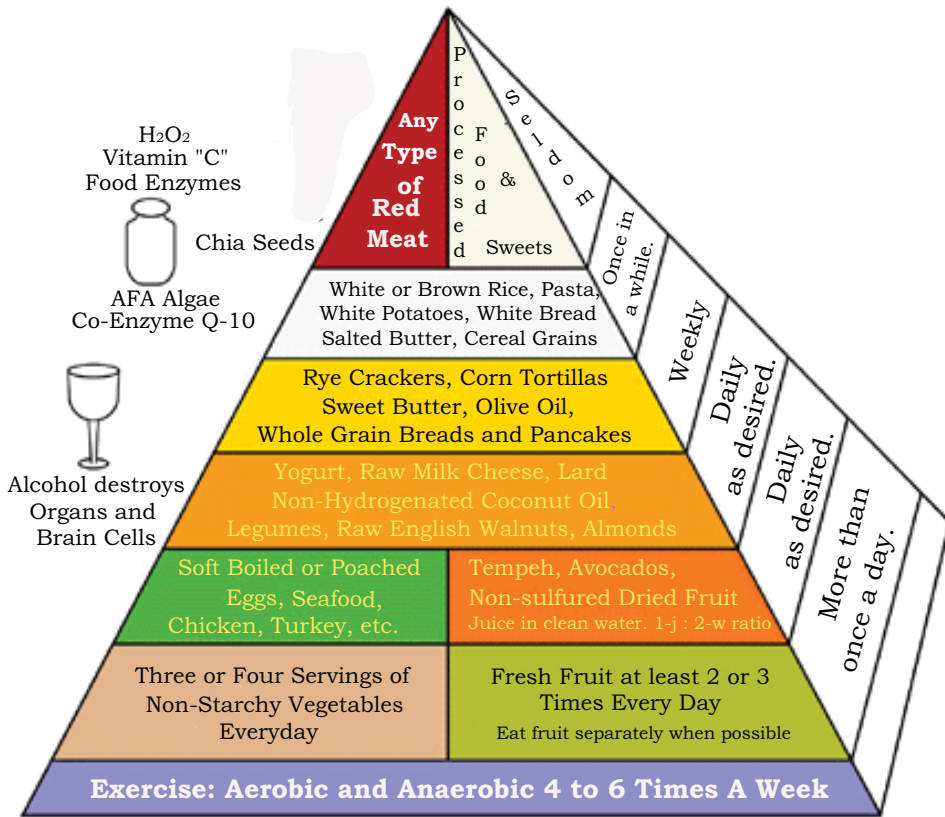


# A Practical Food Pyramid

For Almost All People With "O" or "A-B" Blood Type.

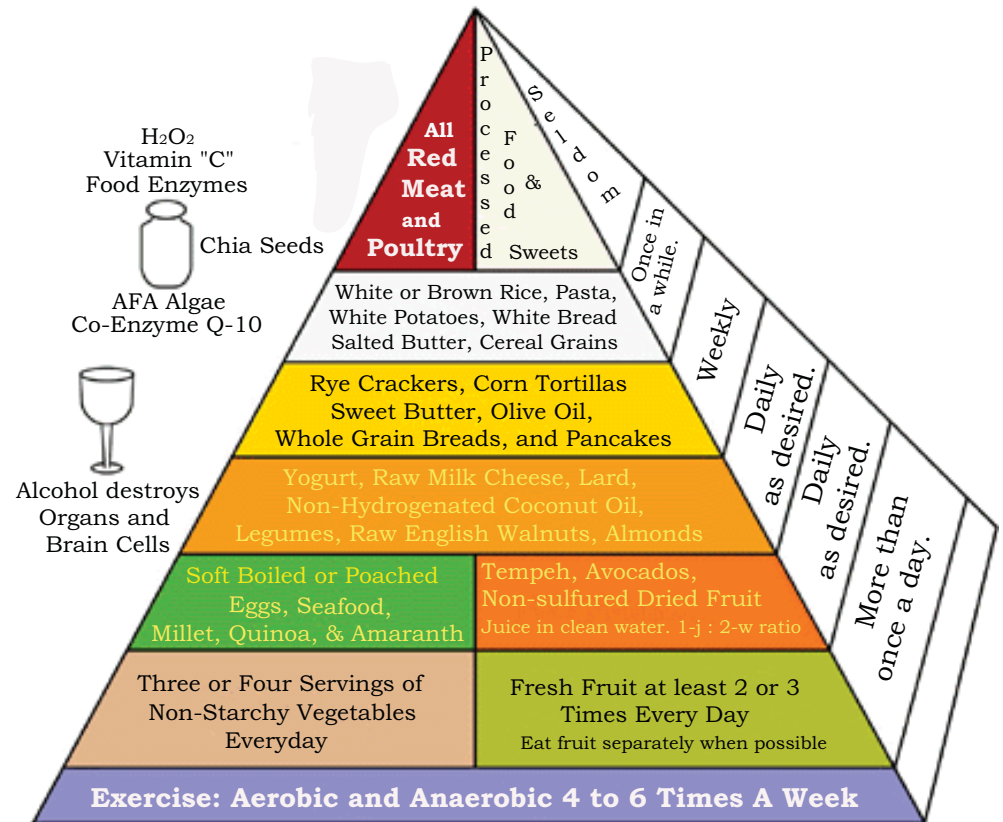
By following this routine/diet for 3 months, your body will be able to help you make any changes you may wish to consider.



# A Practical Food Pyramid

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The information covered in this paper will give you a birds eye view of the results I've uncovered in studying this subject for the last twenty years. I realize it may seem a bit radical; however, trial and error has proven to be a trusted teacher. I encourage you to commit to this routine for a minimum of three months. During that time, the reasoning behind my choices will become clear to you.