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## **A.j. parker (author of the blood type diet) -**

A.J. Parker is the author of The Blood Type Diet (2.60 avg rating, 5 ratings, 1 review, published 2014), Paleo Diet For Beginners

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A macrobiotic diet (or macrobiotics), A 1999 review said the macrobiotic diet was similar to the then USDA recommendations for healthy eating.

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Healthy Eating for Life to Prevent and Treat J.J. (1 Dec 1971). "Hypertension in Young Rats Following Choline Macrobiotic diet; Pescetarianism;

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to the Bulletproof Diet, and its also the diet Steve Jobs had (healthy) saturated fats as the path to health, you need to eat the right diet for your

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