

Download Maximise Your Health With The Blood Type Diet

Blood type O carry higher levels of acid, which has the ability to digest both protein and fat easily. Cholesterols from animal products help the digestive tract and absorb calcium in the body.³ How Your Period Changes in Your 20s, 30s, and 40s Here's a guide on what to expect decade by decade. An easy way to ensure you are ticking the healthy eating box is to follow a low GI diet – whether you are looking to improve your general health, have sustained energy or help prevent or manage a specific health condition, a low GI diet can help you do just that. Your temperament determines more than just your social life. Here's what damage your character traits may be doing to you It's not just the mood of the people around you. - Maximise Your Health With The Blood Type Diet