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Karen Vago, a clinical nutritionist, has been practising in Paris for 10 years. After discovering the research around blood types and diet she immediately incorporated this knowledge in her recommendations with her patients. She observed a notable difference in the body's response.

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[Lucy Degremont \(Author of The Blood Type Diet Cookbook\)](#)

Lucy Degremont is the author of The Blood Type Diet Cookbook (3.86 avg rating, 7 ratings, 0 reviews, published 2009), The Blood Type Diet Cookbook (3.57

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