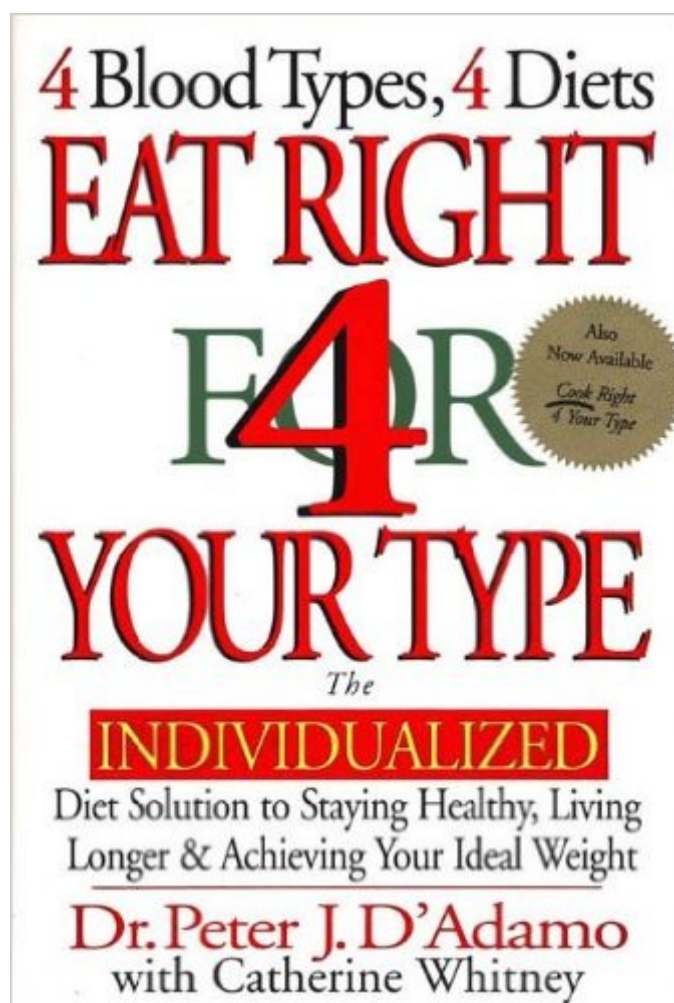


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# Eat Right 4 Your Type: The Individualized Diet Solution To Staying Healthy, Living Longer & Achieving Your Ideal Weight



## Synopsis

"What would you say if I told you that the secret to healthy, vigorous, and disease-free living might be as simple as knowing your blood type," ask Dr. Peter D'Adamo and Catherine Whitney, and in *Eat Right 4 Your Type*, they shows us the simple answer. If you've ever suspected that not everyone should eat the same thing or do the same exercise, you're right. In fact, what foods we absorb well and how our bodies handle stress differ with each blood type. Your blood type reflects your internal chemistry. It is the key that unlocks the mysteries of disease, longevity, fitness, and emotional strength. It determines your susceptibility to illness, the foods you should eat, and ways to avoid the most troubling health problems. Only recently have all the pieces of the scientific and clinical puzzle started coming together. Dr. D'Adamo has spent the past fifteen years researching the connections among blood type and exercise, food, and disease, and his research is built on thirty years of work done by his father. In *Eat Right 4 Your Type* he shows: which foods, spices, teas, and condiments help someone of your blood type maintain optimal health and ideal weight; which vitamins and supplements to emphasize or avoid; which medications function best in your system; whether your stress goes to your muscles or your nervous system; whether your stress is relieved better through aerobics or meditation; whether you should walk, swim or play tennis or golf as your mode of exercise; how knowing your blood type can help you avoid many common viruses and infections; how knowing your blood type can help you fight back against life-threatening diseases; how to slow down the aging process by avoiding factors specific to your blood type that cause rapid cell deterioration. *Eat Right 4 Your Type* provides a clear, simple life plan that anyone can follow and suggests the easiest ways to determine your blood type and diet for your blood type. Here is a breakthrough book that will change the way we eat and live.

## Book Information

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## Customer Reviews

Two of us have been following this plan for over 1.5 years. My partner lost about 20 pounds in the first few months, without counting portions or calories, and has maintained his ideal weight without effort. His energy returned to a level not experienced for several years - one of the keys was putting MODERATE amounts of organic beef back into his diet. Eliminating wheat, dairy products and foods with problematic lectins, while emphasizing beneficial foods such as leafy dark-green vegetables also helped. Since he's Type O and I'm Type A, the protein part of our diets differs somewhat, but we've quite easily found ways to cook together. We both noticed much clearer sinuses after just a week. He eliminated asthma symptoms and my allergies improved. I no longer suffer from PMS. I lived with knee problems since childhood, but these have now disappeared, as did the stiffness in my fingers and back in the morning. Digestive problems and stomach aches, a major problem for me since childhood, eased greatly in the first couple of months and are still improving. My complexion cleared and my heart stopped "skipping beats" - I could go on and on. I have been interested in nutrition and have kept abreast of various schools of thought for the last 25 years. When I first heard of Eat Right I dismissed it as a fad diet that was not based on scientific evidence. Before reading Eat Right I consumed what I believed were "healthy" foods for many years: whole grains, little or no meat, lots of fresh vegetables, fruit, legumes, "good" fats, spring water. Very few additives, prepared or fast foods or medications. However, some foods that were healthy according to the literature and research were healthy for other blood types but not for Type A.

Twentyone years ago, my father died from a heart attack. Nine years ago, hoping to avoid that fate, I became a vegetarian. Four years ago, I developed a potentially fatal auto-immune disease called pemphigus (my immune system attacks my skin). Note, at this time, I was eating a primarily organic, whole foods, grain based, vegetarian diet. As close as I came to dying, I thought that had I been eating meat, I'd be sicker. After being hospitalized, given 180mg/day Prednisolone, and released, I spent the next year and a half trying numerous traditional medicine and naturopathic medicine based treatments. These expensive treatments included visits and prescriptions from notable professors of Chinese Medicine, Aryurveda, traditional Naturopathy @ Portland Naturopathic Clinic, etc. All this time, I stayed vegetarian, all this time I remained on 30-40mg per day of Prednisone. I underwent allergy tests, hair analysis, numerous blood tests. I eventually became a raw foods

vegetarian. I got sicker. In short, I was doing everything right, based on numerous scientific studies, and I was getting sicker. Since there is very little research done on Pemphigus, I was forced to read about other autoimmune diseases. A common manifestation of chronic diseases is a phenomenon known as "blood sludge," or erythrocyte aggregation. Simply put, the red blood cells clump together, as if they are stuck together with velcro. It was noted, by one of my doctors, that I too, exhibited this phenomenon. We/He did not know what to do about it. Two months later, I read Eat Right 4 Your Type. Dr. D'Adamo explains why "blood sludge" happens, and explains why it is food choice that causes it to happen.

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