

5 Reasons Your Blood Type is the Key to Shedding Body Fat FAST



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Page 1

Discover the Revolutionary Diet that will strip weight off you simply by eating the right foods!

Thank you for downloading this report that may well change the way you eat and exercise forever. My name is Dragana Kalezic and I am the founder of Plasma Diet.

You have been lied to from the day we are born. The food our parents and society thought would be good for you may well have been harming you at no fault to them. Our parents did not know what we know today. Society treats you as if we are all the same but the reality is that we are different.



“One man’s food is another man’s poison”.

I believe that through discipline and understanding of your bodies needs you will come to understand that your blood type is critical to your bodies fulfilment.

You can sustain a healthy and happy life that may prolong any diseases that may be caused by poor eating habits. Once your body is back in its true state then you will be in a position to achieve whatever you want in life. Eat well and live well to your fullest potential.

Make Weight Loss Easy By Eating Right For Your Blood Type

With hundreds of 'fad' diets out there, it's any wonder that people are confused and frustrated about not losing weight.

"eat kale three times a day"...

"drink two cups of lemon water every hour"...

"take this magic pill and watch the pounds fall off you"

At the Plasma Diet, we're here to change all of that for you.

No more fad dieting, awful foods or crazy rules to follow. With us, *it's all about eating the right types of food for your specific blood type*. And with help available too, weight loss will be easier than you ever thought possible.

I believe you will lose weight and feel fantastic with this incredible weight loss secret that's thousands of years in the making. So let's talk about the 5 main reasons why your blood type is the key to shredding body fat fast.



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www.plasmadiet.com.au

Page 3

Reason Number 1 – Eating The Way Nature Intended You To

Your genetic makeup has been passed down from your ancestors who evolved to have different blood types due to their different diets. Everyone on the planet has one of four main blood types: “O”, “A”, “B” and “AB”.

As each blood type causes the body to need different foods for perfect health, discovering what foods are good for you can make a massive difference. Humans lived in perfect health a long time ago because they knew what was good for them to eat, so let us show you what’s right for you too.

With the Plasma Diet, you’ll experience more energy, vitality than ever before and most importantly you’ll lose weight too.



Reason Number 2 – Determine the diet best for you

Believe it or not, certain types of foods are best suited for certain blood types. This idea was made popular by Dr Peter J D’Adamo who stressed that there is a significant reason why others lose weight, while others don’t, on the same diet.

For instance, the blood type “O” is best suited for a diet rich in protein, while the blood type “A” stores meat as fat. The latter are better suited with a vegetable-induced diet. Read about which foods are best for your blood type.



Reason Number 3 – Determine the best exercises for you

Yes, your blood type influences the exercise that is best suited for you. For instance, for blood type “A”, tai chi and yoga are the best exercises, while the more demanding exercises are best recommended for people in blood “O” groups.

Blood type AB can partake in both strenuous exercise such as running, as well as in more calming activities that members of blood type A enjoy. The key for any type of exercise is to know your limit, there is no rule to what you can try or not, but keep in mind that you are more likely to react better to certain exercises.



Reason Number 4 – Your Blood type and Stress

Members of blood type A, are thought to have a higher release of cortisol, the stress hormone, hence the recommendation of calming activities like yoga.

Blood type O members produce too much adrenaline in stressful situations and, therefore, take longer to calm down. Blood type “B” and “AB” lie in the extremes when it comes to dealing with stress. When it comes to the issue of reducing stress, type “A” has to put in more effort.



Reason Number 5 – Determines disease you are most vulnerable to

Not all people are vulnerable to the same diseases. For instance, people of the blood type “AB” and “B”, have a higher tendency of vulnerability to pancreas cancer.

On the other hand, people of blood type “O” are more likely to be infected with stomach ulcers as a result of their high levels of stomach acid. Women from the blood group “A” have a higher level of fertility than women in other blood groups, while women from the blood group “O” have less viable eggs than other blood types.

Your gut bacteria is also determined by your blood type, so knowing your blood type will enable you to maintain a healthy gut bacteria.

Bacteria helps us digest food, and it’s during this process that “they make vitamins that are vital for life, send signals to the immune system, and make small molecules that can help your brain work”.



Getting the wrong information!



Perhaps the biggest reason why your blood type is the key to shedding fat is the amount of misinformation and incompetence of the mainstream media that want to persuade you to buy a certain product or fad because someone pays them to.

The media love to make scary headlines or promote the latest whiz-bang diet from a Hollywood celebrity but the honest truth is the media are part of the problem. The corporate world is so tied up economically to the current food industry that they have a diet to fit everyone.

It is no wonder they don't want the truth to come out that maybe you are not the same as everyone else and that your particular blood should determine what you eat and how you should exercise.

Here's How We Can Help

Education - Support - Community

At Plasma Diet, we know that even with the right advice, it can still be hard to lose weight without some help along the way. So we've created a program that's supportive and easy to follow.

By working with us, joining our community and accessing lots of resources (like regular webinars, new recipes and weight loss information), weight loss will be easier than you ever thought possible.

For us, it's all about making you feel wonderful and look great, just by eating right for your blood type. It's really that simple.

Others Have Lost Weight (And Felt Great)

"I felt so bad that I was gaining weight and was so stressed that I started punishing myself with even poorer choices of food. Now that I am on the Plasma Diet, I feel like I have my life back".

Dusica Kalezic

"The Plasma Diet is AWESOME. I feel so much better now and I have lost weight. A must have for today's life!"

Richard Houston

"Having tried a lot of diets in my life I was like a yo-yo, one minute losing weight and the next putting it back on. The Plasma Diet has solved this thank god".

Shaneka Mora

CONCLUSION

Why not take our **Plasma Diet 30-day trial for FREE**. Just download our FREE **Plasma Diet App** today. You will start to see, feel and experience the difference in your life.

If you have any questions please feel free to email help@plasmadiet.com.au and I would be only too happy to give you my honest opinion on any matter.

*Stay Healthy and Stay Positive...
Join the Revolution today!*



Dragana Kalezic

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Founder