



# Blood Types, Body Types and You

*Joseph Christiano*

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# Blood Types, Body Types and You

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**Blood Types, Body Types and You** Joseph Christiano

**More Strength, more energy, more life than ever before...** In this revolutionary and interactive book, world-renowned health and fitness coach Dr. Joe Christiano reveals his tested and proven weight-loss program based on the link between your blood type and losing weight for life. This new and updated information explains how your blood type is pivotal for your body's response to food and how your body composition determines your ability to lose weight and keep it off for life. Discover how great it feels to overcome the frustrations of dieting to lose weight as you boost your metabolism by eating-not dieting.

**Results from his 12-week focus groups show how you can:**

- LOSE up to 28 pounds, 22 inches and 14% body fat
- IMPROVE your body composition for efficient fat burning without effort
- CHANGE your shape with a customized exercise program to suit your body type
- ELIMINATE digestive disorders, gas, bloating, constipation and sleepless nights

Let your body be the natural fat burner it was designed to be. Enjoy a vibrant, healthy lifestyle high on performance and low on maintenance.

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