight-loss program based on the simple concept that your blood type—O, A, B, or AB—determines your body's ability to absorb nutrients, fight off disease, and lose weight. Revised to include protocols for detoxification and address healthy colon function, this updated edition explains how a well-balanced eating plan based on blood type is pivotal for losing weight and keeping it off for life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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