

blood type o dadamo pdf

People who are O blood type have a different set of characteristics than people who are Type A - they are susceptible to different diseases, they should eat different foods and exercise in a completely different manner.

The Blood Type Diets: Blood Type O

One of the hallmarks of modern medicine is the recognition of the biochemical uniqueness of each individual. The Blood Type Diet does just that.

The Blood Type Diets: Blood Type and Your Health

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Dieta po krvnih skupinah je dieta, katere zagovornik je Peter D'Adamo, ameriški zdravnik in naravni zdravilec. Opisana je v njegovi knjigi Eat Right 4 Your Type, v kateri trdi, da je krvna skupina najpomembnejši dejavnik pri izbiri prehrane.

Dieta na podlagi krvnih skupin - Wikipedija, prosta

Beyond just being loaded with artery-clogging saturated fat and sodium, bacon has been long considered unhealthy due to the use of nitrates and nitrites in the curing process.

The Nitrate and Nitrite Myth: Another Reason Not To Fear

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