

**The Blood Type Diet Cookbook By Karen Vago;Lucy
Degremont**

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Karen Vago has been a practising nutritional therapist for over 10 years. She was trained at the Institute of Optimum Nutrition and has excellent contacts among key

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Lucy Degremont is the author of The Blood Type Diet Cookbook (3.60 avg rating, 5 ratings, 0 reviews, published 2002), Lucy Degremont s Followers.

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