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Diet dictated by  
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*Trying Out The  
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(GenoType \u0026  
Swami XP2) Eat*

~~Right for Your  
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Type B Food List

| Eat | Avoid |

Eat in

Moderation Top

~~10 Foods For~~

~~Blood Type B THE~~

~~BLOOD TYPE DIET~~

~~++ Blood Type B~~

~~( B+ \u0026 B )~~

What Your Blood

Type Says About

Your Personality

Blood type B

diet Blood Type



# Acces PDF Blood Type B

~~"A" Food Beverage~~

~~Eat | Avoid |~~

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~~Blood Type B~~

~~Food Beverage~~

~~For those with~~

~~blood type B~~

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Blood Type B

Food Beverage in

this category

that will

provide extra

benefits which

is green tea.

There are 6 that

need to be

avoided

completely and

include

distilled

liquor, seltzer

water, club

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soda, soda, diet  
soda, and all  
other sodas. The  
neutral

beverages, which  
mean you can  
enjoy them but  
that they will  
not provide you  
with any health  
boosts include  
beer, all  
coffees, decaf  
and regular tea,

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un-chlorinated  
water, and red  
and white wine.  
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type is an  
important  
indicator of our  
body&#x27;s

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teas such as ginger to warm, peppermint to soothe the digestive tract, and so on. You may drink one or two cups of herbal tea as part of your daily water intake as long as it does not contain caffeine

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or herbs with diuretic properties. The anti-viral properties of licorice are particularly good for type B's. It also works to reduce susceptibility to autoimmune diseases.

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Lists by Dr ...

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Inside you will find complete listings of what's right for Type B in the following categories: •  
meats, poultry, and seafood •  
oils and fats •  
dairy and eggs •  
nuts, seeds, beans, and legumes •

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- breads, grains, and pastas
- fruits, vegetables, and juices
- spices and condiments
- herbal teas and other beverages
- special supplements
- drug interactions
- resources and support

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Blood Type B  
Food, Beverage  
and Supplement  
Lists on Apple

...

Dairy Products  
to Eat and Avoid  
for Blood Type  
B. Blood type B  
is pretty much  
the best blood  
type to have  
where food is

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concerned  
because there  
are so few  
restrictions,

and that goes  
for dairy too.

The primary  
sugar in the  
type B antigen  
is the same  
sugar found in  
milk, which  
makes digesting  
dairy products

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your Blood Type  
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Type "B" Food



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## Blood Type B

### List Beneficial Neutral Harmful Beneficial Neutral Harmful Beneficial

Neutral Harmful  
Olive Oil Cod  
Halibut Mackerel  
Salmon Sardine  
Beef Turkey Lamb  
Rabbit Cod Liver  
Oil Flaxseed Oil  
Carp Herring  
Trout Squid

# Acces PDF Blood Type B

White Fish Bacon  
Chicken Duck Ham  
Pork Anchovy  
Clam

## Supplemental Lists

Blood Type "B"  
Food List -  
Integrative  
Naturopathic  
The reason why  
of why it is  
possible to  
receive and  
fully grasp this

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type foods,  
herbs, and  
supplements I am  
already a fan  
of. Chicken and  
pork are two of

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my faves  
however, I am  
looking for a  
way to wean into  
vegetarian  
status and  
perhaps go even  
further into raw  
vegan. I have  
definitely  
learned the best  
way to seek  
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in God's  
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local drugstore.  
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- poultry, and
- seafood • oils
- and fats • dairy
- and eggs • nuts,

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and legumes •  
breads, grains,  
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vegetables, and  
juices • spices  
and condiments •  
herbal teas and  
other beverages  
• special  
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