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Her first English book, The Blood Type Diet Cookbook , co-authored with Lucy Degremont, was written to encourage eating according to one's blood type in a simple, delicious and gourmet way.

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The Blood Type Diet Cookbook by Karen Vago, Lucy Degremont. An eating plan and over 100 delicious recipes to suit each of the blood types, in a diet made famous by D'Adamo's bestselling Eat Right for Your Type. Peter D'Adamo's book Eat Right 4 Your Type has revolutionised the way many people eat.

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An eating plan and over 100 delicious recipes to suit each of the blood types, in a diet made famous by D'Adamo's bestselling Eat Right for Your Type. Peter D'Adamo's book Eat Right 4 Your Type has revolutionised the way many people eat. The theory behind it is that the four different blood groups: O, A, B and AB need four different diets.

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Lucy Degremont (Author of The Blood Type Diet Cookbook)

Lucy Degremont is the author of The Blood Type Diet Cookbook (3.86 avg rating, 7 ratings, 0 reviews, published 2009), The Blood Type Diet Cookbook (3.57

The Blood Type Diet Cookbook: 100 Fresh and Delicious ...

The Blood Type Diet Cookbook: 100 Fresh and Delicious Recipes to Transform your Health and your Life! [Karen Vago] on Amazon.com. *FREE* shipping on qualifying offers. If you're not eating foods to suit your blood type, your body will be more prone to illness, fatigue

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