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Blood type ab positive food list

The blood type diet was created to improve general health and reduce the risk of specific illnesses. Based on blood type, the diet is designed to help the individual's body digest food more efficiently and avoid chemical reactions that lead to hormonal disruptions. The idea was formulated by a naturopathic physician named Dr. Peter J. D'Adamo who believes the blood causes a chemical reaction when it mixes with a protein called lectin, which is found in specific foods. This protein can interfere with some bodily functions because of its effect on the digestive tract and its ability to cause clumping of cells in the body. In addition, an individual's blood type may increase their risk of developing particular diseases or ailments. There's a completely different diet for each blood type. Learn more about eating for your blood type now.[Diet Guidelines Recommended For Type O](#)[Trending Posts](#)

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