

Diet Plans And Menus - Revisiting The Blood Type AB Diet

There is absolutely no danger in just reading about diets. But please, never undertake any diet without discussing its pros and cons with a qualified health care professional. You can really harm yourself if you don't take the proper precautions. Do not expect to lose pound after pound quickly and effortlessly. Keeping these precautions in mind you are now ready to consider the Blood Type AB Diet.

The Blood Type AB Diet is one of a group of diets that depend on the individual's blood type. These 4 diets are all said to promote weight loss, eliminate toxins and fat from the organism, fight against some illnesses, and slow the aging process. Blood type AB is the rarest blood type, englobing only about 5% of the total population. Here are some of this diet's principles.

Some meat is allowed, but be careful about the types and quantities that you eat. Most foods are allowed. Start the day with a glass of hot water that may contain lemon juice. This diet comes with a long list of foods to eat and foods to be avoided. Even among the favored food groups such as meat and vegetables there are plenty of items to avoid. For example, avoid pork, duck, beef, goose, chicken, and veal. Good choices include lamb, turkey, rabbit, and mutton. There is also a list of suggested supplements. Clearly you won't be able to follow this diet without a book. Suggested activities include yoga and meditation.

Advantages of the Blood Type AB Diet include improving the state of your cells and immune system. It may help you in the fight against aging, cardio-vascular illnesses, diabetes, and some cancers. Red wine is permitted. Its disadvantages include the lack of fiber, vitamin B, and magnesium. You may require some food supplements.

Here is a sample menu: For breakfast eat a poached egg and a slice of wheat-germ bread. Drink a glass of grapefruit juice and a cup of coffee or green tea. For lunch enjoy 115 grams (that's about 4 ounces) of turkey breast, a Caesar salad and a slice of rye bread. The mid-afternoon snack is a bowl of sweetened yogurt and a glass of grapefruit juice. Supper means a tofu and mushroom omelet, mixed vegetables sauteed in a wok. Dessert is a measly apple.

A quick look at the Amazon web site revealed several books covering the Blood Type AB Diet. Both paper and electronic versions are available.

About the Author

Levi Reiss wrote or co-authored ten computer and Internet books and teaches classes in computers at an Ontario French-language community college. Visit his wine, diet, health, and nutrition website <http://www.wineinyourdiet.com> and check out his popular diet articles. You'll love his international wine site <http://www.theworldwidewine.com>

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