

Download Food Solutions Book Gluten Free Blood Type Diet Recipe

For example, a Blood Type B individual may stop eating white bread, and replace it with a gluten-free product containing corn, or a Blood Type O individual will chooses a product made with tapioca, which is an avoid food for them. By going “gluten free,” they actually added in other foods/ingredients that can have negative effects on their health. You’ve probably heard about the Blood Type Diet and how you can actually eat foods that are better for your blood type than others. This theory comes from Dr. Peter D’Adamo, author of the best-selling book Eat Right for Your Type. Blood Type Diet Analysis: Core Ingredients Analysis: The ingredients in this category are either BTD compliant for all types or the recipe author and/or editor did not suggest a possible substitution. What is the blood type diet? Your blood type is the key to your body’s immune system, and it controls the influence of bacteria, viruses, chemicals, infections, stress, and other invaders that could compromise the immune system.